NEW MEXICO
DEPARTMENT OF
HEALTH

BRFSS
Behavioral Risk Factor Surveillance System

Health Behaviors and Conditions
of
Adult New Mexicans
2007

San Juan
Rio Arriba
Taos
Colfax
Union
Mora
Harding
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2
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Sandoval
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Santa Fe
Quay
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Chaves
Sierra
Grant
Otero
Lea
Dona Ana
Eddy
Luna
Hidalgo

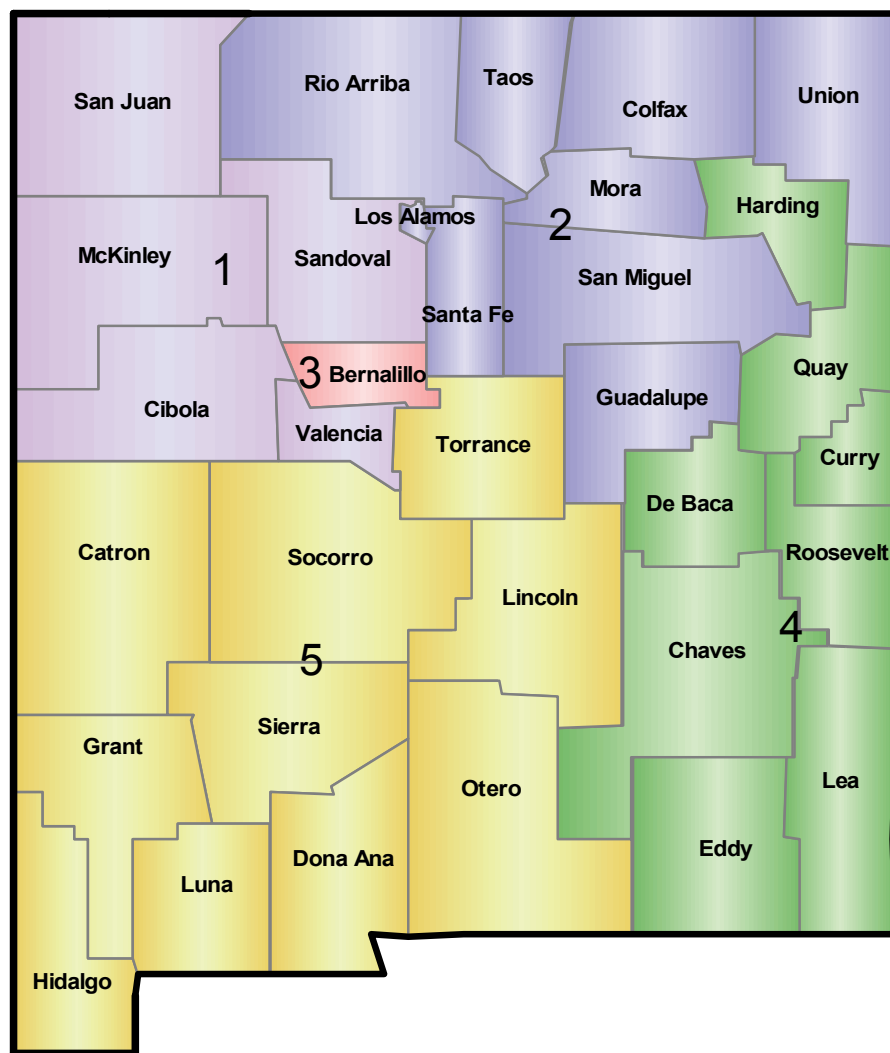*Results from the Behavioral Risk Factor Surveillance System (BRFSS)*

Health Behaviors and Conditions of New Mexicans, 2007

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

Presented by the
New Mexico Department of Health
Alfredo Vigil, MD, Secretary

Epidemiology and Response Division
C. Mack Sewell, DrPH, MS, Director, State Epidemiologist
Michael G. Landen, MD, MPH, Deputy State Epidemiologist
Toby Rosenblatt, MPA, Chief, Injury & Behavioral Epidemiology
Vivian Heye, MA., NM BRFSS Coordinator
Annie L. Hickman, Data Collection Supervisor

Report prepared by:

Wayne A. Honey, MPH
With
Tierney Murphy, MD, MPH

ACKNOWLEDGMENTS

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 2007 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 have been 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 provided that space is available in the questionnaire and the state identifies funding to cover the additional cost. Such 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 2007 NM BRFSS report is available in .pdf format at the NM Department of Health website:
   http://www.health.state.nm.us/

2007 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2007 New Mexico BRFSS survey addressed a variety of health topics. Relevant demographic information was also collected. General topics are listed below.

Core Components (all states):
Health Status
Health Care Access
Exercise
Diabetes
Hypertension Awareness
Cholesterol Awareness
Cardiovascular Disease Prevalence
Asthma
Immunization
Tobacco Use
Alcohol Consumption
Disability
Arthritis Burden
Fruit & Vegetable Consumption
Physical Activity
HIV/AIDS
Emotional Support & Life Satisfaction
Gastrointestinal Disease

Optional Modules Included:
Diabetes
Mental Illness & Stigma
Random Child Selection
Childhood Asthma Prevalence
Arthritis Management

State-added Questions on the following topics were included:
Neurological Disease (Multiple Sclerosis)
Neuro-developmental Conditions
Pandemic Flu
Sexual Orientation
Alcohol Dependence
Drinking and Driving
Emergency Contraceptives
Cell Phone Use
Perceptions of Health Disparities
Drinking Water

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 2007. 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 will be used to prepare for the inclusion of cell phone numbers in future BRFSS samples.

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.

Response Rates
The BRFSS Cooperation Rate is a response rate that basically reflects the effectiveness of the interviewing process, including random selection of an adult, effective motivation of the respondent to participate, effective implementation of the interview through to the end. It essentially measures the quality of the work of the data collection team. The cooperation rate for the 2007 NM BRFSS was 73.4%. If the 26.6% of eligible adults who were not interviewed differed greatly and in a systematic way from those who completed the interview, the estimates presented herein could be biased.

The BRFSS CASRO Rate is another response rate that basically reflects the effectiveness of the entire survey process, including the quality of the sample used to conduct the survey. The CASRO Rate is generally lower than the Cooperation Rate. The CASRO Rate for the 2007 NM BRFSS was 54.7%.

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.

Table 1. Demographics of the 2007 BRFSS New Mexico Sample.

Demographic Characteristics	2007 BRFSS Data			2007 Claritus Inter-Censal Estimates[¥]
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	6,606	100.0	100.0	
GENDER				
Male	2,457	37.2	48.7	48.6
Female	4,149	62.8	51.3	51.4
AGE				
18-24	302	4.6	14.2	14.2
25-34	752	11.4	17.0	17.0
35-44	1,019	15.5	17.6	18.1
45-54	1,433	21.8	19.2	19.5
55-64	1,334	20.3	15.3	14.7
65-74	992	15.1	9.2	9.1
75+	747	11.4	7.6	7.1
RACE/ETHNICITY[§]				
White, non-Hispanic	3,743	57.1	52.1	46.6
Hispanic	2,088	31.8	36.2	40.5
Native American	587	9.0	7.1	8.3
Black/AA	78	1.2	1.6	
Asian or NHOPI	63	1.0	1.2	3.0
EDUCATION				
Less than High School Graduate	878	13.3	13.8	NA
High School Graduate or G.E.D.	1,831	27.8	29.2	NA
Some College	1,708	25.9	26.4	NA
College Graduate	2,181	33.1	30.5	NA
INCOME				
Less than $10,000	338	5.7	4.4	NA
$10-19,999	1,040	17.6	15.9	NA
$20-49,999	2,349	39.8	39.6	NA
$50,000 or more	2,175	36.9	40.0	NA
EMPLOYMENT				
Employed	3,582	54.4	58.3	NA
Unemployed/Unable to Work	648	9.8	10.2	NA
Homemaker/Student	816	12.4	15.4	
Retired	1,543	23.4	16.2	NA
Geographic Region✿				
North West	2,074	31.6	20.2	20.0
North East	1,136	17.3	15.7	15.8
Bernalillo County	1,100	16.7	32.0	31.9
South East	1,025	15.6	12.4	12.5
South West	1,239	18.9	19.8	19.8

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes across categories for some variables may not add to 6,606.

¥ 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.

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 2007. 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.
With Health Care Coverage	74.9% (73.1, 76.6)	Lower	Lower
With a Source of On-going Care (Personal Physician)	72.7% (70.9, 74.5)	Similar	Lower
Cost Prevented Necessary Medical Care in Past Year	18.2% (16.7, 19.7)	Similar	Higher
Serious Psychological Distress	4.1% (3.4, 4.8)	Lower	Lower
Flu Shot During the Past Year (Ages 65 years and older)	69.2% (66.2, 72.0)	Similar	Lower
Pneumococcal Vaccine Ever (Ages 65 years and older)	60.3% (56.9, 63.6)	Lower	Lower
Diagnosed Arthritis	27.6% (26.1, 29.2)	Similar	Similar
Current Asthma	8.9% (7.8, 10.1)	Similar	Similar
Told Cholesterol was High (of 71% of adults ever tested)	35.3% (33.5, 37.2)	Similar	Similar
Diabetes	8.9% (8.0, 10.0)	Similar	Similar
Current Smoking	22.7% (21.1, 24.4)	Higher	Higher
Binge Drinking (Males: 5+ drinks; Females: 4+ drinks on an occasion)	12.4% (11.1, 13,8)	Lower	Lower
Binge Drinking – Males: 5+ Drinks on an Occasion	17.7% (15.4, 20.3)	Similar	Lower
Binge Drinking – Females: 4+ Drinks on an Occasion	7.4% (6.1, 8.9)	Similar	Lower
Obese (BMI ≥ 30.0)	25.8% (24.1, 27.4)	Similar	Similar
Met Recommendations for Moderate to Vigorous Activity	51.3% (49.3, 53.2)	Similar	Higher

‡ 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,

◆ 82.5% of New Mexicans reported that their general health was excellent, very good, or good. 17.5% of New Mexico adults reported that their general health was fair or poor. This percentage was not statistically different from the Region* (17.9%) but was higher than that of the U.S.** (16.5%).

◆ Older adult New Mexicans were more likely to report fair or poor general health status.

◆ Adult Hispanics were more likely to report fair or poor general health status than White, non-Hispanics. After adjustment for differences in age distribution, Hispanics were also more likely to report fair or poor health than Native Americans who were more likely to report fair or poor health than White, non-Hispanics. Estimates for the Black/AA and Asian/NHOPI populations are presented here but small sample size for these populations did not allow appropriate statistical comparison to other groups.

◆ New Mexicans with higher education or income were much less likely to report fair or poor general health status even though these adults were older, on average, than adults with less education or lower annual household income.
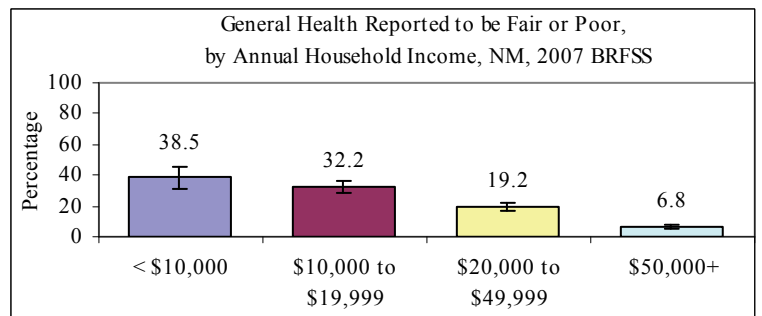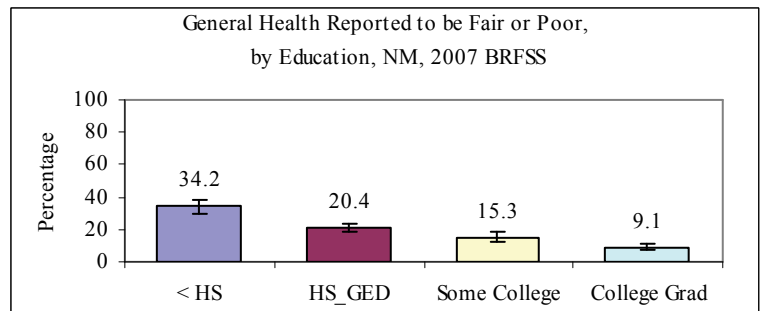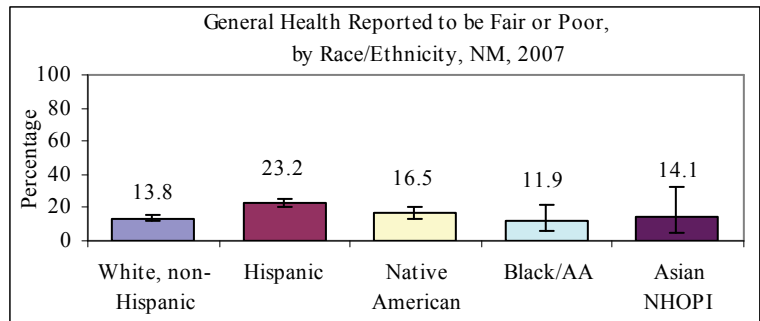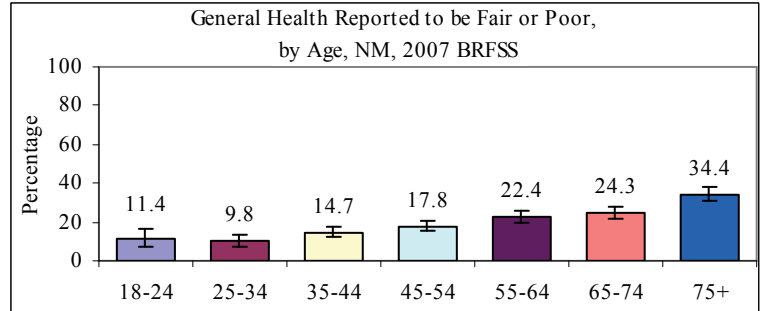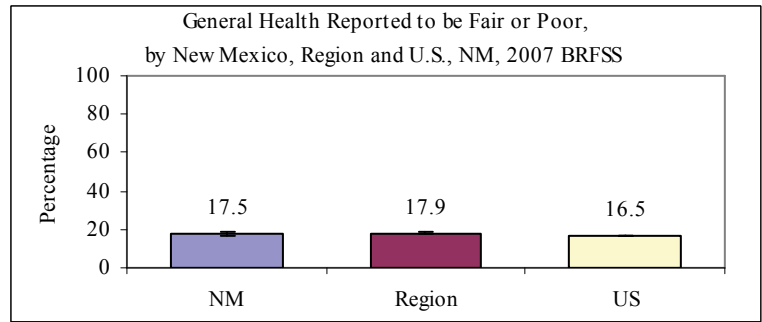
* Region includes Arizona, Colorado, Oklahoma, Texas, and Utah.
** U.S. includes the 50 states plus the District of Columbia.

General Health Reported to be Fair or Poor, by New Mexico, Region and U.S., NM, 2007 BRFSS

General Health Reported to be Fair or Poor, by Age, NM, 2007 BRFSS

General Health Reported to be Fair or Poor, by Race/Ethnicity, NM, 2007

General Health Reported to be Fair or Poor, by Education, NM, 2007 BRFSS

General Health Reported to be Fair or Poor, by Annual Household Income, NM, 2007 BRFSS

◆ New Mexicans who were unemployed were more likely to report fair or poor general health status.

GENERAL HEALTH STATUS

Table 3. Percentage of Adult New Mexicans who reported that their health in general was fair or poor, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	General Health Status Self-Reported to be Fair or Poor			
		Total Number Reporting Fair or Poor Health Status	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,599	1,319	17.5	16.3	18.8
GENDER					
Male	2,453	475	16.8	15.0	18.9
Female	4,146	844	18.2	16.7	19.8
AGE					
18-24	302	34	11.4	7.5	16.8
25-34	752	73	9.8	7.3	13.1
35-44	1,019	145	14.7	11.9	17.9
45-54	1,432	270	17.8	15.5	20.4
55-64	1,332	295	22.4	19.7	25.3
65-74	989	250	24.3	21.2	27.6
75+	746	248	34.4	30.5	38.5
RACE/ETHNICITY					
White, non-Hispanic	3,739	569	13.8	12.4	15.4
Hispanic	2,087	589	23.2	20.9	25.7
Native American	586	132	16.5	13.1	20.6
Black/AA**	77	13	11.9	6.1	21.8
Asian/NHOPI**	63	8	14.1	5.3	32.8
EDUCATION					
Less than High School Graduate	876	357	34.2	30.1	38.6
High School Graduate or G.E.D.	1,831	441	20.4	18.0	23.0
Some College	1,705	289	15.3	12.9	18.0
College Graduate	2,179	229	9.1	7.8	10.7
INCOME					
Less than $10,000	338	164	38.5	31.6	45.9
$10-19,999	1,036	371	32.2	28.5	36.2
$20-49,999	2,348	440	19.2	17.0	21.6
$50,000 or more	2,173	169	6.8	5.6	8.3
EMPLOYMENT					
Employed	3,579	409	10.7	9.4	12.1
Unemployed/Unable to Work	646	341	42.2	36.5	48.0
Homemaker/Student	816	166	17.2	13.7	21.4
Retired	1541	400	27.1	24.3	30.1
Geographic Region✿					
Northwest	2,073	378	16.7	14.7	19.0
Northeast	1,134	217	18.1	15.1	21.4
Bernalillo County	1,097	183	15.0	12.6	17.8
Southeast	1,025	252	20.6	17.7	23.8
Southwest	1,238	282	19.8	17.2	22.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

GENERAL HEALTH STATUS — MALES

Table 4. Percentage of Adult Male New Mexicans who reported that their health in general was fair or poor, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	General Health Status Self-Reported to be Fair or Poor Among Adult Men			
		Total Number Reporting Fair or Poor Health Status	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,453	475	16.8	15.0	18.9
AGE					
18-24	113	11	10.4	5.3	19.6
25-34	272	27	10.7	6.9	16.3
35-44	373	38	11.9	8.1	17.3
45-54	551	92	15.9	12.5	19.9
55-64	518	122	24.0	19.8	28.7
65-74	378	106	26.7	21.7	32.4
75+	243	79	35.9	29.3	43.2
RACE/ETHNICITY					
White, non-Hispanic	1,384	205	13.3	11.1	15.9
Hispanic	766	211	22.3	18.7	26.4
Native American	228	46	14.0	9.6	20.0
Other Race**	52	8	16.5	7.0	34.4
EDUCATION					
Less than High School Graduate	290	118	32.4	26.0	39.5
High School Graduate or G.E.D.	717	158	18.1	14.7	22.2
Some College	578	106	16.2	12.2	21.2
College Graduate	866	93	9.6	7.5	12.2
INCOME					
Less than $10,000**	95	47	34.3	23.1	47.6
$10-19,999	342	124	30.7	24.8	37.3
$20-49,999	879	189	21.2	17.5	25.3
$50,000 or more	942	73	7.2	5.3	9.6
EMPLOYMENT					
Employed	1,503	155	9.7	7.9	11.8
Unemployed/Unable to Work	250	132	41.9	33.5	50.9
Homemaker/Student**	67	8	12.2	4.7	28
Retired	629	179	30.2	25.7	35.1
Geographic Region✿					
Northwest	764	128	15.2	12.3	18.8
Northeast	464	85	17.7	12.9	23.8
Bernalillo County	397	63	14.1	10.6	18.5
Southeast	355	90	19.6	15.2	25.1
Southwest	463	106	19.9	15.9	24.6

* 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 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

GENERAL HEALTH STATUS — FEMALES

Table 5. Percentage of Adult Female New Mexicans who reported that their health in general was fair or poor, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	General Health Status Self-Reported to be Fair or Poor Among Adult Women			
		Total Number Reporting Fair or Poor Health Status	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,146	844	18.2	16.7	19.8
AGE					
18-24	189	23	12.4	7.6	19.6
25-34	480	46	8.9	6.1	12.9
35-44	646	107	17.4	13.8	21.6
45-54	881	178	19.7	16.7	23.0
55-64	814	173	21.0	17.7	24.7
65-74	611	144	22.1	18.5	26.2
75+	503	169	33.4	28.8	38.3
RACE/ETHNICITY					
White, non-Hispanic	2,355	364	14.3	12.5	16.3
Hispanic	1,321	378	24.1	21.3	27.1
Native American	358	86	19.4	14.5	25.4
Other Race**	88	13	9.8	4.9	18.8
EDUCATION					
Less than High School Graduate	586	239	35.8	30.5	41.4
High School Graduate or G.E.D.	1,114	283	22.8	19.7	26.3
Some College	1,127	183	14.6	12.0	17.5
College Graduate	1,313	136	8.7	7.0	10.7
INCOME					
Less than $10,000	243	117	41.6	33.8	49.8
$10-19,999	694	247	33.5	29.0	38.3
$20-49,999	1,469	251	17.3	14.8	20.1
$50,000 or more	1,231	96	6.4	5.0	8.1
EMPLOYMENT					
Employed	2,076	254	11.8	10.1	13.8
Unemployed/Unable to Work	396	209	42.5	35.5	49.8
Homemaker/Student	749	158	18.8	15.3	22.8
Retired	912	221	23.9	20.8	27.4
Geographic Region✿					
Northwest	1,309	250	18.1	15.5	21.1
Northeast	670	132	18.4	15.2	22.0
Bernalillo County	700	120	15.9	12.8	19.5
Southeast	670	162	21.5	18.1	25.4
Southwest	775	176	19.8	16.7	23.3

* 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 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

ACTIVITY LIMITATION DAYS DUE TO POOR HEALTH

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?"

This question provides an indication of the burden of acute and chronic conditions in the population.[1]

IN NEW MEXICO,

◈ Over all, 7.3% 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, Race/Ethnicity or region of residence, even after adjusting for differences in age distribution.

◈ Poor physical or mental health was associated with age, increasingly interfering with usual activities with advancing age.

◈ New Mexicans with less education or income were more likely to report activity limitations due to poor physical or mental health.

◈ Adults below an approximation of the Federal Poverty Level (FPL) were than two times as likely to report 14 or more days of activity limitation due to poor physical or mental health than those above the FPL.

◈ Employed New Mexicans (3.3%) were less likely to report activity limitations due to poor physical or mental health than adults who were unemployed (14.3%) or unable to work (48.1%), grouped together here at 31.8%, or who were retired (8.7%). Adjustment for age did not affect this relationship.

◈ There was no difference by region.

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Age, NM, 2007 BRFSS

Note Scale

Age	Percentage
18-24	3.3
25-34	5.1
35-44	6.0
45-54	9.4
55-64	10.2
65-74	8.0
75+	10.9

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Race/Ethnicity, NM, 2007

Note Scale

Race/Ethnicity	Percentage
White, non-Hispanic	7.4
Hispanic	7.5
Native American	6.5
Black/AA**	6.0
Asian NHOPI**	4.5

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Annual Household Income, NM, 2007 BRFSS

Note Scale

Income	Percentage
< $10,000	24.6
$10,000 to $19,999	12.4
$20,000 to $49,999	7.4
$50,000+	3.4

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Employment Status, NM, 2007 BRFSS

Note Scale

Employment Status	Percentage
Employed	3.3
Unemployed UnableWork	31.8
Homemaker Student	4.8
Retired	8.7

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Region, NM, 2007 BRFSS

Note Scale

Region	Percentage
Northwest	6.7
Northeast	8.0
Bernalillo County	7.2
Southeast	7.4
Southwest	7.6

ACTIVITY LIMITATION DUE TO POOR HEALTH

Table 6. 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, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	14+ Days Limited Work or Usual Activities Due to Poor Physical or Mental Health			
		Total # Reporting 14+ Days Limited Activities Due to Poor Health	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,554	555	7.3	6.5	8.2
GENDER					
Male	2,442	200	6.9	5.8	8.2
Female	4,112	355	7.7	6.7	8.9
AGE					
18-24	301	12	3.3	1.5	6.9
25-34	750	31	5.1	3.2	7.9
35-44	1,016	62	6.0	4.4	8.1
45-54	1,425	145	9.4	7.7	11.3
55-64	1,320	142	10.2	8.3	12.4
65-74	978	85	8.0	6.3	10.2
75+	737	75	10.9	8.5	14.0
RACE/ETHNICITY					
White, non-Hispanic	3,724	280	7.4	6.3	8.6
Hispanic	2,064	212	7.5	6.3	8.9
Native American	578	52	6.5	4.5	9.3
Black/AA**	78	4	6.0	1.9	17.7
Asian NHOPI**	63	3	4.5	1.1	16.3
EDUCATION					
Less than High School Graduate	855	116	11.3	8.7	14.6
High School Graduate or G.E.D.	1,818	193	8.4	7.0	10.0
Some College	1,698	132	7.0	5.5	8.8
College Graduate	2,175	114	4.8	3.8	6.0
INCOME					
Less than $10,000	327	89	24.6	18.5	31.9
$10-19,999	1,026	144	12.4	10.1	15.2
$20-49,999	2,338	178	7.4	6.1	9.0
$50,000 or more	2,173	75	3.4	2.6	4.5
EMPLOYMENT					
Employed	3,572	130	3.3	2.7	4.2
Unemployed/Unable to Work	627	239	31.8	26.8	37.2
Homemaker/Student	811	47	4.8	3.2	7.3
Retired	1527	134	8.7	7.1	10.6
Geographic Region✿					
Northwest	2,062	163	6.7	5.5	8.2
Northeast	1,127	103	8.0	6.2	10.3
Bernalillo County	1,089	89	7.2	5.5	9.2
Southeast	1,015	91	7.4	5.7	9.6
Southwest	1,229	106	7.6	6.1	9.4

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

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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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ACTIVITY LIMITATION DUE TO POOR HEALTH — MALES

Table 7. Percentage of Adult Males 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, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | 14+ Days Limited Work or Usual Activities Due to Poor Physical or Mental Health Among Adult Men | | | |
| | | Total # Reporting 14+ Days Limited Activities Due to Poor Health | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,442	200	6.9	5.8	8.2
AGE					
18-24**	112	2	0.3	0.1	1.4
25-34	271	16	6.9	3.9	11.9
35-44	371	20	5.4	3.2	9.1
45-54	550	56	8.6	6.3	11.6
55-64	515	54	10.9	7.9	14.8
65-74	375	28	7.0	4.6	10.4
75+	243	23	11.8	7.6	17.9
RACE/ETHNICITY					
White, non-Hispanic	1,381	92	6.6	5.1	8.5
Hispanic	758	82	7.5	5.7	9.8
Native American	227	22	7.2	4.2	12.1
Other Race**	53	2	4.4	0.9	18.8
EDUCATION					
Less than High School Graduate	285	37	11.1	7.3	16.7
High School Graduate or G.E.D.	713	69	6.8	5.1	9.0
Some College	578	51	7.1	4.9	10.1
College Graduate	864	43	5.1	3.5	7.3
INCOME					
Less than $10,000**	91	21	23.8	13.2	39.2
$10-19,999	339	56	15.0	10.9	20.4
$20-49,999	877	74	7.1	5.3	9.4
$50,000 or more	943	30	3.2	2.0	4.9
EMPLOYMENT					
Employed	1,501	51	2.9	2.0	4.2
Unemployed/Unable to Work	244	93	30.9	23.7	39.2
Homemaker/Student**	67	3	3.0	0.9	9.8
Retired	626	52	8.4	6.2	11.5
Geographic Region✿					
Northwest	763	62	7.0	5.1	9.4
Northeast	463	40	8.3	5.5	12.5
Bernalillo County	395	29	5.9	3.9	8.8
Southeast	352	27	6.3	4.1	9.7
Southwest	459	40	7.6	5.3	10.7

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

* 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 6,606 across some categories for some variables.

‡ 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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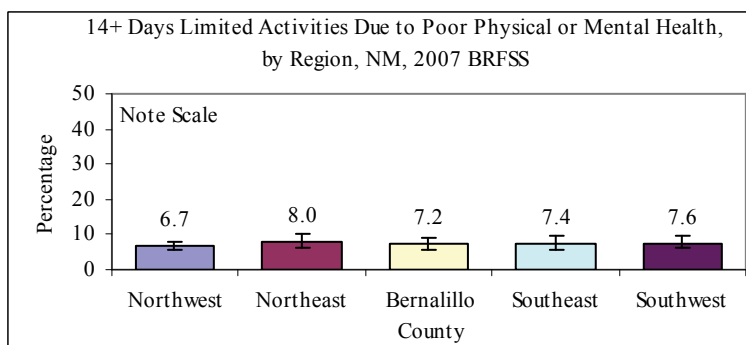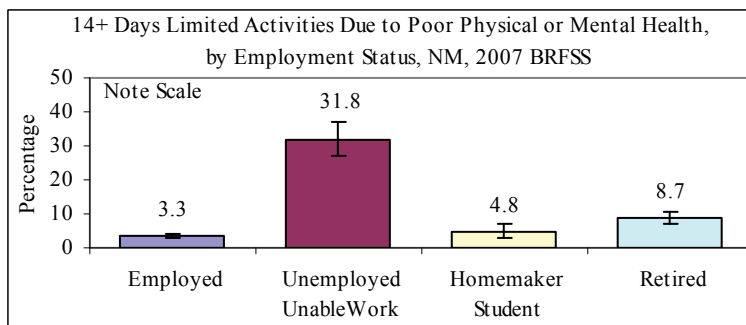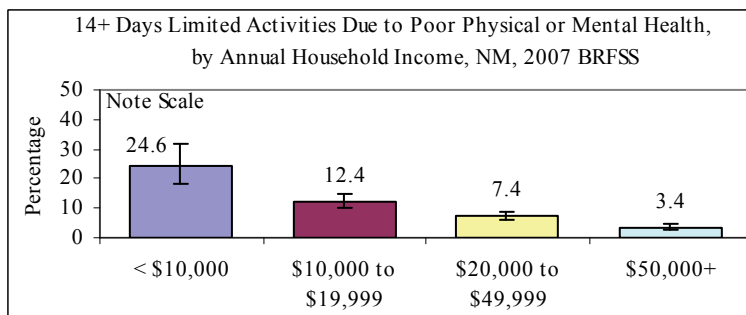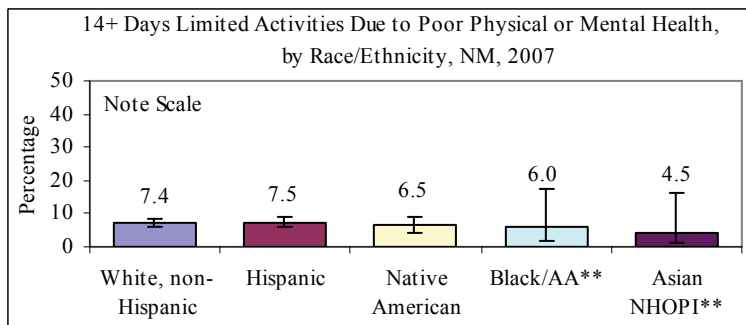
ACTIVITY LIMITATION DUE TO POOR HEALTH — FEMALES

Table 8. Percentage of Adult Females 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, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	14+ Days Limited Work or Usual Activities Due to Poor Physical or Mental Health Among Adult Women			
		Total # Reporting 14+ Days Limited Activities Due to Poor Health	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,112	355	7.7	6.7	8.9
AGE					
18-24**	189	10	6.4	2.9	13.4
25-34	479	15	3.3	1.6	6.6
35-44	645	42	6.6	4.7	9.3
45-54	875	89	10.1	7.9	12.7
55-64	805	88	9.5	7.4	12.1
65-74	603	57	8.9	6.6	12.0
75+	494	52	10.3	7.6	13.8
RACE/ETHNICITY					
White, non-Hispanic	2,343	188	8.1	6.6	9.9
Hispanic	1,306	130	7.6	6.1	9.4
Native American	351	30	5.6	3.5	8.9
Other Race**	88	5	6.2	2.1	16.7
EDUCATION					
Less than High School Graduate	570	79	11.5	8.2	15.9
High School Graduate or G.E.D.	1,105	124	10.0	7.9	12.6
Some College	1,120	81	6.9	5.0	9.4
College Graduate	1,311	71	4.5	3.4	5.9
INCOME					
Less than $10,000	236	68	25.2	18.9	32.6
$10-19,999	687	88	10.2	8.0	13.1
$20-49,999	1,461	104	7.7	5.9	10.0
$50,000 or more	1,230	45	3.7	2.6	5.3
EMPLOYMENT					
Employed	2,071	79	3.8	2.9	5.0
Unemployed/Unable to Work	383	146	32.7	26.3	39.9
Homemaker/Student	744	44	5.4	3.5	8.3
Retired	901	82	8.9	6.9	11.4
Geographic Region✿					
Northwest	1,299	101	6.5	5.1	8.2
Northeast	664	63	7.6	5.7	10.1
Bernalillo County	694	60	8.3	6.0	11.4
Southeast	663	64	8.4	6.1	11.5
Southwest	770	66	7.5	5.7	9.8

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

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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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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 (FMD).

IN NEW MEXICO,

◈ 10.4% of New Mexicans reported FMD. This percentage was statistically similar to that of the Region (10.7%) and the U.S. (10.1%).

◈ The prevalence of FMD was similar among men and women.

◈ Adult New Mexicans with less education and lower annual household income were more likely to report FMD.

◈ Adults who were unemployed or unable to work were more likely to report FMD than those who were employed, retired, or were either homemakers or students.

◈ There was no measurable difference in the reporting of FMD by Race/Ethnicity.

◈ Married adults were less likely to report FMD than adults who were divorced, separated, or never married.

◈ Adults who were in the middle age groups, 35 to 64, were more likely to report frequent mental distress than adults over the age of 65. However, relationships to frequent mental distress reported above (gender, income, education level, employment status) did not change after adjusting for age.

Frequent Mental Distress in the Past 30 Days, by New Mexico, Region and U.S., NM, 2007 BRFSS

Note Scale

	NM	Region	US
Percentage	10.4	10.7	10.1

Frequent Mental Distress in the Past 30 Days, by Education, NM, 2007 BRFSS

Note Scale

	< HS	HS_GED	Some College	College Grad
Percentage	13.3	11.6	12.8	5.9

Frequent Mental Distress in the Past 30 Days, by Annual Household Income, NM, 2007 BRFSS

Note Scale

	< $10,000	$10,000 to $19,999	$20,000 to $49,999	$50,000+
Percentage	24.3	16.4	9.5	7.6

Frequent Mental Distress in the Past 30 Days, by Employment Status, NM, 2007 BRFSS

Note Scale

	Employed	Unemployed UnableWork	Homemaker Student	Retired
Percentage	7.8	27.9	12.2	7.1

◈ There was no measurable difference in the reporting of FMD by region of the state.

FREQUENT MENTAL DISTRESS

Table 9. Percentage of New Mexicans who reported frequent mental distress, defined as 14 or more days of poor mental health during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Frequent Mental Distress			
		Total Number Reporting Frequent Mental Distress	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,519	690	10.4	9.3	11.6
GENDER					
Male	2,424	227	9.1	7.6	11.0
Female	4,095	463	11.6	10.2	13.2
AGE					
18-24	299	50	15.6	10.9	21.8
25-34	744	71	8.1	6.0	11.0
35-44	1,008	114	10.5	8.2	13.4
45-54	1,424	187	11.6	9.8	13.7
55-64	1,317	156	11.3	9.3	13.6
65-74	977	64	5.4	4.1	7.1
75+	725	44	6.5	4.6	9.1
RACE/ETHNICITY					
White, non-Hispanic	3,692	332	9.8	8.3	11.5
Hispanic	2,062	248	10.0	8.5	11.7
Native American	578	89	14.5	10.5	19.7
Black/AA**	78	11	21.6	9.1	43.1
Asian NHOPI**	62	3	11.5	3.3	32.8
EDUCATION					
Less than High School Graduate	856	129	13.3	10.4	16.9
High School Graduate or G.E.D.	1,807	204	11.6	9.4	14.1
Some College	1,689	214	12.8	10.6	15.5
College Graduate	2,159	143	5.9	4.6	7.5
INCOME					
Less than $10,000	327	94	24.3	18.4	31.3
$10-19,999	1,027	162	16.4	13.3	20.0
$20-49,999	2,317	212	9.5	7.8	11.5
$50,000 or more	2,161	156	7.6	6.0	9.6
EMPLOYMENT					
Employed	3,549	304	7.8	6.7	9.1
Unemployed/Unable to Work	636	203	27.9	23.0	33.3
Homemaker/Student	802	84	12.2	8.8	16.8
Retired	1515	97	7.1	5.3	9.5
Geographic Region✿					
Northwest	2,051	231	10.6	9.0	12.4
Northeast	1,120	121	10.5	8.2	13.3
Bernalillo County	1,089	110	11.6	9.1	14.6
Southeast	1,009	98	9.0	7.1	11.2
Southwest	1,218	129	9.4	7.5	11.6

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

* 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 6,606 across some categories for some variables.

‡ 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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FREQUENT MENTAL DISTRESS — MALES

Table 10. Percentage of Adult Men in New Mexico who reported frequent mental distress, defined as 14 or more days of poor mental health during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Frequent Mental Distress Among Adult Men			
		Total Number Reporting Frequent Mental Distress	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	2,424	227	9.1	7.6	11.0
AGE					
18-24	110	13	10.6	5.1	20.7
25-34	268	26	8.0	5.0	12.4
35-44	370	36	10.8	7.1	16.0
45-54	547	62	10.0	7.4	13.2
55-64	515	56	10.4	7.5	14.2
65-74	373	19	3.8	2.3	6.2
75+	237	15	6.5	3.6	11.6
RACE/ETHNICITY					
White, non-Hispanic	1,365	99	8.2	6.0	11.1
Hispanic	757	90	9.3	7.2	11.8
Native American	226	32	13.8	8.1	22.5
Other Race**	53	4	13.1	4.1	34.4
EDUCATION					
Less than High School Graduate	283	37	10.8	7.0	16.4
High School Graduate or G.E.D.	706	83	12.5	9.1	16.9
Some College	574	63	10.1	7.0	14.4
College Graduate	859	44	4.3	3.0	6.3
INCOME					
Less than $10,000**	92	18	16.4	7.7	31.6
$10-19,999	339	64	18.8	13.7	25.4
$20-49,999	864	74	8.9	6.3	12.5
$50,000 or more	940	57	6.5	4.5	9.4
EMPLOYMENT					
Employed	1,489	106	6.8	5.2	8.8
Unemployed/Unable to Work	243	76	27.6	20.5	36.1
Homemaker/Student**	67	4	7.0	1.8	23.5
Retired	621	40	7.1	4.3	11.5
Geographic Region✿					
Northwest	757	78	9.8	7.5	12.8
Northeast	458	49	10.9	7.3	16.0
Bernalillo County	394	37	10.3	6.8	15.2
Southeast	348	22	5.1	3.1	8.2
Southwest	457	41	7.9	5.4	11.5

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

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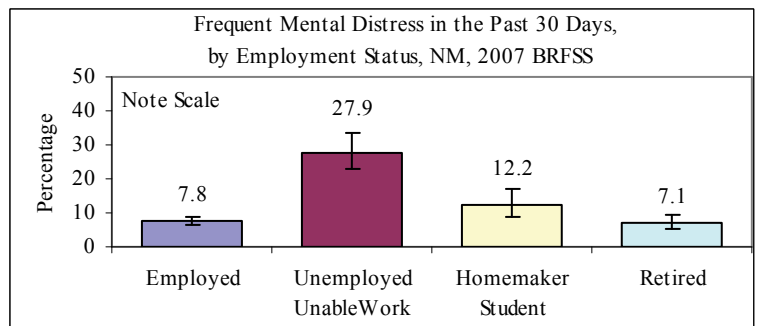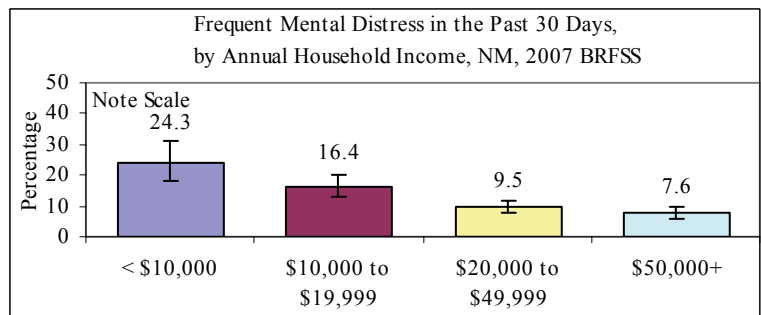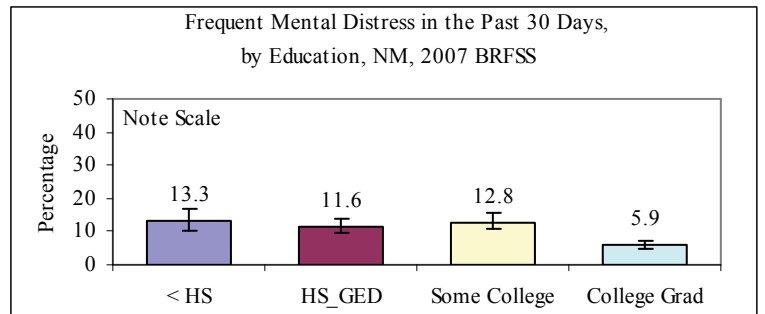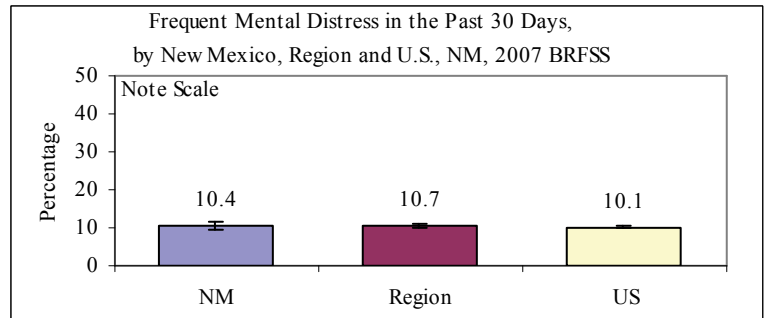
FREQUENT MENTAL DISTRESS — FEMALES

Table 11. Percentage of Adult Women in New Mexico who reported frequent mental distress, defined as 14 or more days of poor mental health during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Frequent Mental Distress Among Adult Women			
		Total Number Reporting Frequent Mental Distress	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,095	463	11.6	10.2	13.2
AGE					
18-24	189	37	20.7	14.1	29.4
25-34	476	45	8.3	5.5	12.4
35-44	638	78	10.3	8.0	13.3
45-54	877	125	13.2	10.7	16.1
55-64	802	100	12.2	9.6	15.3
65-74	604	45	6.8	4.9	9.5
75+	488	29	6.5	4.3	9.7
RACE/ETHNICITY					
White, non-Hispanic	2,327	233	11.3	9.4	13.4
Hispanic	1,305	158	10.6	8.6	13.0
Native American	352	57	15.3	10.5	21.8
Other Race**	87	10	20.7	8.3	42.7
EDUCATION					
Less than High School Graduate	573	92	15.4	11.5	20.4
High School Graduate or G.E.D.	1,101	121	10.6	8.3	13.4
Some College	1,115	151	15.1	12.2	18.6
College Graduate	1,300	99	7.5	5.4	10.2
INCOME					
Less than $10,000	235	76	29.7	22.9	37.7
$10-19,999	688	98	14.4	11.1	18.4
$20-49,999	1,453	138	10.1	8.0	12.5
$50,000 or more	1,221	99	8.9	6.4	12.1
EMPLOYMENT					
Employed	2,060	198	9.0	7.5	10.7
Unemployed/Unable to Work	393	127	28.2	22.1	35.2
Homemaker/Student	735	80	13.9	10.1	18.8
Retired	894	57	7.1	5.2	9.6
Geographic Region✿					
Northwest	1,294	153	11.3	9.3	13.8
Northeast	662	72	10.1	7.6	13.3
Bernalillo County	695	73	12.8	9.6	16.9
Southeast	661	76	12.6	9.8	16.1
Southwest	761	88	10.8	8.4	13.9

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

* 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 6,606 across some categories for some variables.

‡ 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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QUESTIONS

SERIOUS PSYCHOLOGICAL DISTRESS

"About how often during the past 30 days did you feel nervous- would you say all of the time, most of the time, some of the time, a little of the time or none of the time?"

"During the past 30 days, about how often did you feel hopeless- all of the time, most of the time, some of the time, a little of the time or none of the time?"

"During the past 30 days, about how often did you feel restless or fidgety?"

"During the past 30 days, about how often did you feel so depressed that nothing could cheer you up?"

"During the past 30 days, about how often did you feel that everything was an effort?"

"During the past 30 days, about how often did you feel worthless?"

The K6 scale of nonspecific psychological distress was developed by Kessler and colleagues to obtain population-based estimates of the prevalence of mental illness and to describe characteristics of adults with mental disorders.[3] It is not used to diagnose and classify mental disorders according to the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV). Instead, the questions inquire about nonspecific symptoms that are associated with mental health problems. Taken together, the 6 items in the K6 scale are used to assess the likelihood of an individual having a mental health problem that is serious enough to cause moderate to serious impairment in his or her ability to function in work, home, relationship, and social roles.

The K6 questions for nonspecific psychological distress during the past month are listed above. Each response category was given a score of 0 (none of the time) to 4 (all of the time); scores were summed across the 6 items, resulting in a possible total score of 0-24. A score of 13 points or more was used to define serious psychological distress (SPD). Survey respondents with a "don't know," "refused," or missing response to one or more of the six questions were excluded from the analysis.

IN NEW MEXICO,

❖ 4.1% of adult New Mexicans could be described as having Serious Psychological Distress. This was lower than the region (5.8%) and the U.S. (6.8%).

❖ Education was associated with SPD. Adults with lower education level were more likely to report SPD.

❖ Adult New Mexicans living in households with lower annual income were more likely to report SPD.

❖ There was no clear difference in reporting of SPD by gender, Race/Ethnicity, age, or region of residence.

❖ Adult New Mexicans who were unemployed or unable to work were more likely to be classified as having SPD than those who were employed, retired, or were a homemaker or a student.

Serious Psychological Distress in the Past 30 Days, by New Mexico, Region and U.S., NM, 2007 BRFSS

	NM	Region	US
Percentage	4.1	5.8	6.8

Serious Psychological Distress in the Past 30 Days, by Education, NM, 2007 BRFSS

	< HS	HS_GED	Some College	College Grad
Percentage	8.4	4.8	3.7	1.9

Serious Psychological Distress in the Past 30 Days, by Annual Household Income, NM, 2007 BRFSS

	< $10,000	$10,000 to $19,999	$20,000 to $49,999	$50,000+
Percentage	21.3	8.2	3.5	1.3

Serious Psychological Distress in the Past 30 Days, by Employment Status, NM, 2007 BRFSS

	Employed	Unemployed UnableWork	Homemaker Student	Retired
Percentage	2.3	18.0	2.8	3.2

SERIOUS PSYCHOLOGICAL DISTRESS

Table 12. Percentage of adult New Mexicans who met the criteria for Serious Psychological Distress, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Serious Psychological Distress			
		Total Number Reporting Serious Psychological Distress	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,972	245	4.1	3.4	4.8
GENDER					
Male	2,195	88	3.9	2.9	5.1
Female	3,777	157	4.2	3.4	5.3
AGE					
18-24	263	9	2.5	1.1	5.9
25-34	664	31	4.6	2.9	7.2
35-44	912	41	5.1	3.3	8.0
45-54	1,294	66	4.3	3.3	5.7
55-64	1,242	53	4.4	3.1	6.2
65-74	910	24	2.8	1.8	4.5
75+	666	21	3.5	2.1	5.6
RACE/ETHNICITY					
White, non-Hispanic	3,472	94	3.5	2.6	4.7
Hispanic	1,835	120	5.2	4.1	6.6
Native American	500	27	3.6	2.3	5.8
Black/AA**	69	2	1.6	0.4	6.4
Asian NHOPI**	56	2	2.9	0.7	11.3
EDUCATION					
Less than High School Graduate	744	64	8.4	5.8	12.1
High School Graduate or G.E.D.	1,627	77	4.8	3.5	6.6
Some College	1,575	66	3.7	2.8	5.0
College Graduate	2,020	37	1.9	1.2	2.9
INCOME					
Less than $10,000	301	60	21.3	15.2	29.0
$10-19,999	912	75	8.2	6.1	10.8
$20-49,999	2,140	64	3.5	2.4	4.9
$50,000 or more	2,040	24	1.3	0.8	2.1
EMPLOYMENT					
Employed	3,254	72	2.3	1.7	3.1
Unemployed/Unable to Work	576	110	18.0	13.8	23.1
Homemaker/Student	720	30	2.8	1.9	4.3
Retired	1408	32	3.2	1.7	5.6
Geographic Region✿					
Northwest	1,878	75	4.7	3.5	6.2
Northeast	1,019	34	2.9	1.9	4.3
Bernalillo County	984	37	4.6	3.1	6.8
Southeast	942	41	3.6	2.5	5.1
Southwest	1,130	58	3.9	2.9	5.2

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

* 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 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

SERIOUS PSYCHOLOGICAL DISTRESS — MALES

Table 13. Percentage of adult men in New Mexico who met the criteria for Serious Psychological Distress, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Serious Psychological Distress Among Adult Men			
		Total Number Reporting Serious Psychological Distress	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,195	88	3.9	2.9	5.1
AGE					
18-24**	99	2	0.9	0.2	4.3
25-34	240	12	4.2	2.0	8.4
35-44	323	12	5.6	2.6	11.6
45-54	493	22	3.6	2.3	5.9
55-64	480	22	4.7	2.7	8.0
65-74	342	10	3.5	1.7	6.9
75+	215	8	4.5	2.1	9.2
RACE/ETHNICITY					
White, non-Hispanic	1,281	38	3.9	2.5	6.0
Hispanic	655	37	4.1	2.7	6.1
Native American	195	12	3.9	1.9	7.7
Other Race**	45	1	1.7	0.2	11.4
EDUCATION					
Less than High School Graduate	235	22	9.1	5.2	15.7
High School Graduate or G.E.D.	625	33	4.8	2.9	7.9
Some College	532	20	2.9	1.8	4.8
College Graduate	803	13	2.0	0.9	4.0
INCOME					
Less than $10,000**	85	16	19.7	10.0	35.1
$10-19,999	295	31	10.1	6.5	15.3
$20-49,999	793	29	3.6	2.0	6.1
$50,000 or more	880	6	0.8	0.3	2.2
EMPLOYMENT					
Employed	1,345	18	1.4	0.8	2.5
Unemployed/Unable to Work	218	46	19.8	13.8	27.8
Homemaker/Student**	61	1	0.2	0.0	1.3
Retired	568	22	5.1	2.5	10.1
Geographic Region✿					
Northwest	685	29	4.8	3.1	7.4
Northeast	415	18	3.6	2.1	6.1
Bernalillo County	349	13	4.7	2.5	8.7
Southeast	323	11	2.7	1.4	5.1
Southwest	420	17	2.7	1.6	4.5

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

* Female respondents and all who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 14. Percentage of adult women in New Mexico who met the criteria for Serious Psychological Distress, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Serious Psychological Distress Among Adult Women | | | |
| | | Total Number Reporting Serious Psychological Distress | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	3,777	157	4.2	3.4	5.3
AGE					
18-24**	164	7	4.3	1.6	11.0
25-34	424	19	5.1	2.9	8.8
35-44	589	29	4.7	3.0	7.2
45-54	801	44	5.0	3.6	7.0
55-64	762	31	4.1	2.6	6.2
65-74	568	14	2.3	1.3	4.0
75+	451	13	2.8	1.5	5.1
RACE/ETHNICITY					
White, non-Hispanic	2,191	56	3.1	2.1	4.6
Hispanic	1,180	83	6.2	4.7	8.2
Native American	305	15	3.3	1.8	6.1
Other Race**	80	3	2.5	0.8	7.7
EDUCATION					
Less than High School Graduate	509	42	7.9	4.8	12.8
High School Graduate or G.E.D.	1,002	44	4.8	3.2	7.2
Some College	1,043	46	4.4	3.1	6.4
College Graduate	1,217	24	1.8	1.2	2.9
INCOME					
Less than $10,000	216	44	22.7	16.2	30.7
$10-19,999	617	44	6.6	4.6	9.4
$20-49,999	1,347	35	3.4	2.2	5.1
$50,000 or more	1,160	18	1.8	1.0	3.2
EMPLOYMENT					
Employed	1,909	54	3.3	2.3	4.7
Unemployed/Unable to Work	358	64	16.1	10.9	23.1
Homemaker/Student	659	29	3.7	2.5	5.6
Retired	840	10	1.2	0.6	2.4
Geographic Region✿					
Northwest	1,193	46	4.6	3.1	6.6
Northeast	604	16	2.2	1.3	3.8
Bernalillo County	635	24	4.5	2.7	7.4
Southeast	619	30	4.4	2.9	6.6
Southwest	710	41	5.1	3.6	7.1

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

* Male respondents and those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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 care coverage (any form of plan that covers the cost of health care) has been associated with delayed access to health care and increased risk of late stage diagnosis of chronic disease and mortality.[4] People without health coverage are much less likely than those with coverage 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.[4,5]

IN NEW MEXICO,

◆ The percentage of adults in New Mexico without health care coverage (22.3%) was similar to that of the Region (22.4%) higher than that of the U.S. (15.4%).

◆ Health care coverage was also associated with age as those in younger age groups were less likely to have coverage.

◆ White, non-Hispanic (13.6%) were less likely to be without health care coverage than Hispanics (32.5%) and Native Americans (34.2%).

◆ Adults with lower education level or who were unemployed or living in households with lower annual income were less likely to have coverage.

◆ Adults living in Bernalillo County were less likely to be without coverage than those living in the Northwest or the southern regions of New Mexico.

No Health Care Coverage, by NM, Region, US, NM, 2007 BRFSS

No Health Care Coverage, by Age, NM, 2007 BRFSS

No Health Care Coverage, by Race/Ethnicity, NM, 2007

No Health Care Coverage, by Annual Household Income, NM, 2007 BRFSS

No Health Care Coverage, by Region, NM, 2007 BRFSS

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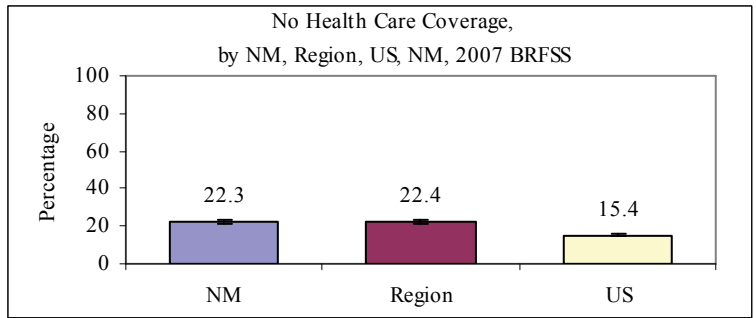
HEALTH CARE COVERAGE

Table 15. Percentage of adult New Mexicans without health care coverage, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,593	1,242	22.3	20.8	23.9
GENDER					
Male	2,450	457	23.8	21.3	26.5
Female	4,143	785	20.8	19.1	22.7
AGE					
18-24	298	104	35.5	28.8	42.8
25-34	752	245	34.8	30.5	39.3
35-44	1,016	277	26.0	22.8	29.6
45-54	1,432	323	21.1	18.6	23.8
55-64	1,332	248	15.8	13.6	18.3
65-74	991	31	2.9	1.8	4.7
75+	745	12	1.4	0.8	2.7
RACE/ETHNICITY					
White, non-Hispanic	3,737	430	13.6	12.0	15.5
Hispanic	2,085	579	32.5	29.6	35.6
Native American	583	202	34.2	28.4	40.5
Black/AA**	78	14	17.5	9.0	31.3
Asian NHOPI**	63	10	16.9	7.3	34.4
EDUCATION					
Less than High School Graduate	876	335	46.3	41.5	51.3
High School Graduate or G.E.D.	1,826	418	27.8	24.6	31.2
Some College	1,703	291	19.5	16.7	22.7
College Graduate	2,180	197	8.6	7.2	10.2
INCOME					
Less than $10,000	337	116	38.5	30.9	46.7
$10-19,999	1,038	373	45.9	41.4	50.5
$20-49,999	2,345	506	27.4	24.7	30.3
$50,000 or more	2,174	131	5.8	4.7	7.3
EMPLOYMENT					
Employed	3,577	758	22.8	20.9	24.9
Unemployed/Unable to Work	646	186	34.4	28.6	40.8
Homemaker/Student	814	249	33.0	28.2	38.1
Retired	1541	47	2.8	1.9	4.1
Geographic Region✿					
Northwest	2,070	413	23.0	20.3	25.8
Northeast	1,132	199	21.2	17.7	25.1
Bernalillo County	1,100	149	16.8	14.0	20.0
Southeast	1,023	196	25.4	21.5	29.7
Southwest	1,237	276	28.9	25.1	32.9

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HEALTH CARE COVERAGE — MALES

Table 16. Percentage of adult male New Mexicans without health care coverage, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Men			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,450	457	23.8	21.3	26.5
AGE					
18-24**	111	46	41.7	31.2	52.9
25-34	272	98	39.2	32.5	46.4
35-44	371	96	24.5	19.6	30.2
45-54	552	121	20.1	16.4	24.5
55-64	518	84	14.6	11.4	18.6
65-74	379	11	2.5	1.1	5.6
75+	242	1	0.7	0.1	4.6
RACE/ETHNICITY					
White, non-Hispanic	1,383	167	14.1	11.6	17.1
Hispanic	765	200	35.3	30.5	40.4
Native American	226	76	33.8	25.5	43.3
Other Race**	53	11	23.7	11.7	42.2
EDUCATION					
Less than High School Graduate	291	117	51.7	43.8	59.6
High School Graduate or G.E.D.	713	166	30.0	25.2	35.4
Some College	578	94	20.4	15.5	26.5
College Graduate	866	79	8.7	6.6	11.4
INCOME					
Less than $10,000**	94	34	41.0	27.0	56.5
$10-19,999	343	123	48.8	41.3	56.4
$20-49,999	880	200	31.5	27.1	36.3
$50,000 or more	942	62	6.5	4.7	8.8
EMPLOYMENT					
Employed	1,502	328	25.5	22.6	28.8
Unemployed/Unable to Work	249	85	40.5	31.6	50.2
Homemaker/Student**	66	23	31.8	19.5	47.4
Retired	629	20	2.8	1.5	5
Geographic Region✿					
Northwest	763	156	26.5	22.1	31.4
Northeast	462	78	22.1	16.4	29.0
Bernalillo County	398	60	18.0	13.6	23.4
Southeast	355	61	26.5	20.0	34.2
Southwest	462	99	30.2	24.4	36.7

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

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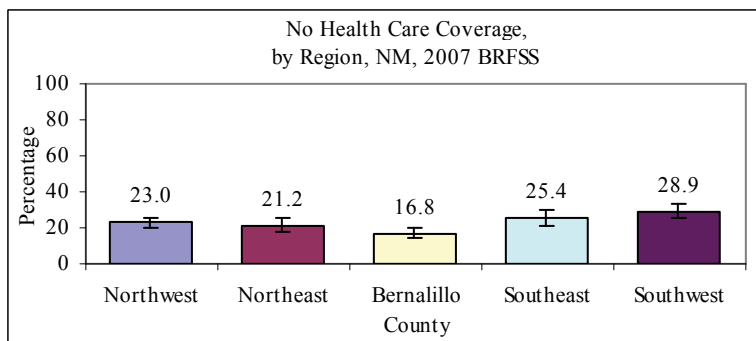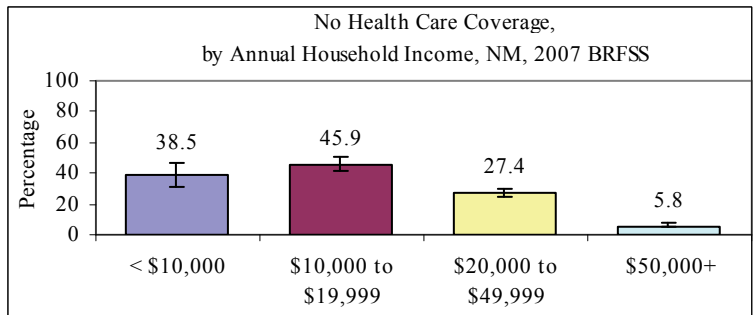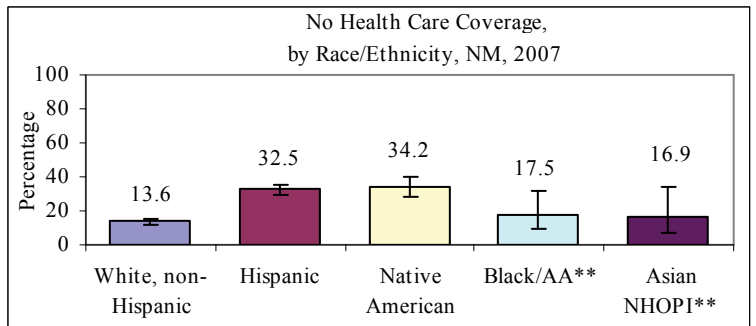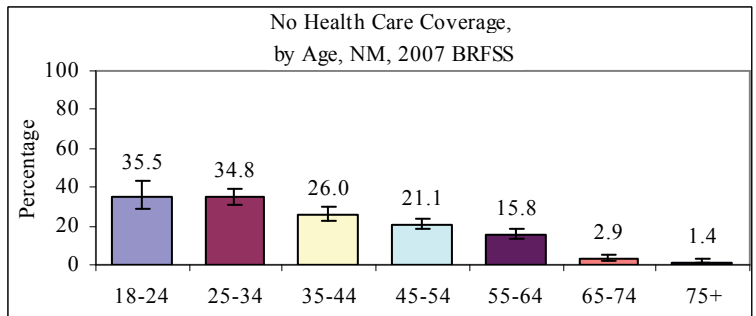
HEALTH CARE COVERAGE — FEMALES

Table 17. Percentage of adult female New Mexicans without health care coverage, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Women			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,143	785	20.8	19.1	22.7
AGE					
18-24	187	58	28.9	21.3	38.0
25-34	480	147	30.2	25.3	35.6
35-44	645	181	27.6	23.5	32.0
45-54	880	202	22.0	18.9	25.4
55-64	814	164	16.9	14.1	20.2
65-74	612	20	3.3	1.9	5.8
75+	503	11	2.0	1.0	3.8
RACE/ETHNICITY					
White, non-Hispanic	2,354	263	13.1	11.1	15.5
Hispanic	1,320	379	29.9	26.6	33.3
Native American	357	126	34.6	27.1	43.0
Other Race**	88	13	11.9	5.9	22.3
EDUCATION					
Less than High School Graduate	585	218	41.7	36.0	47.5
High School Graduate or G.E.D.	1,113	252	25.5	21.6	29.9
Some College	1,125	197	18.7	15.9	21.9
College Graduate	1,314	118	8.5	6.7	10.6
INCOME					
Less than $10,000	243	82	36.7	28.9	45.2
$10-19,999	695	250	43.5	38.3	48.9
$20-49,999	1,465	306	23.5	20.5	26.9
$50,000 or more	1,232	69	5.1	3.8	6.8
EMPLOYMENT					
Employed	2,075	430	19.6	17.5	21.9
Unemployed/Unable to Work	397	101	27.6	20.6	36.0
Homemaker/Student	748	226	33.3	28.8	38.3
Retired	912	27	2.8	1.7	4.6
Geographic Region✿					
Northwest	1,307	257	19.6	16.8	22.7
Northeast	670	121	20.3	16.8	24.5
Bernalillo County	702	89	15.7	12.5	19.6
Southeast	668	135	24.4	20.5	28.7
Southwest	775	177	27.7	23.1	32.7

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HEALTH CARE ACCESS, IMPACT OF COST

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 out-of-pocket costs were 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.[4,5,6,7]

IN NEW MEXICO,

◈ 15.7% of New Mexicans were unable to get needed medical care in the past 12 months because of the cost. This was lower than that of the Region (17.7%) but higher than the percentage for the U.S. (13.5%).

◈ Women were more likely to forego needed medical care in the past 12 months because of the cost (18.6%) than were men (12.5%).

◈ In spite of a greater need for expensive forms of medical care, adults aged 65 or older were less likely to forego needed medical care due to cost. Adults in this age range qualify for coverage through Federally-funded Medicare. Nearly 98% of adults aged 65+ have some form of coverage while only 70% of adults less than age 65 have some form of coverage.

◈ Hispanic and Native American adults were more likely to forego needed medical care in the past 12 months because of cost (20.8% and 17.3%) than were White, non-Hispanics (11.3%).

◈ Adults with lower income or less education or who were unemployed were more likely to forego needed medical care in the past 12 months because of cost.

Cost Prevented Necessary Medical Care in the Past 12 Months, by New Mexico, Region and U.S., NM, 2007 BRFSS

NM 15.7 | Region 17.7 | US 13.5

Cost Prevented Necessary Medical Care in the Past 12 Months, by Gender, NM, 2007 BRFSS

Male 12.5 | Female 18.6

Cost Prevented Necessary Medical Care in the Past 12 by Age, NM, 2007 BRFSS

18-24: 16.2 | 25-34: 21.1 | 35-44: 20.1 | 45-54: 17.0 | 55-64: 14.7 | 65-74: 5.8 | 75+: 2.8

Cost Prevented Necessary Medical Care in the Past 12 Months, by Annual Household Income, NM, 2007 BRFSS

< $10,000: 32.6 | $10,000 to $19,999: 29.8 | $20,000 to $49,999: 19.8 | $50,000+: 4.7

Cost Prevented Necessary Medical Care in the Past 12 Months, by Employment Status, NM, 2007 BRFSS

Employed: 16.5 | Unemployed UnableWork: 26.6 | Homemaker Student: 16.4 | Retired: 5.2

HEALTH CARE ACCESS, IMPACT OF COST

Table 18. Percentage of adult New Mexicans who could not get needed medical care in the past 12 months because of the cost, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,596	998	15.7	14.5	16.9
GENDER					
Male	2,453	303	12.5	10.9	14.4
Female	4,143	695	18.6	17.0	20.4
AGE					
18-24	302	49	16.2	11.7	21.9
25-34	752	159	21.1	17.7	25.0
35-44	1,019	221	20.1	17.3	23.3
45-54	1,432	271	17.0	14.8	19.4
55-64	1,332	209	14.7	12.6	17.1
65-74	991	62	5.8	4.4	7.7
75+	741	23	2.8	1.8	4.3
RACE/ETHNICITY					
White, non-Hispanic	3,740	388	11.3	9.9	12.9
Hispanic	2,086	471	20.8	18.6	23.1
Native American	582	103	17.3	13.3	22.1
Black/AA**	78	16	23.4	12.7	39.1
Asian NHOPI**	63	12	22.1	11.0	39.6
EDUCATION					
Less than High School Graduate	873	219	25.3	21.5	29.5
High School Graduate or G.E.D.	1,829	297	17.8	15.3	20.7
Some College	1,705	261	15.4	13.2	17.8
College Graduate	2,181	221	9.5	8.1	11.2
INCOME					
Less than $10,000	337	105	32.6	25.9	40.1
$10-19,999	1,036	291	29.8	26.0	34.0
$20-49,999	2,347	411	19.8	17.6	22.3
$50,000 or more	2,175	108	4.7	3.7	6.0
EMPLOYMENT					
Employed	3,579	589	16.5	14.9	18.1
Unemployed/Unable to Work	646	176	26.6	21.5	32.3
Homemaker/Student	814	148	16.4	13.4	20.1
Retired	1540	82	5.2	4.0	6.7
Geographic Region✿					
Northwest	2,067	303	15.4	13.2	17.9
Northeast	1,136	181	15.2	12.9	17.9
Bernalillo County	1,099	128	11.8	9.7	14.3
Southeast	1,025	161	18.0	14.9	21.6
Southwest	1,237	218	21.0	17.9	24.5

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

* Those who responded "don't know/not sure" or refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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Table 19. Percentage of adult male New Mexicans who could not get needed medical care in the past 12 months because of the cost, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Men			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,453	303	12.5	10.9	14.4
AGE					
18-24	113	15	11.2	6.5	18.7
25-34	272	54	19.8	14.8	25.9
35-44	373	61	14.9	11.1	19.6
45-54	552	79	12.1	9.3	15.5
55-64	518	70	12.5	9.6	16.2
65-74	379	17	3.8	2.2	6.5
75+	241	7	2.4	1.1	5.2
RACE/ETHNICITY					
White, non-Hispanic	1,385	120	8.3	6.6	10.4
Hispanic	765	127	16.4	13.3	20.1
Native American	227	40	16.0	10.7	23.3
Other Race**	53	13	27.5	14.5	45.9
EDUCATION					
Less than High School Graduate	288	58	20.3	15.0	26.9
High School Graduate or G.E.D.	717	97	15.5	12.1	19.8
Some College	579	66	10.2	7.6	13.6
College Graduate	867	82	8.1	6.2	10.5
INCOME					
Less than $10,000**	95	29	27.9	17.6	41.3
$10-19,999	342	92	27.7	21.7	34.7
$20-49,999	878	127	16.6	13.5	20.2
$50,000 or more	943	36	3.3	2.2	4.9
EMPLOYMENT					
Employed	1,504	197	13.6	11.5	16.1
Unemployed/Unable to Work	249	67	21.6	15.8	28.8
Homemaker/Student**	67	7	6.5	2.7	14.9
Retired	629	31	4.9	3.2	7.3
Geographic Region✿					
Northwest	761	93	13.2	10.1	17.0
Northeast	465	65	13.0	9.7	17.3
Bernalillo County	398	33	7.4	5.0	10.8
Southeast	355	43	15.0	10.3	21.2
Southwest	464	67	17.9	13.7	23.0

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 20. Percentage of adult female New Mexicans who could not get needed medical care in the past 12 months because of the cost, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Women			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,143	695	18.6	17.0	20.4
AGE					
18-24**	189	34	21.5	14.6	30.6
25-34	480	105	22.4	18.1	27.5
35-44	646	160	25.3	21.4	29.7
45-54	880	192	21.7	18.6	25.2
55-64	814	139	16.7	13.8	20.2
65-74	612	45	7.5	5.4	10.5
75+	500	16	3.0	1.7	5.2
RACE/ETHNICITY					
White, non-Hispanic	2,355	268	14.1	12.0	16.6
Hispanic	1,321	344	24.8	21.9	27.9
Native American	355	63	18.8	13.5	25.5
Other Race**	88	15	19.0	9.9	33.4
EDUCATION					
Less than High School Graduate	585	161	29.5	24.4	35.2
High School Graduate or G.E.D.	1,112	200	20.2	16.7	24.3
Some College	1,126	195	19.8	16.8	23.2
College Graduate	1,314	139	10.9	9.0	13.3
INCOME					
Less than $10,000	242	76	36.0	28.2	44.7
$10-19,999	694	199	31.5	26.9	36.6
$20-49,999	1,469	284	22.8	19.7	26.2
$50,000 or more	1,232	72	6.5	4.9	8.5
EMPLOYMENT					
Employed	2,075	392	19.8	17.6	22.2
Unemployed/Unable to Work	397	109	32.1	24.5	40.8
Homemaker/Student	747	141	19.6	16.0	23.7
Retired	911	51	5.5	4.0	7.7
Geographic Region✿					
Northwest	1,306	210	17.6	14.7	21.0
Northeast	671	116	17.3	14.2	20.9
Bernalillo County	701	95	15.8	12.7	19.6
Southeast	670	118	20.8	17.1	25.1
Southwest	773	151	24.1	19.7	29.0

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HEALTH CARE ACCESS, ROUTINE CHECKUP

QUESTION:
"Do you have one person you think of as your personal doctor or health care provider?"

"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.[4,5]

IN NEW MEXICO,

◈ A greater percentage of adults in NM (41.4%) had not visited a physician for a routine checkup in the past 12 months than adults in the region (36.6%) or the U.S. (32.2%).

◈ A greater percentage of men had not visited a physician for a routine checkup in the previous 12 months (45.6% and 37.3%, respectively).

◈ There was not a measurable difference by Race/Ethnicity.

◈ There was not a measurable difference by income or education status.

◈ Adults who reported having a personal health care provider were more likely to report a routine checkup in the past year, even among adults who did not have a health care coverage plan.

No Routine Checkup in the Past Year, by New Mexico, Region and U.S., NM, 2007 BRFSS

No Routine Checkup in the Past Year, by Gender, NM, 2007 BRFSS

No Routine Checkup in the Past Year, by Age, NM, 2007 BRFSS

No Routine Checkup in the Past Year, by Race/Ethnicity, NM, 2007

No Routine Checkup in the Past Year, by Annual Household Income, NM, 2007 BRFSS
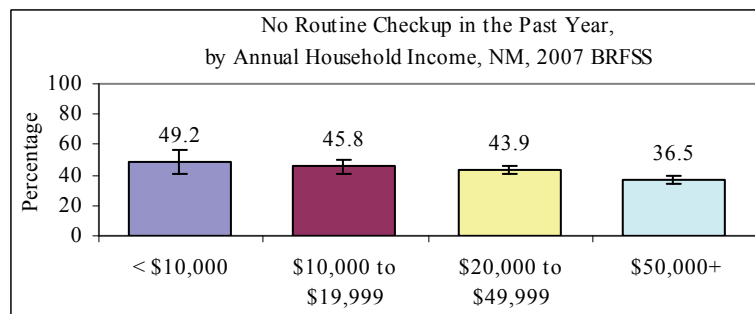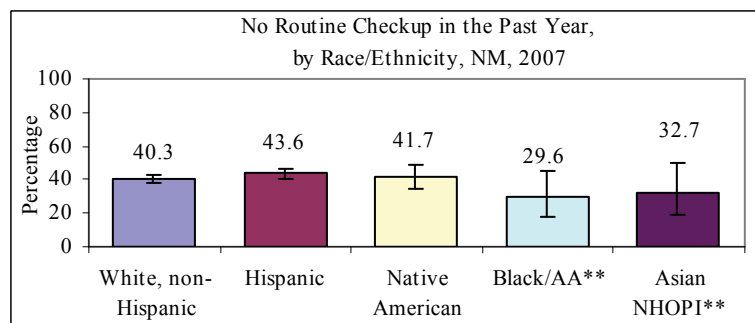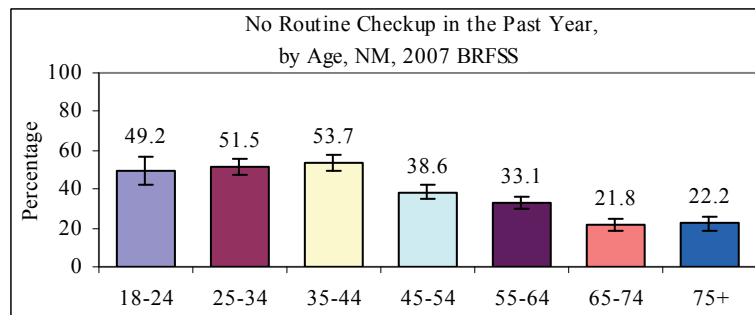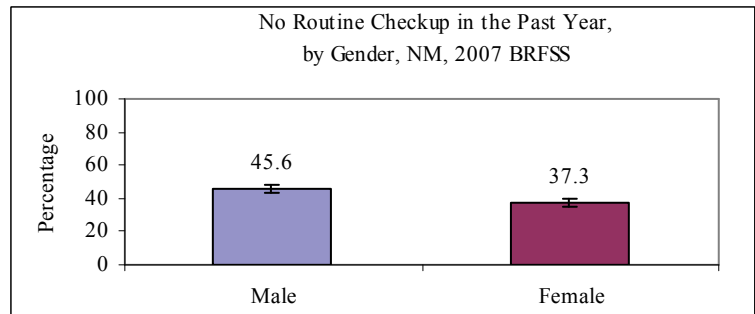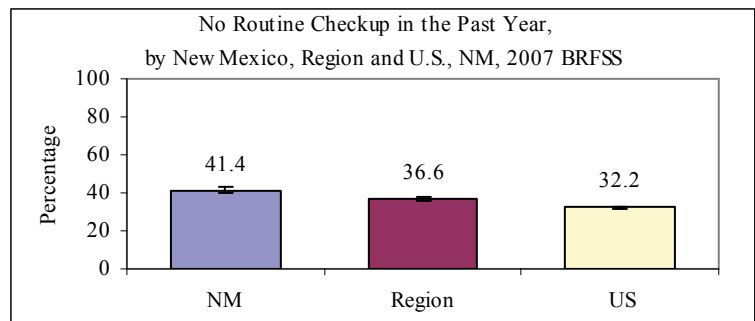
HEALTH CARE ACCESS, ROUTINE CHECKUP

Table 21. Percentage of Adults who did not visit a doctor for a routine checkup in the past 12 months, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,552	2,434	41.4	39.6	43.1
GENDER					
Male	2,437	1014	45.6	42.8	48.4
Female	4,115	1420	37.3	35.3	39.5
AGE					
18-24	296	133	49.2	41.9	56.5
25-34	748	367	51.5	47.0	56.0
35-44	1,018	514	53.7	49.9	57.6
45-54	1,427	577	38.6	35.5	41.8
55-64	1,323	435	33.1	30.0	36.3
65-74	981	242	21.8	18.9	25.0
75+	732	157	22.2	18.7	26.1
RACE/ETHNICITY					
White, non-Hispanic	3,711	1331	40.3	38.0	42.5
Hispanic	2,073	824	43.6	40.5	46.6
Native American	581	217	41.7	35.1	48.6
Black/AA**	78	23	29.6	17.5	45.5
Asian NHOPI**	63	20	32.7	19.1	50.1
EDUCATION					
Less than High School Graduate	869	340	46.2	41.4	51.2
High School Graduate or G.E.D.	1,813	706	42.7	39.3	46.3
Some College	1,695	661	44.1	40.7	47.6
College Graduate	2,168	724	35.4	32.8	38.1
INCOME					
Less than $10,000	335	133	49.2	41.4	56.9
$10-19,999	1,027	425	45.8	41.4	50.4
$20-49,999	2,337	919	43.9	41.0	46.7
$50,000 or more	2,168	720	36.5	33.7	39.3
EMPLOYMENT					
Employed	3,566	1520	45.8	43.5	48.0
Unemployed/Unable to Work	640	237	45.9	39.7	52.2
Homemaker/Student	808	319	42.2	37.1	47.5
Retired	1523	353	21.7	19.3	24.3
Geographic Region✿					
Northwest	2,059	784	42.2	39.3	45.2
Northeast	1,128	415	42.8	38.8	46.9
Bernalillo County	1,093	382	38.6	35.0	42.4
Southeast	1,014	390	43.4	39.3	47.6
Southwest	1,227	450	42.8	38.9	46.8

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 22. Percentage of Adult Men who did not visit a doctor for a routine checkup in the past 12 months, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | No Routine Checkup in Past Year Among Adult Men | | | |
| | | Total Number Reporting No Routine Checkup in Past Year | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,437	1,014	45.6	42.8	48.4
AGE					
18-24**	110	53	50.5	39.4	61.6
25-34	271	163	60.3	53.2	67.0
35-44	372	228	60.2	54.0	66.1
45-54	549	240	41.0	36.0	46.3
55-64	515	179	35.5	30.6	40.7
65-74	376	98	22.4	17.9	27.6
75+	239	51	21.2	15.8	27.8
RACE/ETHNICITY					
White, non-Hispanic	1,374	555	44.1	40.6	47.8
Hispanic	761	322	48.1	43.1	53.0
Native American	227	107	45.7	36.2	55.5
Other Race**	53	20	39.5	24.1	57.4
EDUCATION					
Less than High School Graduate	288	128	50.8	42.9	58.7
High School Graduate or G.E.D.	712	306	46.8	41.4	52.1
Some College	576	255	49.4	43.5	55.3
College Graduate	859	324	39.2	35.2	43.5
INCOME					
Less than $10,000**	93	45	58.6	44.9	71.1
$10-19,999	340	152	51.4	43.8	58.9
$20-49,999	874	387	48.7	44.2	53.3
$50,000 or more	939	350	40.5	36.3	44.9
EMPLOYMENT					
Employed	1,496	721	50.4	47.1	53.7
Unemployed/Unable to Work	246	104	48.6	39.2	58.2
Homemaker/Student**	67	28	46.4	32.1	61.4
Retired	625	159	24.6	20.8	28.9
Geographic Region✿					
Northwest	758	328	46.4	41.7	51.2
Northeast	461	185	49.5	43.1	56.0
Bernalillo County	393	160	43.2	37.3	49.2
Southeast	355	157	47.5	40.8	54.4
Southwest	460	180	44.4	38.4	50.6

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 23. Percentage of Adult Women who did not visit a doctor for a routine checkup in the past 12 months,

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year Among Adult Women			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,115	1,420	37.3	35.3	39.5
AGE					
18-24**	186	80	47.7	38.5	57.1
25-34	477	204	42.6	37.2	48.2
35-44	646	286	47.4	42.8	52.1
45-54	878	337	36.3	32.6	40.1
55-64	808	256	30.8	27.0	34.9
65-74	605	144	21.3	17.7	25.3
75+	493	106	22.8	18.4	27.9
RACE/ETHNICITY					
White, non-Hispanic	2,337	776	36.7	34.0	39.4
Hispanic	1,312	502	39.4	35.9	43.0
Native American	354	110	37.1	28.1	47.1
Other Race**	88	23	23.8	13.6	38.5
EDUCATION					
Less than High School Graduate	581	212	42.4	36.4	48.6
High School Graduate or G.E.D.	1,101	400	38.6	34.3	43.0
Some College	1,119	406	39.6	35.7	43.6
College Graduate	1,309	400	31.6	28.5	34.9
INCOME					
Less than $10,000**	242	88	43.0	34.6	51.8
$10-19,999	687	273	41.3	36.3	46.5
$20-49,999	1,463	532	39.3	35.9	42.9
$50,000 or more	1,229	370	31.7	28.4	35.2
EMPLOYMENT					
Employed	2,070	799	40.4	37.5	43.3
Unemployed/Unable to Work	394	133	42.9	35.1	51.0
Homemaker/Student	741	291	40.9	36.1	45.9
Retired	898	194	18.7	16.0	21.8
Geographic Region✿					
Northwest	1,301	456	38.2	34.7	41.9
Northeast	667	230	36.3	32.0	40.9
Bernalillo County	700	222	34.4	30.0	39.0
Southeast	659	233	39.4	34.9	44.1
Southwest	767	270	41.2	36.2	46.4

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

IMMUNIZATION

QUESTION:

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

"During the past 12 months, have you had a flu vaccine that was sprayed in your nose?"

"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."

It is recommended that people 65 years of age and older receive a yearly influenza vaccination as part of routine health maintenance.[8,9] Adults at increased risk of influenza, those with chronic conditions like diabetes, should be vaccinated, as well, regardless of age.

Pneumococcal vaccination is also recommended for adults ages 65 years and older.[8] 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.[8,9]

IN NEW MEXICO,

◈ 30.0% of New Mexico adults ages 65 years and older had not been immunized against influenza during the past 12 months and 36.8% had never received the pneumonia vaccine. These percentages were not different from the percentages for the Region.

◈ 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, though the small sample in this age range made comparison difficult.

◈ White, non-Hispanic adults age 65+ were more likely to have received the pneumonia vaccine than adults of other Racial/Ethnic groups.

◈ Adults age 65+ with less than a high school education were less likely to have ever received the pneumonia vaccine.

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by NM, Region, and U.S., NM 2007 BRFSS

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Age, NM, 2007 BRFSS

No Flu Shot in Past 12 Months, Age 65+, by Race/Ethnicity, NM, 2007 BRFSS

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Education, NM, 2007 BRFSS
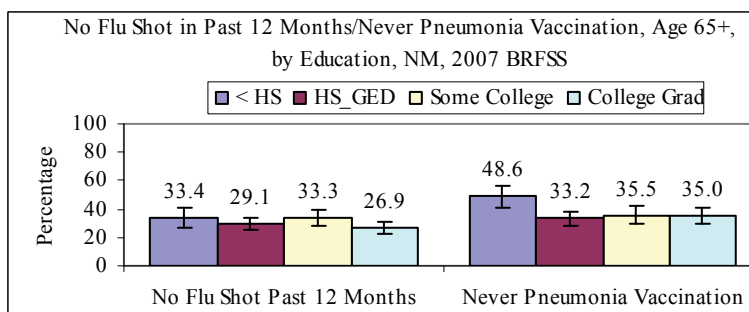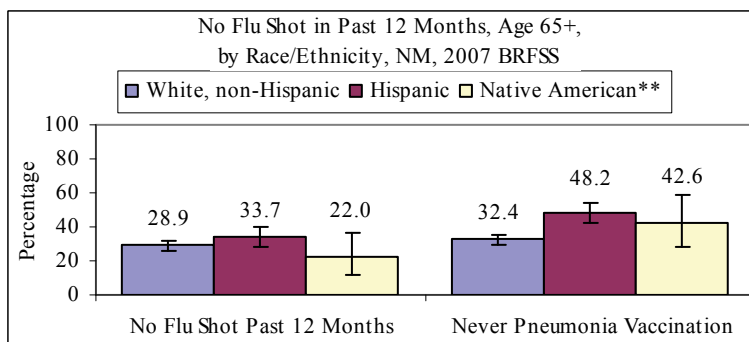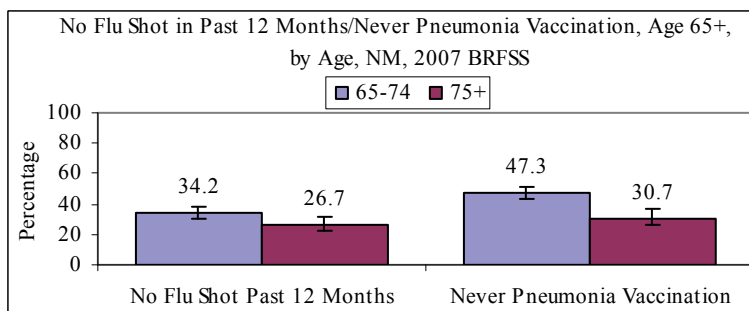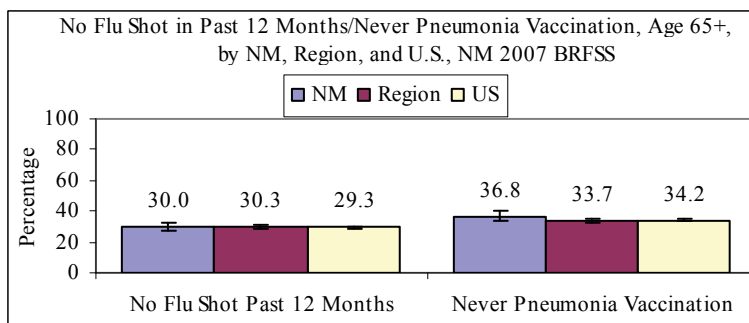
◈ The percentage of New Mexican adults ages 65 years and older not immunized against influenza during the past 12 months was similar among the different education and annual household income groups.

◈ 34.3% of adults with diabetes, of all ages, had not been vaccinated against influenza in the past 12 months.

IMMUNIZATION, INFLUENZA VACCINATION

Table 24. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Flu Shot in Past 12 Months, Age 65+			
		Total # Reporting No Flu Shot in Past 12 Months	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	1,733	538	30.0	27.5	32.7
GENDER					
Male	622	194	29.2	25.2	33.6
Female	1,111	344	30.7	27.5	34.0
AGE					
65-74	990	338	34.2	30.4	38.3
75+	743	200	26.7	22.6	31.2
RACE/ETHNICITY					
White, non-Hispanic	1,228	374	28.9	26.0	32.0
Hispanic	412	138	33.7	28.3	39.5
Native American**	68	17	22.0	12.3	36.0
Other Race**	16	-	-	-	-
EDUCATION					
Less than High School Graduate	304	104	33.4	27.1	40.4
High School Graduate or G.E.D.	508	152	29.1	24.7	33.9
Some College	384	131	33.3	27.7	39.3
College Graduate	533	150	26.9	22.7	31.6
INCOME					
Less than $10,000**	101	41	34.1	23.5	46.7
$10-19,999	338	120	36.0	30.0	42.4
$20-49,999	645	190	29.7	25.6	34.1
$50,000 or more	343	92	25.1	20.1	30.8
EMPLOYMENT					
Employed	270	105	35.0	28.5	42.1
Unemployed/Unable to Work**	103	33	34.1	22.9	47.4
Homemaker/Student	168	55	34.5	26.5	43.5
Retired	1185	343	28.1	25.2	31.3
Geographic Region✿					
Northwest	441	146	30.8	25.8	36.2
Northeast	304	95	30.0	24.6	36.1
Bernalillo County	291	82	27.9	22.5	33.9
Southeast	317	85	26.7	21.6	32.4
Southwest	368	125	34.3	29.0	40.1

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

IMMUNIZATION, PNEUMOCOCCAL VACCINATION

Table 25. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Pneumonia Vaccination, Age 65+			
		Total # Reporting No Pneumonia Vaccination	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	1,668	610	36.8	34.1	39.7
GENDER					
Male	593	247	40.2	35.6	45.0
Female	1,075	363	34.3	30.9	37.8
AGE					
65-74	948	413	47.3	43.1	51.5
75+	720	197	30.7	25.7	36.2
RACE/ETHNICITY					
White, non-Hispanic	1,186	380	32.4	29.3	35.8
Hispanic	392	189	48.2	42.2	54.3
Native American**	65	29	42.6	28.3	58.3
Other Race**	16	-	-	-	-
EDUCATION					
Less than High School Graduate	289	140	48.6	41.4	56.0
High School Graduate or G.E.D.	491	167	33.2	28.5	38.2
Some College	373	132	35.5	29.7	41.7
College Graduate	511	170	35.0	30.0	40.2
INCOME					
Less than $10,000**	95	42	40.2	27.9	53.8
$10-19,999	326	126	38.0	32.0	44.5
$20-49,999	620	224	37.8	33.3	42.5
$50,000 or more	332	124	38.5	32.3	45.0
EMPLOYMENT					
Employed	261	127	49.2	41.7	56.8
Unemployed/Unable to Work**	95	42	40.9	28.5	54.7
Homemaker/Student	162	51	30.1	22.6	38.8
Retired	1143	388	35.0	31.7	38.4
Geographic Region✿					
Northwest	426	146	32.6	27.5	38.2
Northeast	290	106	36.1	30.2	42.5
Bernalillo County	277	90	34.5	28.4	41.1
Southeast	310	117	38.6	32.8	44.7
Southwest	357	148	42.4	36.7	48.4

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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.[10]

In addition to vaccination of all children, recommendations include vaccination of adults with risk factors for HBV infection.[10] According to the BRFSS, only about six percent of adults report at least one risk factor (see page 113). As can be seen here, a far greater proportion of the adult population has been vaccinated. However, only 46.9% of adults reporting a risk factor for HBV also reported having received the vaccine.

IN NEW MEXICO,

◈ 37.5% of adults had been immunized against Hepatitis B. This percentage was not different from the percentage for the Region (36.4%) but was higher than that of the U.S (35.3%).

◈ 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.

◈ White, non-Hispanic and Hispanic adults were less likely to have been immunized than members of other Race/Ethnic groups. However, after adjusting for age, only adult Hispanics were less likely to have been vaccinated against Hepatitis B.

◈ As education level improved, history of Hepatitis B vaccination improved, even after adjusting for age.

Received Hepatitis B Vaccination, by New Mexico, Region, and U.S., NM, 2007 BRFSS

Category	Percentage
NM	37.5
Region	36.4
US	35.3

Received Hepatitis B Vaccination, by Age, NM, 2007 BRFSS

Age	Percentage
18-24	70.4
25-34	50.5
35-44	39.7
45-54	33.5
55-64	23.9
65-74	19.2
75+	7.7

Received Hepatitis B Vaccination, by Race/Ethnicity, NM, 2007

Race/Ethnicity	Percentage
White, non-Hispanic	34.5
Hispanic	39.1
Native American	49.6
Black/AA**	41.5
Asian NHOPI**	55.3

Received Hepatitis B Vaccination, by Education, NM, 2007 BRFSS

Education	Percentage
< HS	24.6
HS_GED	36.6
Some College	43.2
College Grad	39.2

◈ Adults with health care coverage were not more likely to have been vaccinated than adults without coverage.

◈ While 46.9% of adults who reported some risk factor for Hepatitis B infection had been vaccinated and 37.0% of adults who reported no risk factor had been vaccinated, this difference was not statistically significant and nearly disappeared after adjusting for age differences in these two populations.

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IMMUNIZATION, HEPATITIS B VACCINATION

Table 26. Percentage of Adult New Mexicans Vaccinated Against Hepatitis B, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Received Hepatitis B Vaccination | | | |
| | | Total # Reporting Hepatitis B Vaccination | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	5,843	1,827	37.5	35.6	39.4
GENDER					
Male	2,163	642	37.2	34.3	40.3
Female	3,680	1185	37.7	35.4	40.0
AGE					
18-24	254	178	70.4	62.6	77.2
25-34	625	340	50.5	45.6	55.4
35-44	866	363	39.7	35.7	43.8
45-54	1,303	438	33.5	30.3	36.9
55-64	1,216	295	23.9	21.1	27.1
65-74	890	156	19.2	16.1	22.8
75+	667	50	7.7	5.6	10.6
RACE/ETHNICITY					
White, non-Hispanic	3,335	936	34.5	32.1	37.0
Hispanic	1,856	588	39.1	35.8	42.5
Native American	486	236	49.6	42.4	56.9
Black/AA**	72	32	41.5	27.1	57.5
Asian NHOPI**	52	29	55.3	36.1	73.1
EDUCATION					
Less than High School Graduate	794	159	24.6	20.2	29.7
High School Graduate or G.E.D.	1,607	433	36.6	32.8	40.6
Some College	1,512	528	43.2	39.5	47.0
College Graduate	1,925	706	39.2	36.4	42.1
INCOME					
Less than $10,000	300	91	37.7	29.2	46.9
$10-19,999	915	247	35.7	30.9	40.8
$20-49,999	2,086	657	36.7	33.8	39.8
$50,000 or more	1,920	686	39.8	36.7	43.0
EMPLOYMENT					
Employed	3,167	1209	41.4	39.0	43.8
Unemployed/Unable to Work	569	174	39.9	33.3	46.9
Homemaker/Student	705	234	43.3	37.6	49.1
Retired	1385	205	17.2	14.5	20.4
Geographic Region✿					
Northwest	1,825	634	40.0	36.9	43.2
Northeast	993	291	34.8	30.8	39.1
Bernalillo County	959	296	37.3	33.3	41.5
Southeast	921	260	36.9	32.7	41.4
Southwest	1,122	340	37.6	33.5	41.9

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 27. Percentage of Adult Male New Mexicans Vaccinated Against Hepatitis B, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Received Hepatitis B Vaccination Among Adult Men			
		Total # Reporting Hepatitis B Vaccination	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,163	642	37.2	34.3	40.3
AGE					
18-24**	96	74	76.2	63.8	85.3
25-34	230	111	46.3	38.9	53.9
35-44	322	117	35.2	29.1	41.7
45-54	496	152	31.0	26.1	36.4
55-64	473	107	23.6	19.1	28.7
65-74	329	58	18.9	14.2	24.8
75+	213	21	10.0	6.1	16.1
RACE/ETHNICITY					
White, non-Hispanic	1,221	336	33.9	30.2	37.9
Hispanic	683	197	39.4	34.1	45.0
Native American	189	80	49.8	39.4	60.2
Other Race**	48	-	-	-	-
EDUCATION					
Less than High School Graduate	260	39	23.2	16.1	32.3
High School Graduate or G.E.D.	626	174	37.4	31.6	43.5
Some College	501	176	45.5	39.1	52.1
College Graduate	776	253	36.6	32.4	41.0
INCOME					
Less than $10,000**	85	23	40.9	25.6	58.0
$10-19,999	309	68	35.3	27.2	44.3
$20-49,999	778	220	34.6	30.0	39.5
$50,000 or more	826	280	38.8	34.1	43.7
EMPLOYMENT					
Employed	1,331	447	38.3	34.8	42.0
Unemployed/Unable to Work	224	64	37.9	28.3	48.6
Homemaker/Student**	57	37	67.8	50.1	81.5
Retired	547	94	19.9	15.5	25.2
Geographic Region✿					
Northwest	674	233	41.1	36.2	46.2
Northeast	401	104	33.8	27.2	41.1
Bernalillo County	343	96	35.5	29.2	42.4
Southeast	319	87	37.6	30.5	45.2
Southwest	418	121	38.7	32.4	45.4

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

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IMMUNIZATION, HEPATITIS B VACCINATION — FEMALES

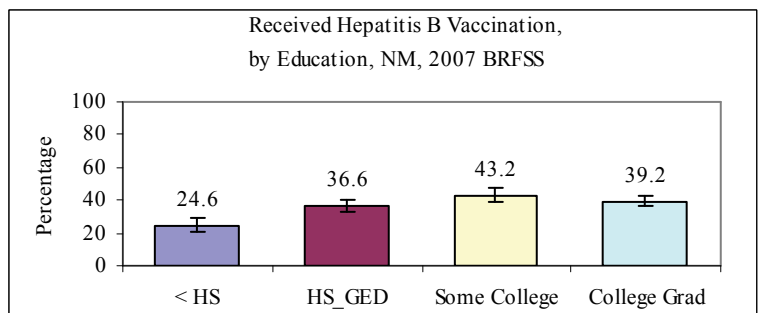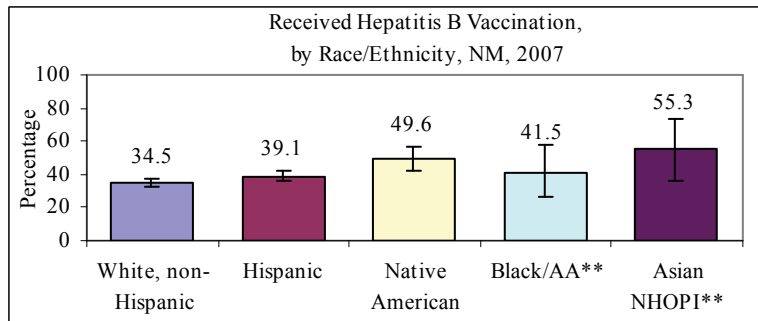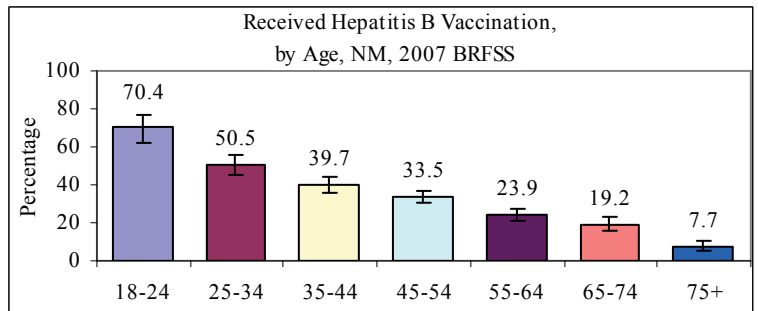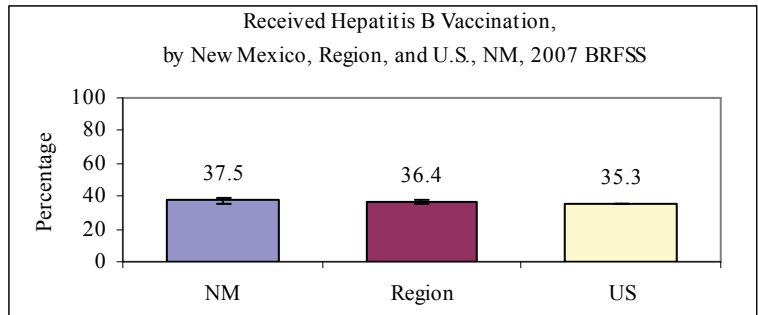Table 28. Percentage of Adult Female New Mexicans Vaccinated Against Hepatitis B, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Received Hepatitis B Vaccination Among Adult Women			
		Total # Reporting Hepatitis B Vaccination	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,680	1,185	37.7	35.4	40.0
AGE					
18-24	158	104	64.5	54.2	73.6
25-34	395	229	54.6	48.4	60.7
35-44	544	246	44.2	39.2	49.3
45-54	807	286	35.9	31.9	40.1
55-64	743	188	24.3	20.8	28.2
65-74	561	98	19.5	15.6	24.1
75+	454	29	6.2	4.2	9.2
RACE/ETHNICITY					
White, non-Hispanic	2,114	600	35.0	32.1	38.1
Hispanic	1,173	391	38.8	35.0	42.8
Native American	297	156	49.4	39.6	59.2
Other Race**	76	35	50.9	34.2	67.4
EDUCATION					
Less than High School Graduate	534	120	25.8	20.7	31.6
High School Graduate or G.E.D.	981	259	35.9	31.1	41.0
Some College	1,011	352	41.4	37.2	45.7
College Graduate	1,149	453	41.8	38.1	45.5
INCOME					
Less than $10,000	215	68	35.3	27.0	44.7
$10-19,999	606	179	36.0	30.6	41.7
$20-49,999	1,308	437	38.7	34.9	42.5
$50,000 or more	1,094	406	41.0	37.1	44.9
EMPLOYMENT					
Employed	1,836	762	44.9	41.8	48.1
Unemployed/Unable to Work	345	110	42.2	33.7	51.1
Homemaker/Student	648	197	35.8	30.6	41.3
Retired	838	111	14.7	11.7	18.2
Geographic Region✿					
Northwest	1,151	401	38.9	35.1	42.9
Northeast	592	187	35.7	31.1	40.7
Bernalillo County	616	200	38.9	34.1	44.0
Southeast	602	173	36.3	31.6	41.2
Southwest	704	219	36.5	31.5	41.9

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

QUESTION:

"Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?"

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

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. The body needs some cholesterol to function properly but high blood cholesterol increases the risk of developing coronary heart disease. People ages 20 years and older should have their cholesterol levels checked at least once every 5 years.[11]

IN NEW MEXICO,

◈ 30.5% of New Mexico adults had not had a cholesterol test in the past 5 years, which was similar to the region (29.0%). NM and the region were higher than the U.S. (23.9%).

◈ Men (33.9%) were less likely than women (27.4%) to have had a cholesterol test within the previous 5 years.

◈ Younger adults were less likely to have had a cholesterol test in the past 5 years.

◈ After adjusting for differences in age distribution, White, non-Hispanic adults were more likely than Hispanic adults to have had a cholesterol test within the past 5 years. Small sample sizes for other populations made comparison of these groups difficult.

◈ Adults with a higher level of education or who lived in households with higher annual household income were more likely to have had cholesterol test in the past 5 years.

◈ Adults without health care coverage were three times more likely to have gone 5+ years without a test (59.6% vs 22.1%).

◈ Current smokers were more likely to have had a test in the past 5 years.

No Cholesterol Test within Past 5 Years, by New Mexico, Region, and U.S., NM, 2007 BRFSS

NM: 30.5, Region: 29.0, US: 23.9

No Cholesterol Test within Past 5 Years, by Age, NM, 2007 BRFSS

18-24: 62.5, 25-34: 52.0, 35-44: 35.2, 45-54: 19.8, 55-64: 11.5, 65-74: 9.0, 75+: 9.3

No Cholesterol Test within Past 5 Years, by Race/Ethnicity, NM, 2007

White, non-Hispanic: 22.3, Hispanic: 41.1, Native American: 37.4, Black/AA**: 25.0, Asian NHOPI**: 28.0

No Cholesterol Test within Past 5 Years, by Education, NM, 2007 BRFSS

< HS: 49.1, HS_GED: 37.1, Some College: 30.6, College Grad: 16.3

No Cholesterol Test within Past 5 Years, by Annual Household Income, NM, 2007 BRFSS

< $10,000: 38.1, $10,000 to $19,999: 43.1, $20,000 to $49,999: 33.7, $50,000+: 20.0

CHOLESTEROL, NOT CHECKED W/IN PAST 5 YEARS

Table 29. Adults who have not had a cholesterol test within the past five years, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cholesterol Not Checked Within Past 5 Years			
		Total # Reporting No Cholesterol Test w/in Past 5 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,449	1,484	30.5	28.8	32.3
GENDER					
Male	2,401	604	33.9	31.1	36.8
Female	4,048	880	27.4	25.3	29.6
AGE					
18-24	281	173	62.5	55.0	69.5
25-34	725	357	52.0	47.4	56.5
35-44	998	354	35.2	31.6	39.1
45-54	1,416	283	19.8	17.3	22.6
55-64	1,312	152	11.5	9.4	14.0
65-74	979	93	9.0	7.0	11.5
75+	712	68	9.3	6.9	12.5
RACE/ETHNICITY					
White, non-Hispanic	3,651	624	22.3	20.2	24.6
Hispanic	2,037	640	41.1	38.0	44.3
Native American	575	181	37.4	31.0	44.4
Black/AA**	77	16	25.0	13.5	41.7
Asian NHOPI**	62	14	28.0	15.0	46.2
EDUCATION					
Less than High School Graduate	847	315	49.1	44.2	54.0
High School Graduate or G.E.D.	1,777	485	37.1	33.6	40.8
Some College	1,671	370	30.6	27.2	34.2
College Graduate	2,147	313	16.3	14.3	18.5
INCOME					
Less than $10,000	326	91	38.1	29.8	47.1
$10-19,999	1,012	343	43.1	38.6	47.8
$20-49,999	2,303	577	33.7	30.9	36.7
$50,000 or more	2,145	320	20.0	17.5	22.9
EMPLOYMENT					
Employed	3,513	927	32.5	30.3	34.9
Unemployed/Unable to Work	619	166	37.6	31.6	43.9
Homemaker/Student	792	260	43.1	37.8	48.6
Retired	1509	126	7.3	5.8	9.1
Geographic Region✿					
Northwest	2,032	490	30.4	27.5	33.4
Northeast	1,111	232	28.6	24.8	32.7
Bernalillo County	1,063	218	29.2	25.6	33.2
Southeast	1,005	228	29.4	25.7	33.5
Southwest	1,207	310	35.5	31.4	39.8

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

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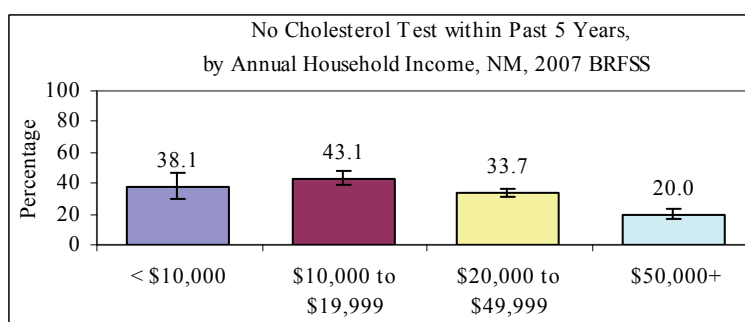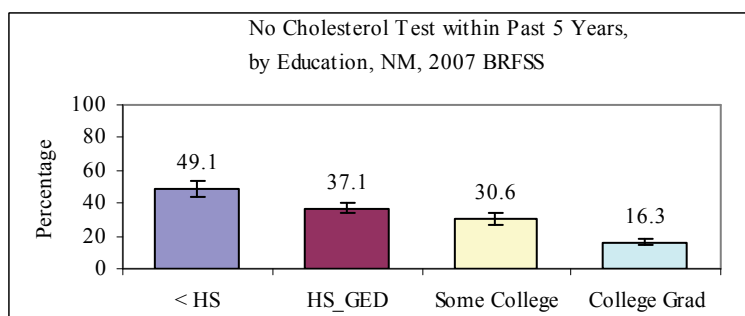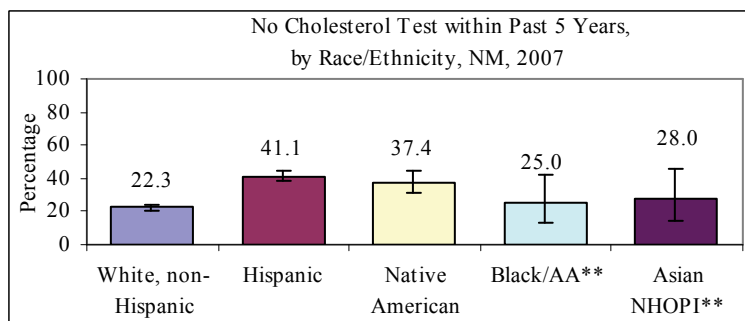
CHOLESTEROL, NOT CHECKED W/IN PAST 5 YEARS — MALES

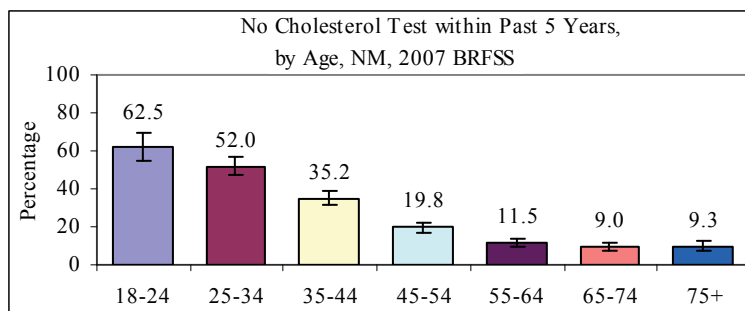Table 30. Adult Males who have not had a cholesterol test within the past five years, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cholesterol Not Checked Within Past 5 Years Among Adult Men			
		Total # Reporting No Cholesterol Test w/in Past 5 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,401	604	33.9	31.1	36.8
AGE					
18-24**	105	64	62.5	50.9	72.9
25-34	262	140	58.2	51.2	65.0
35-44	364	142	38.5	32.6	44.7
45-54	548	131	23.5	19.3	28.3
55-64	511	64	13.2	9.8	17.5
65-74	375	39	9.3	6.2	13.6
75+	232	23	7.9	5.1	12.2
RACE/ETHNICITY					
White, non-Hispanic	1,355	263	25.1	21.7	28.8
Hispanic	746	245	45.3	40.4	50.4
Native American	224	78	39.5	30.7	49.0
Other Race**	53	13	34.0	19.2	52.7
EDUCATION					
Less than High School Graduate	279	121	58.2	50.6	65.5
High School Graduate or G.E.D.	695	211	41.1	35.7	46.7
Some College	566	143	34.8	29.1	41.0
College Graduate	859	128	16.8	13.7	20.4
INCOME					
Less than $10,000**	91	33	46.9	31.9	62.4
$10-19,999	333	127	51.2	43.6	58.8
$20-49,999	868	235	36.3	31.8	41.0
$50,000 or more	928	156	23.6	19.5	28.1
EMPLOYMENT					
Employed	1,477	433	36.1	32.7	39.5
Unemployed/Unable to Work	236	77	42.9	34.0	52.2
Homemaker/Student**	67	34	60.0	44.9	73.4
Retired	617	58	8.2	5.8	11.3
Geographic Region✿					
Northwest	749	199	33.1	28.5	37.9
Northeast	458	92	31.2	25.0	38.0
Bernalillo County	384	104	35.0	29.1	41.3
Southeast	350	82	28.6	22.7	35.3
Southwest	450	121	38.5	32.3	45.1

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 31. Adult Females who have not had a cholesterol test within the past five years, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Cholesterol Not Checked Within Past 5 Years Among Adult Women | | | |
| | | Total # Reporting No Cholesterol Test w/in Past 5 Years | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	4,048	880	27.4	25.3	29.6
AGE					
18-24**	176	109	62.6	52.9	71.3
25-34	463	217	45.5	39.9	51.3
35-44	634	212	32.0	27.8	36.6
45-54	868	152	16.2	13.6	19.2
55-64	801	88	9.9	7.6	12.9
65-74	604	54	8.8	6.4	11.8
75+	480	45	10.2	6.8	15.1
RACE/ETHNICITY					
White, non-Hispanic	2,296	361	19.8	17.4	22.4
Hispanic	1,291	395	37.2	33.5	41.1
Native American	351	103	35.1	26.0	45.4
Other Race**	86	17	19.8	10.0	35.2
EDUCATION					
Less than High School Graduate	568	194	41.5	35.5	47.7
High School Graduate or G.E.D.	1,082	274	33.1	28.6	37.9
Some College	1,105	227	27.0	23.3	31.0
College Graduate	1,288	185	15.8	13.3	18.6
INCOME					
Less than $10,000	235	58	31.8	23.4	41.6
$10-19,999	679	216	36.6	31.7	41.9
$20-49,999	1,435	342	31.3	27.8	35.0
$50,000 or more	1,217	164	15.9	13.3	18.9
EMPLOYMENT					
Employed	2,036	494	28.3	25.5	31.4
Unemployed/Unable to Work	383	89	32.4	24.8	41.1
Homemaker/Student	725	226	37.7	32.7	42.8
Retired	892	68	6.5	4.9	8.5
Geographic Region✿					
Northwest	1,283	291	27.9	24.5	31.6
Northeast	653	140	26.1	22.0	30.7
Bernalillo County	679	114	24.0	19.7	28.8
Southeast	655	146	30.3	25.8	35.1
Southwest	757	189	32.5	27.4	38.1

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HIV TEST HISTORY

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 2007, a total of 3,679 HIV/AIDS cases had been reported in the state.[12] 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.[12]

IN NEW MEXICO,

◈ 36.6% of adults age 18 to 64 reported a history of at least one test for HIV infection, which was slightly lower than the region (41.0%) and the U.S. (40.5%).

◈ History of HIV testing was greatest among those 25 to 44 years of age, with a steady decline in testing over the older age groups. The relatively low testing rate among 18 to 24 year olds may be partially explained by the "Ever" nature of the question, older adults having had greater opportunity to be tested, but any possibility of an age cohort perception of low risk should be explored.

◈ History of HIV testing increased with education level.

◈ There were differences in testing history by Race/Ethnicity, with Black/African Americans most likely to have been tested and Hispanics less likely to have been tested than White, non-Hispanics and Native Americans.

◈ Primary care providers, clinics, and hospitals were most frequently reported as the testing site.

◈ 16.5% of HIV tests were performed using a 'rapid' HIV test.

History of HIV Test - Ever, Less Than Age 65, by NM, Region, US, NM, 2007 BRFSS

History of HIV Test - Ever, Less Than Age 65, by Age, NM, 2007 BRFSS

History of HIV Test - Ever, Less Than Age 65, by Race/Ethnicity, NM, 2007

History of HIV Test - Ever, Less Than Age 65, by Education, NM, 2007 BRFSS

Location of Last HIV Test, Less Than Age 65, by NM, Region, US, NM, 2007 BRFSS
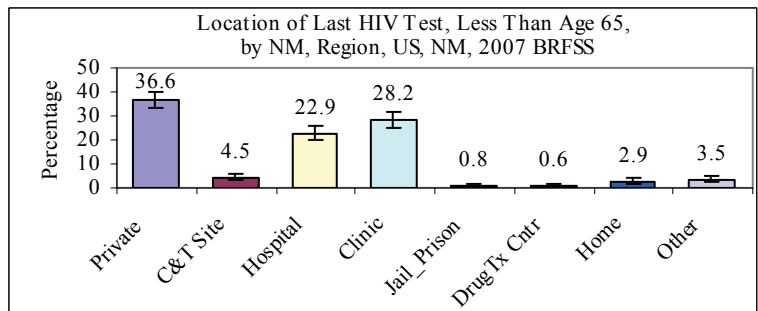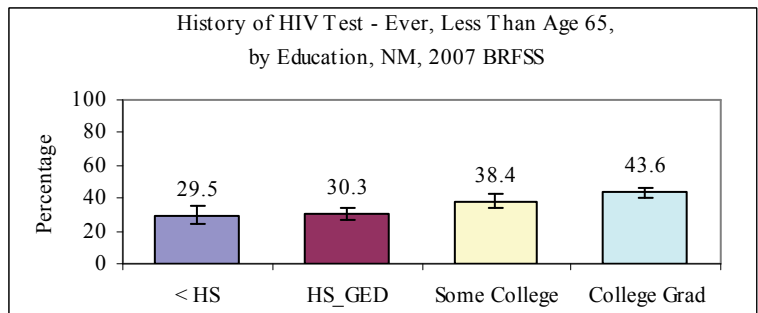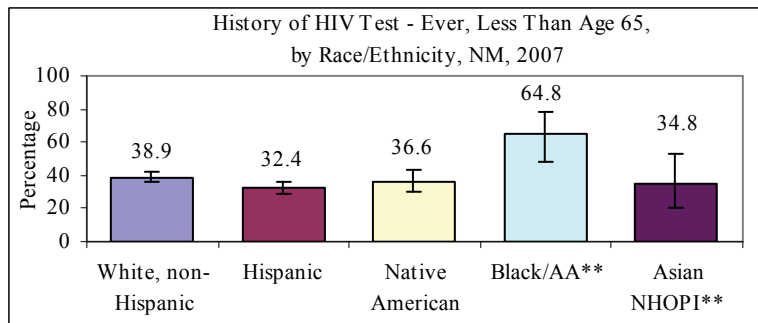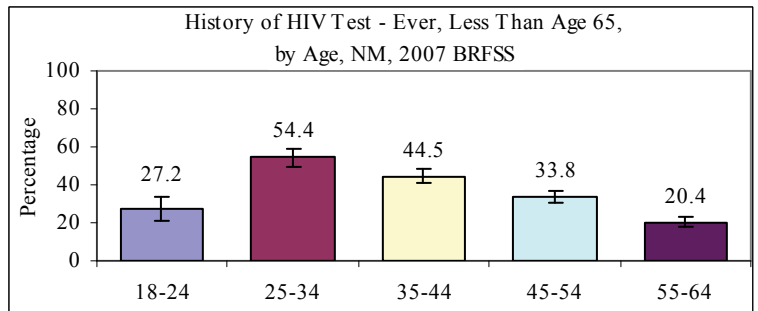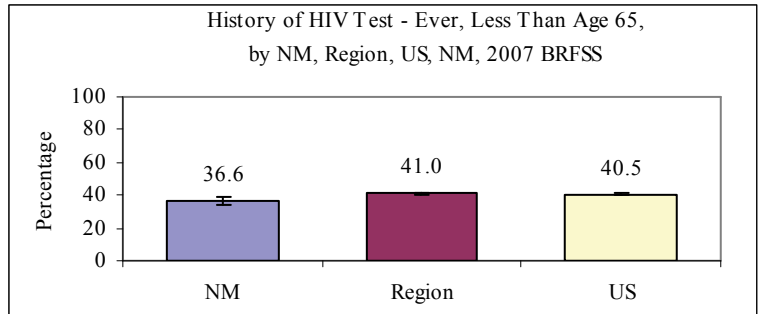
HIV TEST HISTORY

Table 32. Percentage of New Mexicans ages 64 years and younger who reported a history of HIV testing, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Ever Tested for HIV, Less Than Age 65 | | | |
| | | Total # Reporting History of HIV Test, Ever | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	4,527	1,609	36.6	34.6	38.5
GENDER					
Male	1,707	593	34.5	31.5	37.6
Female	2,820	1016	38.6	36.2	41.1
AGE					
18-24	280	95	27.2	21.5	33.9
25-34	696	384	54.4	49.7	59.1
35-44	954	445	44.5	40.6	48.4
45-54	1,333	423	33.8	30.5	37.1
55-64	1,264	262	20.4	17.8	23.3
65-74	-	-	-	-	-
75+	-	-	-	-	-
RACE/ETHNICITY					
White, non-Hispanic	2,372	883	38.9	36.3	41.7
Hispanic	1,536	487	32.4	29.3	35.7
Native American	477	172	36.6	30.1	43.7
Black/AA**	61	36	64.8	48.1	78.5
Asian NHOPI**	51	20	34.8	20.3	52.7
EDUCATION					
Less than High School Graduate	522	146	29.5	24.3	35.2
High School Graduate or G.E.D.	1,208	345	30.3	26.7	34.1
Some College	1,238	490	38.4	34.7	42.3
College Graduate	1,557	627	43.6	40.5	46.9
INCOME					
Less than $10,000	221	90	44.6	35.1	54.6
$10-19,999	644	221	36.5	31.4	41.9
$20-49,999	1,587	561	36.1	33.0	39.4
$50,000 or more	1,738	637	38.5	35.4	41.7
EMPLOYMENT					
Employed	3,096	1143	38.2	35.9	40.5
Unemployed/Unable to Work	510	196	40.5	34.0	47.4
Homemaker/Student	593	206	31.8	26.8	37.3
Retired	320	60	22.3	16.8	28.9
Geographic Region✿					
Northwest	1,520	506	35.9	32.6	39.3
Northeast	767	302	38.0	33.6	42.6
Bernalillo County	751	275	36.3	32.2	40.5
Southeast	666	225	35.4	30.9	40.2
Southwest	812	295	36.9	32.6	41.4

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HIV TEST HISTORY — MALES

Table 33. Percentage of Adult Male New Mexicans ages 64 years and younger who reported a history of HIV testing, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Tested for HIV, Less Than Age 65 Among Adult Men			
		Total # Reporting History of HIV Test, Ever	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	1,707	593	34.5	31.5	37.6
AGE					
18-24**	107	24	20.1	12.8	30.2
25-34	254	126	48.9	41.7	56.2
35-44	347	157	43.6	37.5	49.9
45-54	509	166	34.3	29.2	39.8
55-64	490	120	22.1	18.2	26.7
65-74	-	-	-	-	-
75+	-	-	-	-	-
RACE/ETHNICITY					
White, non-Hispanic	908	340	38.2	34.1	42.5
Hispanic	553	161	29.0	24.2	34.3
Native American	188	62	34.3	25.3	44.6
Other Race**	42	22	44.8	27.4	63.7
EDUCATION					
Less than High School Graduate	171	48	28.7	20.7	38.4
High School Graduate or G.E.D.	516	143	28.4	23.2	34.1
Some College	435	163	35.5	29.6	41.9
College Graduate	585	239	42.3	37.4	47.4
INCOME					
Less than $10,000**	68	29	44.7	28.3	62.3
$10-19,999	219	67	32.2	24.3	41.2
$20-49,999	584	198	33.2	28.4	38.3
$50,000 or more	727	268	37.8	33.2	42.7
EMPLOYMENT					
Employed	1,293	461	36.2	32.9	39.6
Unemployed/Unable to Work	211	78	40.0	30.3	50.5
Homemaker/Student**	60	17	18.4	9.9	31.7
Retired	141	36	25.7	18.0	35.4
Geographic Region✿					
Northwest	568	183	32.2	27.3	37.4
Northeast	303	111	33.1	26.5	40.4
Bernalillo County	283	103	34.8	28.6	41.6
Southeast	243	83	35.3	28.1	43.2
Southwest	307	111	36.8	30.2	43.8

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

HIV TEST HISTORY — FEMALES

Table 34. Percentage of Adult Female New Mexicans ages 64 years and younger who reported a history of HIV testing, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Tested for HIV, Less Than Age 65 Among Adult Women			
		Total # Reporting History of HIV Test, Ever	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,820	1,016	38.6	36.2	41.1
AGE					
18-24**	173	71	35.2	27.0	44.4
25-34	442	258	60.1	54.3	65.6
35-44	607	288	45.3	40.5	50.1
45-54	824	257	33.2	29.4	37.3
55-64	774	142	18.8	15.5	22.7
65-74	-	-	-	-	-
75+	-	-	-	-	-
RACE/ETHNICITY					
White, non-Hispanic	1,464	543	39.7	36.4	43.1
Hispanic	983	326	35.6	31.7	39.6
Native American	289	110	39.4	30.4	49.1
Other Race**	70	34	57.9	41.2	73.0
EDUCATION					
Less than High School Graduate	351	98	30.1	23.9	37.1
High School Graduate or G.E.D.	692	202	32.6	27.8	37.8
Some College	803	327	41.1	36.7	45.7
College Graduate	972	388	44.9	40.9	49.1
INCOME					
Less than $10,000	153	61	44.5	34.6	54.9
$10-19,999	425	154	40.3	34.0	47.0
$20-49,999	1,003	363	38.9	34.9	43.1
$50,000 or more	1,011	369	39.4	35.5	43.4
EMPLOYMENT					
Employed	1,803	682	40.5	37.5	43.6
Unemployed/Unable to Work	299	118	41.1	33.2	49.6
Homemaker/Student	533	189	36.9	31.4	42.7
Retired	179	24	18.3	11.2	28.4
Geographic Region✿					
Northwest	952	323	39.6	35.4	44.0
Northeast	464	191	42.8	37.4	48.4
Bernalillo County	468	172	37.6	32.5	43.0
Southeast	423	142	35.5	30.3	41.1
Southwest	505	184	37.0	31.7	42.8

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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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** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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. Nationally, in 2007, an estimated 16,177,000 adults had asthma.[13]

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

IN NEW MEXICO,

◈ 8.7% of New Mexicans currently had asthma at the time of the interview. This percentage was not statistically different from the Region (8.3%) or the U.S. (8.2%).

◈ The percentage of women who currently had asthma (9.9%) was not statistically different from the percentage of men who currently had asthma (7.4%).

◈ Adults who were unemployed or unable to work were more likely to report current asthma than those who were employed or retired.

◈ The prevalence of current asthma did not vary by Race/Ethnicity, education level, annual household income, marital status, or by region of residence.

◈ Current smokers were not more likely than non-smokers to report current asthma.

Current Diagnosed Asthma, by New Mexico, Region and U.S., NM, 2007 BRFSS

Note Scale

NM 8.7, Region 8.3, US 8.2

Current Diagnosed Asthma, by Gender, NM, 2007 BRFSS

Male 7.4, Female 9.9

Current Diagnosed Asthma, by Age, NM, 2007 BRFSS

18-24: 11.7, 25-34: 5.7, 35-44: 9.0, 45-54: 8.3, 55-64: 10.2, 65-74: 8.4, 75+: 7.3

Current Diagnosed Asthma, by Race/Ethnicity, NM, 2007

White, non-Hispanic 9.8, Hispanic 7.5, Native American 6.3, Black/AA** 6.6, Asian NHOPI** 9.1

Current Diagnosed Asthma, by Employment Status, NM, 2007 BRFSS

Employed 7.8, Unemployed UnableWork 14.7, Homemaker Student 8.4, Retired 8.5

CURRENT ASTHMA

Table 35. Percentage of Adult New Mexicans who currently have asthma, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Total Number Reporting Current Diagnosed Asthma	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,562	560	8.7	7.7	9.8
GENDER					
Male	2,445	149	7.4	5.9	9.2
Female	4,117	411	9.9	8.8	11.2
AGE	0	0	0.0	0.0	0.0
18-24	301	35	11.7	7.8	17.2
25-34	745	45	5.7	4.0	8.1
35-44	1,012	94	9.0	7.0	11.5
45-54	1,423	114	8.3	6.6	10.4
55-64	1,328	131	10.2	8.4	12.4
65-74	982	89	8.4	6.6	10.7
75+	744	48	7.3	5.0	10.5
RACE/ETHNICITY					
White, non-Hispanic	3,720	360	9.8	8.5	11.4
Hispanic	2,071	137	7.5	6.0	9.4
Native American	583	44	6.3	4.2	9.4
Black/AA**	78	8	6.6	2.9	14.4
Asian NHOPI**	63	4	9.1	3.1	23.8
EDUCATION					
Less than High School Graduate	869	58	7.7	5.4	10.9
High School Graduate or G.E.D.	1,820	139	7.9	6.1	10.1
Some College	1,697	160	10.0	8.0	12.5
College Graduate	2,168	201	8.8	7.4	10.4
INCOME					
Less than $10,000	334	35	13.1	8.0	20.6
$10-19,999	1,027	90	8.2	6.3	10.6
$20-49,999	2,337	209	8.7	7.3	10.3
$50,000 or more	2,166	171	7.9	6.3	9.8
EMPLOYMENT					
Employed	3,563	278	7.8	6.7	9.1
Unemployed/Unable to Work	639	85	14.7	10.5	20.4
Homemaker/Student	810	72	8.4	6.0	12
Retired	1,533	123	8.5	6.8	10
Geographic Region✿					
Northwest	2,060	182	8.7	7.2	10.5
Northeast	1,130	100	9.9	7.7	12.7
Bernalillo County	1,096	99	9.3	7.2	11.9
Southeast	1,016	79	7.8	5.8	10.5
Southwest	1,228	97	7.4	5.8	9.5

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 36. Percentage of Adult Male New Mexicans who currently have asthma, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Current Asthma Among Adult Men | | |
| | | Total Number Reporting Current Diagnosed Asthma | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	2,445	149	7.4	5.9	9.2
AGE					
18-24	113	11	12.7	6.6	22.9
25-34	271	11	4.7	2.4	8.9
35-44	371	24	6.4	4.0	10.1
45-54	549	31	6.8	4.4	10.3
55-64	516	37	8.3	5.8	11.8
65-74	377	21	6.5	4.0	10.4
75+	243	14	6.6	3.7	11.5
RACE/ETHNICITY					
White, non-Hispanic	1,382	98	8.8	6.7	11.5
Hispanic	761	36	6.4	4.1	9.8
Native American	226	8	3.2	1.3	7.5
Other Race	53	3	4.6	1.4	14.2
EDUCATION					
Less than High School Graduate	288	19	7.3	3.8	13.3
High School Graduate or G.E.D.	713	37	6.2	3.7	10.0
Some College	579	34	8.3	5.2	13.0
College Graduate	863	58	8.0	5.9	10.7
INCOME					
Less than $10,000	94	6	11.1	4.2	26.2
$10-19,999	341	21	6.7	4.1	10.8
$20-49,999	877	61	7.1	5.1	9.6
$50,000 or more	940	50	7.0	4.7	10.4
EMPLOYMENT					
Employed	1,500	73	5.9	4.4	7.9
Unemployed/Unable to Work	245	28	15.8	9.2	25.8
Homemaker/Student**	67	5	7.7	2.6	20.5
Retired	629	43	7.8	5.6	10.9
Geographic Region✿					
Northwest	760	39	4.9	3.4	7.1
Northeast	465	28	8.4	5.2	13.2
Bernalillo County	396	35	9.7	6.4	14.6
Southeast	352	21	6.7	3.7	11.9
Southwest	462	25	5.9	3.7	9.4

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

* 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 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

CURRENT ASTHMA — FEMALES

Table 37. Percentage of Adult Female New Mexicans who currently have asthma, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Asthma Among Adult Women			
		Total Number Reporting Current Diagnosed Asthma	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,117	411	9.9	8.8	11.2
AGE					
18-24	188	24	10.6	6.8	16.0
25-34	474	34	6.7	4.5	9.9
35-44	641	70	11.6	8.8	15.3
45-54	874	83	9.7	7.6	12.5
55-64	812	94	11.9	9.4	15.0
65-74	605	68	10.1	7.7	13.3
75+	501	34	7.7	4.7	12.4
RACE/ETHNICITY					
White, non-Hispanic	2,338	262	10.8	9.3	12.5
Hispanic	1,310	101	8.6	6.8	10.9
Native American	357	36	10.0	6.3	15.4
Other Race	88	9	10.2	4.5	21.7
EDUCATION					
Less than High School Graduate	581	39	8.1	5.4	12.0
High School Graduate or G.E.D.	1,107	102	9.7	7.5	12.4
Some College	1,118	126	11.5	9.3	14.2
College Graduate	1,305	143	9.5	7.8	11.6
INCOME					
Less than $10,000	240	29	14.6	8.5	23.7
$10-19,999	686	69	9.4	7.0	12.5
$20-49,999	1,460	148	10.3	8.3	12.5
$50,000 or more	1,226	121	9.0	7.2	11.1
EMPLOYMENT					
Employed	2,063	205	10.1	8.5	11.9
Unemployed/Unable to Work	394	57	13.6	9.4	19.2
Homemaker/Student	743	67	8.6	6.4	11.5
Retired	904	80	9.1	7.0	11.8
Geographic Region✿					
Northwest	1,300	143	12.3	9.8	15.2
Northeast	665	72	11.4	8.7	14.8
Bernalillo County	700	64	8.9	6.7	11.6
Southeast	664	58	8.9	6.6	11.9
Southwest	766	72	8.9	6.7	11.7

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

* 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 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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?

Heart disease is the leading cause of death for both men and women in the United States.[14] It is also one of the leading causes of disability in the United States. Stroke is the third leading cause of death in the United States.[15]

Health conditions such as high blood cholesterol levels, high blood pressure, obesity, and diabetes mellitus can increase the risk of vascular disease. 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 vascular disease.[16]

IN NEW MEXICO AMONG ADULTS AGE 50+,

◈ 7.7% in NM report history of myocardial infarction, 7.2% history of coronary heart disease, and 4.6% history of stroke. The NM estimate of coronary heart disease was statistically lower than that of the Region and that of the U.S.

◈ There was no measurable difference by Race/Ethnicity. Small sample size combined with the generally low prevalence of vascular disease prohibited presentation of estimates for other Race/Ethnic groups.

◈ Adults with less education and income were at higher risk of vascular disease.

◈ Men were nearly two times more likely than women to report a history of myocardial infarction and CHD but there was no difference for stroke.

◈ Adults with diabetes, hypertension, or high cholesterol were more likely to report history of CHD.

◈ Surprisingly, current smokers were not more likely to report vascular disease than non-smokers.

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by New Mexico, Region and U.S., NM, 2007 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Gender, NM, 2007 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Age, NM, 2007 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Race/Ethnicity, NM, 2007 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Annual Household Income, NM, 2007 BRFSS

MYOCARDIAL INFARCTION — AGE 50+

Table 38. Percentage of Adults age 50+ who have EVER been told that they'd had a myocardial infarction, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Myocardial Infarction Among Adults Age 50+			
		Total Number Reporting Myocardial Infarction	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,794	301	7.7	6.8	8.8
GENDER					
Male	1,415	160	10.5	8.8	12.5
Female	2,379	141	5.3	4.4	6.5
AGE					
50-54	751	23	2.6	1.6	4.1
55-64	1,322	78	6.1	4.7	7.9
65-74	984	95	10.1	8.0	12.7
75+	737	105	14.6	11.7	17.9
RACE/ETHNICITY					
White, non-Hispanic	2,507	206	7.7	6.5	9.0
Hispanic	965	81	8.9	6.9	11.4
Native American	233	12	4.9	2.4	9.7
Other Race**	58	1	0.6	0.1	4.3
EDUCATION					
Less than High School Graduate	491	44	9.7	7.0	13.3
High School Graduate or G.E.D.	1,016	97	9.8	7.7	12.3
Some College	950	74	7.3	5.6	9.5
College Graduate	1,332	86	6.0	4.6	7.7
INCOME					
Less than $10,000	218	29	17.6	11.9	25.3
$10-19,999	605	59	10.6	7.9	14.1
$20-49,999	1,340	123	8.7	7.0	10.6
$50,000 or more	1,164	48	4.4	3.2	6.1
EMPLOYMENT					
Employed	1,551	76	4.3	3.3	5.5
Unemployed/Unable to Work	383	46	11.7	8.4	16.0
Homemaker/Student	342	14	3.7	2.0	6.8
Retired	1507	165	11.7	9.8	13.9
Geographic Region✿					
Northwest	1,111	83	7.9	6.0	10.3
Northeast	715	48	7.0	5.2	9.5
Bernalillo County	610	47	6.5	4.8	8.9
Southeast	617	67	11.0	8.5	14.0
Southwest	725	53	7.8	5.8	10.4

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 39. Percentage of Adult Males age 50+ who have EVER been told that they'd had a myocardial infarction, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Myocardial Infarction Among Adult Men Age 50+ | | | |
		Total Number Reporting Myocardial Infarction	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	1,415	160	10.5	8.8	12.5
AGE					
50-54	282	12	3.5	1.8	6.5
55-64	513	48	8.5	6.2	11.7
65-74	377	51	14.8	10.9	19.8
75+	243	49	19.6	14.4	26.2
RACE/ETHNICITY					
White, non-Hispanic	919	109	10.6	8.6	13.1
Hispanic	368	40	11.3	8.0	15.8
Native American	90	10	9.6	4.5	19.2
Other Race**	24	-	-	-	-
EDUCATION					
Less than High School Graduate	164	20	12.8	8.0	19.8
High School Graduate or G.E.D.	361	43	12.4	8.9	17.0
Some College	324	40	10.8	7.5	15.3
College Graduate	565	57	8.7	6.4	11.7
INCOME					
Less than $10,000**	60	15	30.1	18.0	45.8
$10-19,999	212	25	12.6	8.1	19.0
$20-49,999	523	69	12.0	9.1	15.6
$50,000 or more	501	34	6.6	4.5	9.7
EMPLOYMENT					
Employed	645	43	5.4	3.8	7.6
Unemployed/Unable to Work	144	21	14.5	9.1	22.3
Homemaker/Student**	6	-	-	-	-
Retired	616	96	15.8	12.7	19.6
Geographic Region✿					
Northwest	405	45	10.8	7.5	15.4
Northeast	300	27	8.9	5.8	13.2
Bernalillo County	215	18	7.5	4.7	11.9
Southeast	215	36	15.9	11.5	21.6
Southwest	276	33	12.3	8.5	17.3

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 40. Percentage of Adult Females age 50+ who have EVER been told that they'd had a myocardial infarction, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Myocardial Infarction Among Adult Women Age 50+			
		Total Number Reporting Myocardial Infarction	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,379	141	5.3	4.4	6.5
AGE					
50-54	469	11	1.7	0.9	3.3
55-64	809	30	3.9	2.6	6.0
65-74	607	44	6.0	4.3	8.3
75+	494	56	11.1	8.2	14.8
RACE/ETHNICITY					
White, non-Hispanic	1,588	97	5.2	4.1	6.5
Hispanic	597	41	6.9	4.8	9.7
Native American	143	2	0.8	0.2	3.8
Other Race**	34	1	1.3	0.2	8.9
EDUCATION					
Less than High School Graduate	327	24	7.5	4.7	11.6
High School Graduate or G.E.D.	655	54	7.8	5.6	10.7
Some College	626	34	4.7	3.2	6.9
College Graduate	767	29	3.1	2.0	4.6
INCOME					
Less than $10,000	158	14	11.1	6.3	19.0
$10-19,999	393	34	9.0	6.0	13.2
$20-49,999	817	54	5.6	4.1	7.6
$50,000 or more	663	14	1.9	1.1	3.6
EMPLOYMENT					
Employed	906	33	3.1	2.0	4.6
Unemployed/Unable to Work	239	25	9.3	5.9	14.2
Homemaker/Student	336	14	3.8	2.1	6.9
Retired	891	69	7.5	5.7	9.9
Geographic Region✿					
Northwest	706	38	5.3	3.5	7.8
Northeast	415	21	5.4	3.4	8.5
Bernalillo County	395	29	5.6	3.7	8.3
Southeast	402	31	6.7	4.6	9.8
Southwest	449	20	3.8	2.4	6.1

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

CORONARY HEART DISEASE — AGE 50+

Table 41. Percentage of Adults age 50+ who have EVER been told that they'd had angina or coronary heart disease, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Coronary Heart Disease Among Adults Age 50+			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,788	284	7.2	6.3	8.3
GENDER					
Male	1,412	145	10.0	8.3	12.0
Female	2,376	139	4.9	4.0	5.9
AGE					
50-54	751	17	2.2	1.3	3.8
55-64	1,324	78	6.0	4.6	7.7
65-74	981	97	9.9	7.8	12.4
75+	732	92	13.0	10.4	16.2
RACE/ETHNICITY					
White, non-Hispanic	2,503	198	7.4	6.3	8.7
Hispanic	963	73	7.9	6.0	10.3
Native American	232	10	3.8	1.7	8.0
Other Race	58	1	1.1	0.2	7.7
EDUCATION					
Less than High School Graduate	489	40	7.9	5.5	11.0
High School Graduate or G.E.D.	1,018	89	8.5	6.7	10.8
Some College	949	65	6.1	4.6	8.1
College Graduate	1,327	90	6.9	5.3	8.8
INCOME					
Less than $10,000	213	19	12.5	7.5	20.0
$10-19,999	600	56	9.0	6.6	12.1
$20-49,999	1,347	106	7.8	6.3	9.7
$50,000 or more	1,164	60	5.3	3.9	7.2
EMPLOYMENT					
Employed	1,548	67	4.2	3.1	5.6
Unemployed/Unable to Work	385	44	9.8	6.9	13.6
Homemaker/Student	344	16	4.2	2.4	7
Retired	1,501	157	10.9	9.1	13
Geographic Region✿					
Northwest	1,107	70	6.8	5.1	8.9
Northeast	715	53	7.3	5.5	9.8
Bernalillo County	609	41	6.0	4.2	8.3
Southeast	618	54	8.3	6.2	11.0
Southwest	723	65	8.8	6.7	11.5

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

CORONARY HEART DISEASE — MALES AGE 50+

Table 42. Percentage of Adult Males age 50+ who have EVER been told that they'd had angina or coronary heart disease, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Coronary Heart Disease Among Adult Men Age 50+ | | | |
| | | Total Number Diagnosed Coronary Heart Disease | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	1,412	145	10.0	8.3	12.0
AGE					
50-54	283	10	3.6	1.8	6.8
55-64	517	43	7.9	5.5	11.1
65-74	374	49	13.7	10.0	18.5
75+	238	43	19.7	14.4	26.4
RACE/ETHNICITY					
White, non-Hispanic	915	100	10.1	8.1	12.5
Hispanic	370	37	11.1	7.7	15.9
Native American	89	7	6.9	2.9	16.0
Other Race**	24	0	-	-	-
EDUCATION					
Less than High School Graduate	162	18	10.9	6.6	17.5
High School Graduate or G.E.D.	363	38	10.4	7.4	14.5
Some College	323	26	7.4	4.7	11.3
College Graduate	563	63	10.9	8.1	14.4
INCOME					
Less than $10,000**	60	7	18.3	8.5	35.0
$10-19,999	210	25	11.5	7.3	17.7
$20-49,999	524	59	11.0	8.2	14.4
$50,000 or more	501	38	7.4	5.1	10.8
EMPLOYMENT					
Employed	644	42	5.9	4.0	8.4
Unemployed/Unable to Work	146	13	9.2	5.0	16.3
Homemaker/Student**	6	0	0.0		
Retired	613	90	15.3	12.2	19
Geographic Region✿					
Northwest	403	38	9.4	6.6	13.2
Northeast	300	32	10.1	6.9	14.5
Bernalillo County	215	19	8.5	5.3	13.2
Southeast	214	26	11.5	7.8	16.8
Southwest	276	30	11.8	8.1	16.9

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 43. Percentage of Adult Females age 50+ who have EVER been told that they'd had angina or coronary heart disease, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Coronary Heart Disease Among Adult Women Age 50+			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	2,376	139	4.9	4.0	5.9
AGE					
50-54	468	7	1.0	0.4	2.2
55-64	807	35	4.2	2.9	6.1
65-74	607	48	6.5	4.7	9.0
75+	494	49	8.5	6.3	11.5
RACE/ETHNICITY					
White, non-Hispanic	1,588	98	5.0	4.0	6.3
Hispanic	593	36	5.2	3.6	7.5
Native American	143	3	1.1	0.3	4.2
Other Race**	34	1	2.4	0.3	15.4
EDUCATION					
Less than High School Graduate	327	22	5.7	3.6	9.0
High School Graduate or G.E.D.	655	51	7.1	5.1	9.6
Some College	626	39	5.2	3.7	7.4
College Graduate	764	27	2.5	1.6	3.8
INCOME					
Less than $10,000	153	12	9.2	4.8	17.2
$10-19,999	390	31	7.0	4.7	10.2
$20-49,999	823	47	4.9	3.5	6.9
$50,000 or more	663	22	3.1	1.9	4.8
EMPLOYMENT					
Employed	904	25	2.4	1.5	3.8
Unemployed/Unable to Work	239	31	10.3	6.9	15.0
Homemaker/Student	338	16	4.3	2.4	7
Retired	888	67	6.4	4.9	8
Geographic Region✿					
Northwest	704	32	4.5	2.9	7.0
Northeast	415	21	5.0	3.1	7.9
Bernalillo County	394	22	3.8	2.4	6.0
Southeast	404	28	5.6	3.8	8.2
Southwest	447	35	6.2	4.3	8.8

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 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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** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 44. Percentage of Adults age 50+ who had EVER been told that they'd had a stroke, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke Among Adults Age 50+		95% Confidence Interval‡	
		Total Number Reporting Stroke	Weighted Percent (%)§	Lower	Upper
TOTAL	3,811	173	4.6	3.9	5.5
GENDER					
Male	1,419	72	5.5	4.2	7.1
Female	2,392	101	3.8	3.1	4.8
AGE					
50-54	752	22	3.0	1.9	4.9
55-64	1,331	43	3.5	2.4	5.0
65-74	984	51	5.6	4.1	7.6
75+	744	57	7.6	5.6	10.1
RACE/ETHNICITY					
White, non-Hispanic	2,519	113	4.3	3.5	5.3
Hispanic	968	43	5.1	3.7	7.1
Native American	234	12	4.9	2.4	9.7
Other Race	58	4	8.2	2.3	25.5
EDUCATION					
Less than High School Graduate	496	30	6.7	4.5	10.0
High School Graduate or G.E.D.	1,020	49	4.9	3.5	6.8
Some College	955	39	4.3	3.0	6.2
College Graduate	1,335	55	3.9	2.9	5.3
INCOME					
Less than $10,000	216	17	9.3	5.2	16.1
$10-19,999	609	36	7.0	4.7	10.3
$20-49,999	1,357	69	5.2	4.0	6.9
$50,000 or more	1,163	23	2.0	1.3	3.3
EMPLOYMENT					
Employed	1,553	26	1.6	1.0	2.5
Unemployed/Unable to Work	387	36	11.6	7.9	16.6
Homemaker/Student	344	12	3.0	1.6	6
Retired	1,516	99	6.6	5.3	8
Geographic Region✿					
Northwest	1,114	55	5.4	3.9	7.4
Northeast	717	22	3.6	2.3	5.7
Bernalillo County	611	27	3.4	2.2	5.1
Southeast	620	30	5.2	3.5	7.8
Southwest	733	38	6.0	4.2	8.6

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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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** Estimates based on small sample size may not be reliable and may change significantly from year to year.

STROKE — MALES AGE 50+

Table 45. Percentage of Adult Males age 50+ who had EVER been told that they'd had a stroke, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke Among Adult Men Age 50+			
		Total Number Reporting Stroke	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	1,419	72	5.5	4.2	7.1
AGE					
50-54	283	13	4.5	2.4	8.2
55-64	517	23	5.2	3.3	8.2
65-74	376	18	5.6	3.4	9.1
75+	243	18	7.5	4.4	12.4
RACE/ETHNICITY					
White, non-Hispanic	920	46	4.9	3.5	6.9
Hispanic	371	21	6.7	4.2	10.5
Native American	90	4	5.6	1.9	15.0
Other Race**	24	1	9.8	1.4	44.9
EDUCATION					
Less than High School Graduate	165	11	9.4	5.2	16.5
High School Graduate or G.E.D.	363	16	5.2	2.9	9.1
Some College	325	16	5.5	3.1	9.6
College Graduate	565	29	4.6	3.1	7.0
INCOME					
Less than $10,000**	59	7	15.4	6.7	31.8
$10-19,999	211	15	10.9	6.4	17.9
$20-49,999	529	31	5.7	3.8	8.7
$50,000 or more	501	11	2.4	1.2	4.5
EMPLOYMENT					
Employed	644	11	1.9	1.0	3.6
Unemployed/Unable to Work	146	18	17.4	10.8	27.0
Homemaker/Student**	6	0	0.0		
Retired	619	43	7.0	4.9	10
Geographic Region✿					
Northwest	404	25	7.0	4.4	11.0
Northeast	301	11	4.6	2.4	8.6
Bernalillo County	216	8	3.2	1.6	6.6
Southeast	215	7	4.6	2.1	9.8
Southwest	279	20	8.5	5.2	13.3

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 46. Percentage of Adult Females age 50+ who had EVER been told that they'd had a stroke, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke Among Adult Women Age 50+			
		Total Number Reporting Stroke	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	2,392	101	3.8	3.1	4.8
AGE					
50-54	469	9	1.7	0.8	3.2
55-64	814	20	1.9	1.2	3.2
65-74	608	33	5.6	3.8	8.2
75+	501	39	7.6	5.4	10.7
RACE/ETHNICITY					
White, non-Hispanic	1,599	67	3.8	2.9	4.9
Hispanic	597	22	3.8	2.4	5.9
Native American	144	8	4.3	1.6	10.7
Other Race**	34	3	6.4	1.9	19.4
EDUCATION					
Less than High School Graduate	331	19	4.8	2.8	7.9
High School Graduate or G.E.D.	657	33	4.6	3.1	6.8
Some College	630	23	3.5	2.2	5.4
College Graduate	770	26	3.1	2.0	4.8
INCOME					
Less than $10,000	157	10	6.1	2.9	12.3
$10-19,999	398	21	3.9	2.4	6.2
$20-49,999	828	38	4.8	3.4	6.6
$50,000 or more	662	12	1.7	0.9	3.2
EMPLOYMENT					
Employed	909	15	1.3	0.7	2.3
Unemployed/Unable to Work	241	18	6.5	3.9	10.7
Homemaker/Student	338	12	3.1	1.6	6
Retired	897	56	6.3	4.7	8
Geographic Region✿					
Northwest	710	30	4.0	2.6	6.0
Northeast	416	11	2.8	1.5	5.3
Bernalillo County	395	19	3.5	2.2	5.6
Southeast	405	23	5.8	3.7	8.8
Southwest	454	18	3.9	2.4	6.4

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

QUESTION:

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

IN NEW MEXICO,

❖ Among New Mexico adults who had ever had a cholesterol test, 34.5% had been told that their cholesterol was high, which was lower than the region (37.8%) and to the U.S. (37.3%).

❖ There was not a statistically significant difference between men and women.

❖ Older adults were more likely to have been told that their cholesterol was high.

❖ Differences by Race/Ethnicity were not apparent after adjusting for differences in age distribution between these populations.

❖ There was no clear relationship between household income or education level and high cholesterol.

❖ Adults living in the Southeast region of the state were more likely to have been told they had high cholesterol than adults living in the Northwest region, even after adjusting for differences in the age distribution of these regions.

❖ Current smokers were not more likely to report high cholesterol than non-smokers.

Cholesterol Ever Checked & Told Cholesterol was High, by Education, NM, 2007 BRFSS

Category	Percentage
NM	34.5
Region	37.8
US	37.3

Cholesterol Ever Checked & Told Cholesterol was High, by Age, NM, 2007 BRFSS

Age	Percentage
18-24	4.4
25-34	14.3
35-44	24.5
45-54	34.8
55-64	49.3
65-74	52.3
75+	47.6

Cholesterol Ever Checked & Told Cholesterol was High, by Race/Ethnicity, NM, 2007

Race/Ethnicity	Percentage
White, non-Hispanic	36.9
Hispanic	31.9
Native American	29.9
Black/AA**	18.6
Asian NHOPI**	24.5

Cholesterol Ever Checked & Told Cholesterol was High, by Annual Household Income, NM, 2007 BRFSS

Income	Percentage
< $10,000	38.3
$10,000 to $19,999	39.3
$20,000 to $49,999	34.1
$50,000+	33.8

Cholesterol Ever Checked & Told Cholesterol was High, by Region, NM, 2007 BRFSS

Region	Percentage
Northwest	30.3
Northeast	34.5
Bernalillo County	35.5
Southeast	37.4
Southwest	36.0

CHOLESTEROL, HISTORY OF HIGH TEST RESULT

Table 47. Among Adults who have ever had a cholesterol test, the percentage who were told they had high cholesterol, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cholesterol Ever Checked and Told Cholesterol was High			
		Total # Reporting Ever Tested & Told Cholesterol Was High	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,243	2,024	34.5	32.9	36.2
GENDER					
Male	1,910	762	35.1	32.4	37.8
Female	3,333	1262	34.1	32.1	36.1
AGE					
18-24	115	5	4.4	1.7	11.0
25-34	392	54	14.3	10.5	19.2
35-44	705	173	24.5	20.8	28.6
45-54	1,207	429	34.8	31.5	38.3
55-64	1,214	576	49.3	45.8	52.8
65-74	919	467	52.3	48.3	56.3
75+	669	313	47.6	43.2	52.1
RACE/ETHNICITY					
White, non-Hispanic	3,212	1310	36.9	34.7	39.0
Hispanic	1,472	529	31.9	29.0	35.0
Native American	405	131	29.9	24.1	36.6
Black/AA**	64	18	18.6	10.1	31.6
Asian NHOPI**	50	16	24.5	13.3	40.7
EDUCATION					
Less than High School Graduate	556	235	35.8	30.8	41.1
High School Graduate or G.E.D.	1,354	550	36.3	33.0	39.6
Some College	1,375	515	31.3	28.2	34.5
College Graduate	1,951	721	35.2	32.6	38.0
INCOME					
Less than $10,000	244	112	38.3	30.9	46.4
$10-19,999	722	308	39.3	34.7	44.1
$20-49,999	1,829	717	34.1	31.4	37.0
$50,000 or more	1,916	688	33.8	31.2	36.6
EMPLOYMENT					
Employed	2,755	894	30.0	27.9	32.2
Unemployed/Unable to Work	486	237	43.0	37.1	49.1
Homemaker/Student	560	167	21.7	17.9	26.1
Retired	1431	725	51.2	47.9	54.4
Geographic Region✿					
Northwest	1,626	569	30.3	27.6	33.1
Northeast	931	369	34.5	30.9	38.3
Bernalillo County	893	349	35.5	32.0	39.3
Southeast	808	338	37.4	33.3	41.7
Southwest	958	393	36.0	32.6	39.6

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

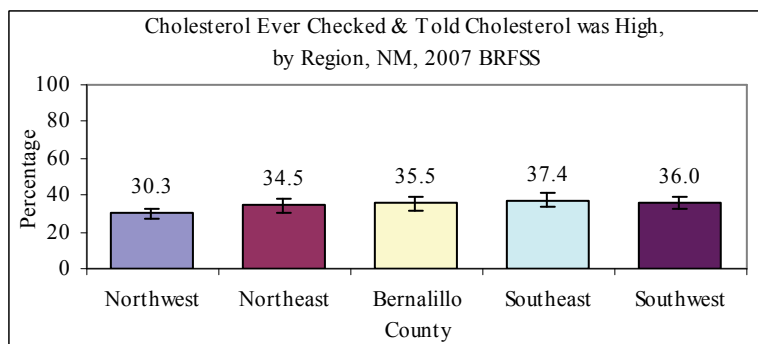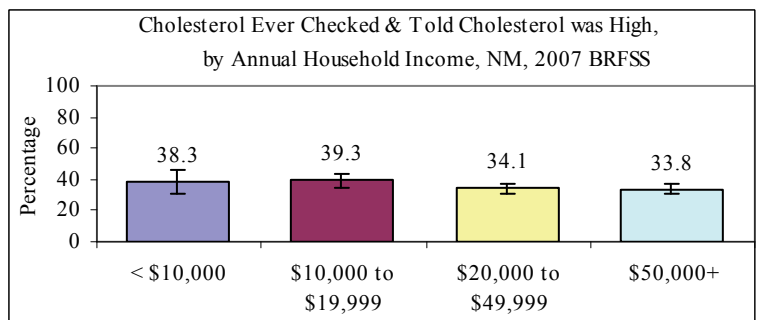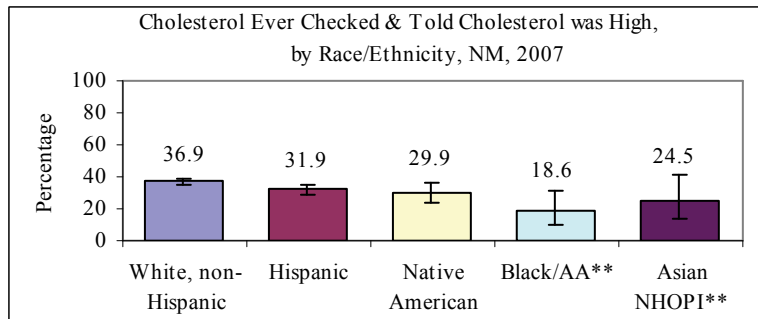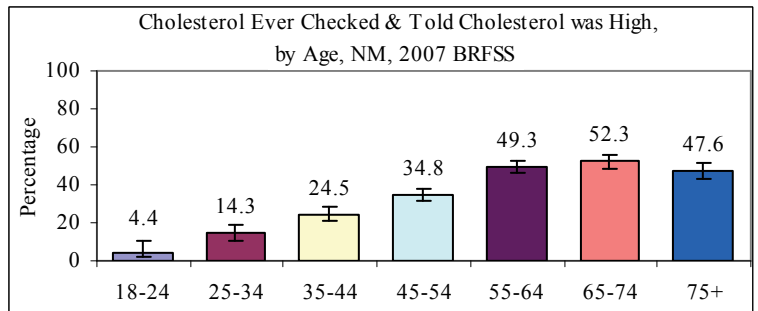** Estimates based on small sample size may not be reliable and may change significantly from year to year.

CHOLESTEROL, HISTORY OF HIGH TEST RESULT — MALES

Table 48. Among adult males who have ever had a cholesterol test, the percentage who were told they had high cholesterol, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Cholesterol Ever Checked and Told Cholesterol was High Among Adult Men | | |
| | | Total # Reporting Ever Tested & Told Cholesterol Was High | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	1,910	762	35.1	32.4	37.8
AGE					
18-24**	43	-	-	-	-
25-34	134	14	10.5	5.9	18.1
35-44	238	69	27.7	21.5	34.9
45-54	450	184	37.6	32.3	43.2
55-64	470	226	51.8	46.4	57.2
65-74	351	168	49.3	43.1	55.6
75+	221	98	45.4	37.9	53.1
RACE/ETHNICITY					
White, non-Hispanic	1,172	479	36.2	32.8	39.7
Hispanic	525	207	33.5	28.6	38.7
Native American	152	51	31.0	22.1	41.5
Other Race**	42	-	-	-	-
EDUCATION					
Less than High School Graduate	165	76	42.7	33.4	52.5
High School Graduate or G.E.D.	510	197	34.1	29.1	39.4
Some College	455	173	28.5	23.7	33.8
College Graduate	779	316	38.4	34.3	42.8
INCOME					
Less than $10,000**	59	26	34.6	21.4	50.6
$10-19,999	225	109	45.8	37.5	54.3
$20-49,999	675	266	33.4	29.1	38.1
$50,000 or more	816	312	34.7	30.8	38.9
EMPLOYMENT					
Employed	1,117	387	31.1	27.9	34.6
Unemployed/Unable to Work	174	88	44.7	35.2	54.7
Homemaker/Student**	37	-	-	-	-
Retired	580	280	48.3	43.3	53.3
Geographic Region✿					
Northwest	583	211	30.8	26.5	35.4
Northeast	385	169	36.6	30.8	42.9
Bernalillo County	305	122	36.9	31.1	43.2
Southeast	278	118	37.4	30.7	44.6
Southwest	353	140	33.6	28.3	39.4

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

CHOLESTEROL, HISTORY OF HIGH TEST RESULT — FEMALES

Table 49. Among adult females who have ever had a cholesterol test, the percentage who were told they had high cholesterol, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Cholesterol Ever Checked and Told Cholesterol was High Among Adult Women			
		Total # Reporting Ever Tested & Told Cholesterol Was High	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,333	1,262	34.1	32.1	36.1
AGE					
18-24**	72	3	4.4	1.3	14.4
25-34	258	40	17.5	12.2	24.4
35-44	467	104	21.7	17.7	26.3
45-54	757	245	32.3	28.3	36.6
55-64	744	350	47.0	42.6	51.5
65-74	568	299	54.9	49.8	59.8
75+	448	215	49.2	43.9	54.5
RACE/ETHNICITY					
White, non-Hispanic	2,040	831	37.5	34.9	40.2
Hispanic	947	322	30.7	27.2	34.4
Native American	253	80	28.7	21.8	36.8
Other Race**	72	18	14.5	8.1	24.6
EDUCATION					
Less than High School Graduate	391	159	31.8	26.3	37.7
High School Graduate or G.E.D.	844	353	38.3	34.1	42.6
Some College	920	342	33.5	29.8	37.5
College Graduate	1,172	405	32.0	28.8	35.5
INCOME					
Less than $10,000	185	86	40.3	32.0	49.2
$10-19,999	497	199	35.1	29.9	40.8
$20-49,999	1,154	451	34.7	31.3	38.2
$50,000 or more	1,100	376	32.9	29.5	36.4
EMPLOYMENT					
Employed	1,638	507	28.7	26.1	31.6
Unemployed/Unable to Work	312	149	41.6	34.5	49.1
Homemaker/Student	523	161	24.7	20.6	29.3
Retired	851	445	54.0	49.9	58
Geographic Region✿					
Northwest	1,043	358	29.9	26.6	33.4
Northeast	546	200	32.6	28.3	37.2
Bernalillo County	588	227	34.4	30.1	38.9
Southeast	530	220	37.4	32.7	42.2
Southwest	605	253	38.1	33.8	42.6

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DIABETES

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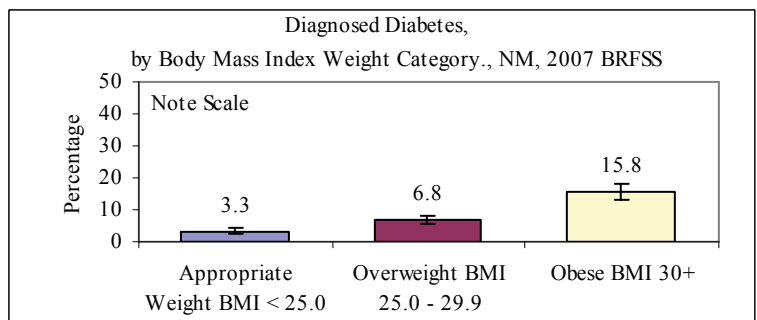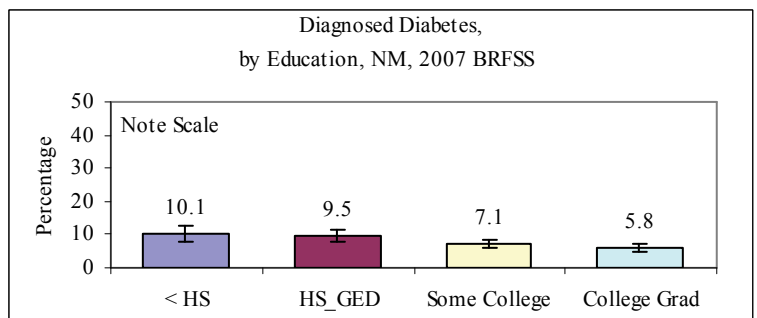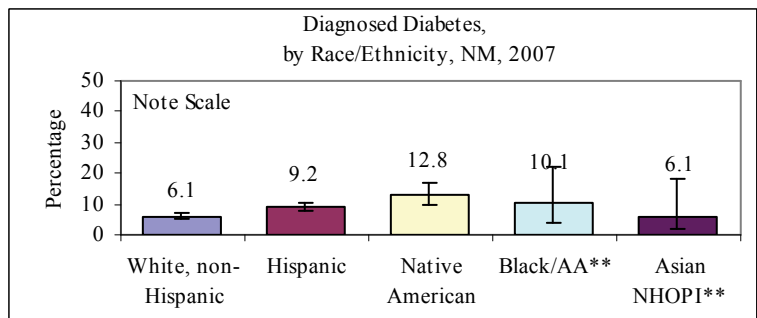"Have you ever been told by a doctor that you have diabetes?"

Diabetes Mellitus (DM) 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.[17]

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.[17]

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

IN NEW MEXICO,

◈ The percentage of adults in New Mexico with diabetes was 7.8%. This was lower than that of the Region (9.2%) but similar to that of the U.S. (8.5%).

◈ Hispanic and Native American adults were more likely to report a diagnosis of diabetes than White, non-Hispanic adults. Small sample size prevented effective comparison of other groups.

◈ Adults with lower education and less income were more likely to report having diabetes.

◈ Adults who were obese had the highest prevalence of diabetes (15.8%), followed by overweight but not obese individuals (6.8%), and then followed by those who were not overweight or obese (3.3%).

◈ 49.5% of adults with DM had received all recommended prevention services. However, while 54.9% of adults with DM who had health care coverage had received all prevention services in the past year, only 21.2% without health care coverage had received all prevention services.

Diagnosed Diabetes, by New Mexico, Region and U.S., NM, 2007 BRFSS

Note Scale

NM 7.8; Region 9.2; US 8.5

Diagnosed Diabetes, by Age, NM, 2007 BRFSS

Note Scale

18-24: 2.5; 25-34: 1.8; 35-44: 5.2; 45-54: 6.9; 55-64: 14.1; 65-74: 18.5; 75+: 13.8

Diagnosed Diabetes, by Race/Ethnicity, NM, 2007

Note Scale

White, non-Hispanic: 6.1; Hispanic: 9.2; Native American: 12.8; Black/AA**: 10.1; Asian NHOPI**: 6.1

Diagnosed Diabetes, by Education, NM, 2007 BRFSS

Note Scale

< HS: 10.1; HS_GED: 9.5; Some College: 7.1; College Grad: 5.8

Diagnosed Diabetes, by Body Mass Index Weight Category., NM, 2007 BRFSS

Note Scale

Appropriate Weight BMI < 25.0: 3.3; Overweight BMI 25.0 - 29.9: 6.8; Obese BMI 30+: 15.8

DIABETES

Table 50. Percentage of Adult New Mexicans who have been told by a doctor that they have diabetes, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes			
		Total Number Reporting Diagnosed Diabetes	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,604	656	7.8	7.0	8.7
GENDER					
Male	2,456	233	7.5	6.3	9.0
Female	4,148	423	8.1	7.2	9.1
AGE					
18-24	302	4	2.5	0.8	7.5
25-34	752	16	1.8	1.0	3.2
35-44	1,019	48	5.2	3.7	7.3
45-54	1,433	118	6.9	5.6	8.6
55-64	1,333	187	14.1	11.8	16.6
65-74	992	182	18.5	15.7	21.7
75+	746	97	13.8	11.1	17.1
RACE/ETHNICITY					
White, non-Hispanic	3,743	288	6.1	5.2	7.2
Hispanic	2,086	264	9.2	7.8	10.7
Native American	587	89	12.8	9.5	16.9
Black/AA**	78	7	10.1	4.2	22.3
Asian NHOPI**	63	5	6.1	1.9	18.3
EDUCATION					
Less than High School Graduate	877	128	10.1	8.1	12.5
High School Graduate or G.E.D.	1,831	214	9.5	7.8	11.6
Some College	1,707	172	7.1	5.9	8.6
College Graduate	2,181	142	5.8	4.7	7.1
INCOME					
Less than $10,000	338	63	13.2	9.6	17.9
$10-19,999	1,040	151	11.4	9.3	14.0
$20-49,999	2,348	258	8.8	7.5	10.2
$50,000 or more	2,174	112	4.4	3.3	5.9
EMPLOYMENT					
Employed	3,581	228	5.0	4.2	6.0
Unemployed/Unable to Work	648	118	13.9	10.9	17.5
Homemaker/Student	816	71	6.2	4.1	9
Retired	1,542	237	15.5	13.4	18
Geographic Region✿					
Northwest	2,073	220	8.8	7.4	10.4
Northeast	1,136	83	6.3	4.9	8.1
Bernalillo County	1,100	92	6.9	5.3	8.9
Southeast	1,025	123	9.9	7.8	12.4
Southwest	1,238	133	8.1	6.5	10.0

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

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DIABETES — MALES

Table 51. Percentage of Adult Male New Mexicans who have been told by a doctor that they have diabetes, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Men		95% Confidence Interval‡	
		Total Number Reporting Diagnosed Diabetes	Weighted Percent (%)§	Lower	Upper
TOTAL	2,456	233	7.5	6.3	9.0
AGE					
18-24	113	4	4.9	1.6	14.0
25-34	272	3	0.6	0.2	2.1
35-44	373	19	6.1	3.7	9.8
45-54	552	33	4.9	3.3	7.2
55-64	518	76	14.5	11.1	18.7
65-74	379	67	18.3	13.9	23.7
75+	244	31	14.3	9.8	20.4
RACE/ETHNICITY					
White, non-Hispanic	1,386	99	6.3	4.7	8.3
Hispanic	765	95	8.4	6.4	10.9
Native American	229	33	12.2	7.8	18.6
Other Race**	53	4	6.5	2.0	19.1
EDUCATION					
Less than High School Graduate	290	34	8.3	5.4	12.5
High School Graduate or G.E.D.	717	89	9.9	7.1	13.5
Some College	580	49	5.2	3.7	7.3
College Graduate	867	61	6.8	5.1	9.1
INCOME					
Less than $10,000**	95	14	9.8	5.0	18.4
$10-19,999	344	47	10.3	7.1	14.8
$20-49,999	880	102	8.6	6.8	10.9
$50,000 or more	942	47	5.1	3.3	7.8
EMPLOYMENT					
Employed	1,504	88	4.6	3.5	6.0
Unemployed/Unable to Work	250	37	11.2	7.4	16.7
Homemaker/Student**	67	3	5.8	1.2	23.7
Retired	631	104	17.3	13.9	21.2
Geographic Region✿					
Northwest	765	78	8.8	6.7	11.6
Northeast	465	37	6.2	4.3	9.1
Bernalillo County	398	29	6.1	3.8	9.7
Southeast	355	43	9.9	6.5	14.6
Southwest	463	45	8.1	5.6	11.4

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

* Those who responded "don't know/not sure", who refused to respond or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DIABETES — FEMALES

Table 52. Percentage of Adult Female New Mexicans who have been told by a doctor that they have diabetes, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Women			
		Total Number Reporting Diagnosed Diabetes	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	4,148	423	8.1	7.2	9.1
AGE					
18-24**	189	-	-	-	-
25-34	480	13	2.9	1.5	5.7
35-44	646	29	4.3	2.8	6.7
45-54	881	85	9.0	6.9	11.6
55-64	815	111	13.6	10.9	16.9
65-74	613	115	18.7	15.2	22.7
75+	502	66	13.5	10.3	17.4
RACE/ETHNICITY					
White, non-Hispanic	2,357	189	6.0	5.1	7.1
Hispanic	1,321	169	9.9	8.2	11.9
Native American	358	56	13.4	9.2	19.1
Other Race**	88	8	10.0	4.2	22.1
EDUCATION					
Less than High School Graduate	587	94	11.6	9.0	14.8
High School Graduate or G.E.D.	1,114	125	9.2	7.4	11.3
Some College	1,127	123	8.8	7.0	11.0
College Graduate	1,314	81	4.7	3.6	6.2
INCOME					
Less than $10,000	243	49	15.7	11.2	21.6
$10-19,999	696	104	12.3	9.7	15.5
$20-49,999	1,468	156	8.9	7.3	10.8
$50,000 or more	1,232	65	3.6	2.7	4.7
EMPLOYMENT					
Employed	2,077	140	5.6	4.5	6.9
Unemployed/Unable to Work	398	81	16.8	12.6	22.0
Homemaker/Student	749	68	6.3	4.8	8.3
Retired	911	133	13.8	11.4	16.6
Geographic Region✿					
Northwest	1,308	142	8.7	7.1	10.6
Northeast	671	46	6.4	4.6	8.8
Bernalillo County	702	63	7.6	5.7	10.0
Southeast	670	80	9.9	7.8	12.5
Southwest	775	88	8.1	6.3	10.3

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DISABILITY

About 54 million Americans report having a disability,[18] and this number is expected to increase with increasing life expectancy and age of the population.[19] 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.[20]

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

IN NEW MEXICO,

◆ 20.7% of New Mexicans indicated having a disability. This was higher than that of the Region (18.5%) and the U.S. (18.7%).

◆ There was no difference between men and women.

◆ The percentage of adults who indicated having a disability increased with age. Over 40% adults age 75 or more reported a disability.

◆ White, non-Hispanics were more likely to report having a disability (24.9%) than Hispanics (15.8%) and Native Americans (17.1%). After adjustment for age, only the difference between White, non-Hispanics and Hispanics remained. Small sample size prevented effective comparison of the remaining groups.

◆ The percentage of adults who indicated having a disability decreased as annual household income increased but did not change with education status.

◆ Adults reporting a disability were considerably more likely to report being unemployed or unable to work.

Disability & Use of Special Equipment, by New Mexico, Region and U.S., NM, 2007 BRFSS

Disability & Use of Special Equipment, by Age, New Mexico, 2007 BRFSS

Disability & Use of Special Equipment, by Race/Ethnicity, New Mexico, 2007 BRFSS

Disability & Use of Special Equipment, by Annual Household Income, NM, 2007 BRFSS

Disability & Use of Special Equipment, by Employment Status, New Mexico, 2007 BRFSS

DISABILITY

Table 53. Percentage of Adult New Mexicans who have a disability, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability - Activity Limitation Due to a Physical, Mental, or Emotional Problem			
		Total Number Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,480	1,594	20.7	19.4	22.0
GENDER					
Male	2,409	577	20.3	18.3	22.5
Female	4,071	1017	21.1	19.5	22.7
AGE					
18-24	298	31	11.2	7.3	16.8
25-34	738	80	10.5	8.0	13.6
35-44	1,004	160	16.0	13.2	19.2
45-54	1,404	327	22.4	19.8	25.3
55-64	1,317	381	28.2	25.2	31.3
65-74	966	308	29.4	26.0	33.0
75+	730	302	42.2	38.0	46.4
RACE/ETHNICITY					
White, non-Hispanic	3,688	1,033	24.9	23.1	26.9
Hispanic	2,041	408	15.8	13.9	17.8
Native American	569	113	17.1	12.9	22.3
Black/AA**	77	21	21.1	11.6	35
Asian NHOPI**	62	10	12.2	5.6	24.5
EDUCATION					
Less than High School Graduate	858	217	20.2	16.9	23.9
High School Graduate or G.E.D.	1,793	471	22.4	19.8	25.3
Some College	1,681	429	21.7	19.2	24.4
College Graduate	2,141	475	18.5	16.6	20.5
INCOME					
Less than $10,000	332	154	39.4	32.3	46.9
$10-19,999	1,017	347	29.5	25.9	33.4
$20-49,999	2,316	574	21.4	19.3	23.7
$50,000 or more	2,146	345	14.1	12.3	16.1
EMPLOYMENT					
Employed	3,523	511	12.9	11.6	14.4
Unemployed/Unable to Work	641	385	51.0	44.8	57.1
Homemaker/Student	794	157	15.4	12.3	19
Retired	1,506	535	34.6	31.6	38
Geographic Region✿					
Northwest	2,047	453	19.6	17.4	22.0
Northeast	1,108	286	21.5	18.6	24.7
Bernalillo County	1,072	258	19.9	17.2	22.9
Southeast	1,007	270	21.3	18.3	24.5
Southwest	1,220	322	22.2	19.5	25.2

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 54. Percentage of Adult Male New Mexicans who have a disability, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Disability - Activity Limitation Due to a Physical, Mental, or Emotional Problem Among Adult Men | | | |
| | | Total Number Reporting Disability | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,409	577	20.3	18.3	22.5
AGE					
18-24	112	12	12.6	6.8	22.3
25-34	265	27	9.8	6.4	14.9
35-44	366	56	15.8	11.5	21.3
45-54	539	122	21.6	17.6	26.2
55-64	515	158	28.9	24.4	33.8
65-74	367	110	31.8	26.3	37.8
75+	241	92	40.9	33.8	48.3
RACE/ETHNICITY					
White, non-Hispanic	1,368	357	23.9	21.0	27.2
Hispanic	749	160	16.4	13.5	19.8
Native American	220	47	18.2	11.9	26.9
Other Race**	52	8	11.2	5.1	22.6
EDUCATION					
Less than High School Graduate	281	69	18.4	13.7	24.3
High School Graduate or G.E.D.	701	172	21.7	17.7	26.4
Some College	574	144	21.4	17.3	26.2
College Graduate	852	192	18.9	16.0	22.3
INCOME					
Less than $10,000	93	48	37.4	25.3	51.2
$10-19,999	337	121	30.1	23.9	37.0
$20-49,999	867	227	22.8	19.4	26.6
$50,000 or more	927	143	13.7	11.0	16.9
EMPLOYMENT					
Employed	1,476	208	12.6	10.6	14.8
Unemployed/Unable to Work	247	143	47.6	38.4	57.0
Homemaker/Student**	65	9	12.3	5.1	27
Retired	618	216	35.9	31.3	41
Geographic Region✿					
Northwest	755	170	20.9	17.3	25.0
Northeast	454	118	21.1	16.6	26.4
Bernalillo County	390	87	18.9	14.8	23.9
Southeast	347	79	17.7	13.4	23.0
Southwest	457	122	22.9	18.7	27.8

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DISABILITY — FEMALES

Table 55. Percentage of Adult Female New Mexicans who have a disability, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability - Activity Limitation Due to a Physical, Mental, or Emotional Problem Among Adult Women		
		Total Number Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡
				Lower	Upper
TOTAL	4,071	1,017	21.1	19.5	22.7
AGE					
18-24	186	19	9.7	5.6	16.2
25-34	473	53	11.2	8.1	15.3
35-44	638	104	16.1	13.0	19.9
45-54	865	205	23.2	20.0	26.8
55-64	802	223	27.5	23.8	31.5
65-74	599	198	27.3	23.5	31.5
75+	489	210	43.1	38.1	48.2
RACE/ETHNICITY					
White, non-Hispanic	2,320	676	25.9	23.6	28.2
Hispanic	1,292	248	15.2	13.0	17.6
Native American	349	66	15.7	11.3	21.6
Other Race**	87	23	22.1	12.3	36.5
EDUCATION					
Less than High School Graduate	577	148	21.7	17.4	26.6
High School Graduate or G.E.D.	1,092	299	23.1	20.0	26.6
Some College	1,107	285	21.9	19.0	25.0
College Graduate	1,289	283	18.0	15.7	20.6
INCOME					
Less than $10,000	239	106	40.9	33.4	49.0
$10-19,999	680	226	29.1	24.9	33.6
$20-49,999	1,449	347	20.1	17.7	22.9
$50,000 or more	1,219	202	14.5	12.4	17.0
EMPLOYMENT					
Employed	2,047	303	13.4	11.6	15.3
Unemployed/Unable to Work	394	242	54.8	47.0	62.4
Homemaker/Student	729	148	16.4	13.5	20
Retired	888	319	33.2	29.7	37
Geographic Region✿					
Northwest	1,292	283	18.4	16.0	21.1
Northeast	654	168	21.9	18.5	25.7
Bernalillo County	682	171	20.8	17.5	24.5
Southeast	660	191	24.6	21.0	28.6
Southwest	763	200	21.6	18.4	25.1

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DISABILITY, USE OF SPECIAL EQUIPMENT

Table 56. Percentage of Adult New Mexicans Using Special Equipment, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Health Problem Requiring Use of Special Equipment			
		Total Number Who Reported Use of Special Equipment	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,495	650	7.4	6.7	8.2
GENDER					
Male	2,414	228	7.5	6.3	9.0
Female	4,081	422	7.3	6.5	8.2
AGE					
18-24	298	4	1.2	0.3	5.3
25-34	738	12	2.4	1.2	4.7
35-44	1,004	33	3.4	2.0	5.7
45-54	1,407	106	7.2	5.7	9.1
55-64	1,318	144	10.5	8.6	12.8
65-74	974	134	11.2	9.1	13.6
75+	734	216	29.4	25.6	33.4
RACE/ETHNICITY					
White, non-Hispanic	3,695	424	9.1	8.0	10.4
Hispanic	2,046	165	5.6	4.5	6.8
Native American	571	46	5.7	3.8	8.6
Black/AA**	77	9	6.1	2.6	14
Asian NHOPI**	62	5	7.5	2.7	19.3
EDUCATION					
Less than High School Graduate	860	122	8.6	6.8	10.7
High School Graduate or G.E.D.	1,797	191	8.2	6.7	10.0
Some College	1,688	164	7.4	6.0	9.2
College Graduate	2,143	171	6.1	5.0	7.4
INCOME					
Less than $10,000	333	82	15.7	11.9	20.4
$10-19,999	1,020	150	12.4	10.0	15.3
$20-49,999	2,322	222	7.2	6.0	8.6
$50,000 or more	2,148	117	4.4	3.5	5.5
EMPLOYMENT					
Employed	3,527	135	3.1	2.5	3.9
Unemployed/Unable to Work	643	184	21.7	17.6	26.3
Homemaker/Student	796	55	4.3	3.1	6
Retired	1,513	274	17.0	14.6	20
Geographic Region✿					
Northwest	2,049	197	7.5	6.3	8.9
Northeast	1,106	90	5.9	4.6	7.5
Bernalillo County	1,077	105	7.6	5.9	9.7
Southeast	1,008	133	8.9	7.3	10.8
Southwest	1,229	123	7.4	6.0	9.1

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

DISABILITY, USE OF SPECIAL EQUIPMENT — MALES

Table 57. Percentage of Adult Male New Mexicans Using Special Equipment, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Health Problem Requiring Use of Special Equipment Among Adult Men			
		Total Number Reporting Use of Special Equipment	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,414	228	7.5	6.3	9.0
AGE					
18-24	111	1	1.8	0.2	11.4
25-34	265	7	3.3	1.4	7.6
35-44	366	13	4.1	1.9	8.8
45-54	542	44	7.3	5.1	10.5
55-64	515	61	11.8	8.8	15.7
65-74	369	45	11.8	8.4	16.2
75+	242	57	27.2	21.1	34.4
RACE/ETHNICITY					
White, non-Hispanic	1,372	141	8.9	7.1	11.1
Hispanic	748	65	6.4	4.7	8.8
Native American	221	18	5.1	2.8	9.0
Other Race**	52	4	5.7	2.0	15.5
EDUCATION					
Less than High School Graduate	281	34	7.7	5.1	11.4
High School Graduate or G.E.D.	701	65	7.9	5.6	11.1
Some College	575	57	7.5	5.1	10.9
College Graduate	856	72	7.2	5.4	9.4
INCOME					
Less than $10,000**	94	22	14.2	8.3	23.3
$10-19,999	338	43	12.2	8.2	17.6
$20-49,999	868	95	8.5	6.4	11.1
$50,000 or more	929	53	4.6	3.4	6.3
EMPLOYMENT					
Employed	1,479	56	3.1	2.2	4.3
Unemployed/Unable to Work	248	71	22.8	16.5	30.5
Homemaker/Student**	64	3	2.4	0.7	8
Retired	620	98	17.1	13.3	22
Geographic Region✿					
Northwest	755	70	7.5	5.6	9.9
Northeast	453	39	5.9	4.1	8.5
Bernalillo County	391	37	8.5	5.7	12.4
Southeast	348	35	7.2	4.9	10.4
Southwest	461	47	7.6	5.4	10.6

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

* Those who responded "don't know/not sure" or who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 58. Percentage of Adult Female New Mexicans Using Special Equipment, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Health Problem Requiring Use of Special Equipment Among Adult Women			
		Total Number Reporting Use of Special Equipment	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	4,081	422	7.3	6.5	8.2
AGE					
18-24	187	3	0.6	0.2	2.4
25-34	473	5	1.5	0.5	4.2
35-44	638	20	2.7	1.6	4.5
45-54	865	62	7.2	5.3	9.6
55-64	803	83	9.3	7.1	12.0
65-74	605	89	10.7	8.4	13.5
75+	492	159	30.8	26.3	35.7
RACE/ETHNICITY					
White, non-Hispanic	2,323	283	9.3	8.1	10.7
Hispanic	1,298	100	4.7	3.7	6.0
Native American	350	28	6.4	3.6	11.3
Other Race**	87	10	7.5	3.2	16.7
EDUCATION					
Less than High School Graduate	579	88	9.3	7.1	12.0
High School Graduate or G.E.D.	1,096	126	8.5	6.9	10.6
Some College	1,113	107	7.4	5.9	9.3
College Graduate	1,287	99	5.1	3.9	6.5
INCOME					
Less than $10,000	239	60	16.8	12.5	22.3
$10-19,999	682	107	12.7	10.0	15.8
$20-49,999	1,454	127	6.0	4.9	7.4
$50,000 or more	1,219	64	4.2	3.0	5.7
EMPLOYMENT					
Employed	2,048	79	3.1	2.3	4.2
Unemployed/Unable to Work	395	113	20.4	16.1	25.6
Homemaker/Student	732	52	4.8	3.5	7
Retired	893	176	16.9	14.4	20
Geographic Region✿					
Northwest	1,294	127	7.5	6.0	9.2
Northeast	653	51	5.9	4.3	8.0
Bernalillo County	686	68	6.8	5.1	8.9
Southeast	660	98	10.5	8.4	13.0
Southwest	768	76	7.2	5.5	9.3

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

* Those who responded "don't know/not sure" or who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.
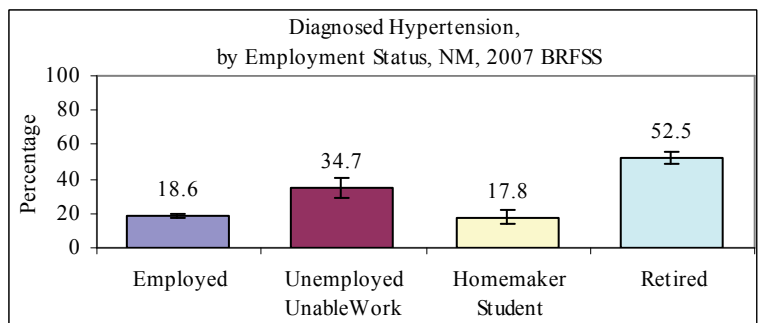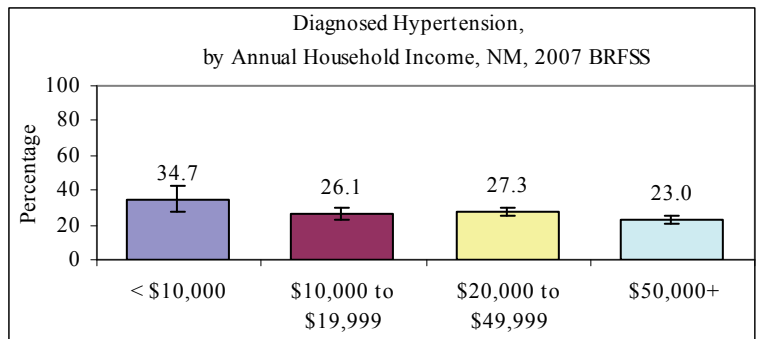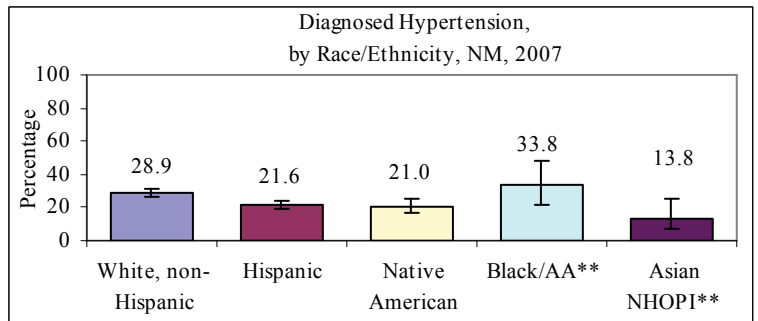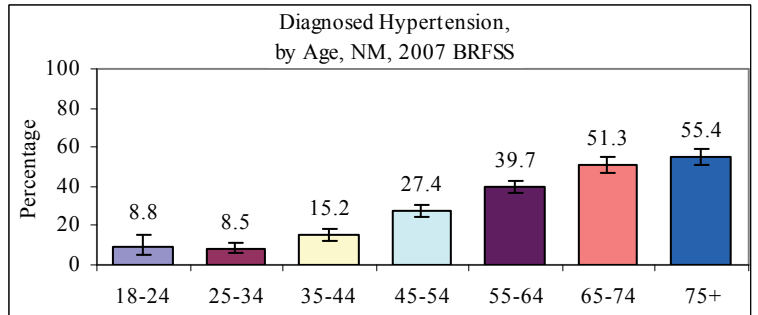
HYPERTENSION AWARENESS

Blood pressure is considered high when a blood pressure reading is 140/90 mmHG or higher. High blood pressure, also known as hypertension, increases the risk of stroke, heart failure, heart attack, kidney failure, and blindness.[21] There are several steps to take to prevent hypertension, such as: maintaining a healthy weight, being physically active, following a healthy diet (lots of fruits and vegetables, low-fat dairy foods, and low salt intake), and avoiding excess alcohol consumption.[21]

IN NEW MEXICO,

◈ 25.6% of adults in New Mexico had been told by a health care professional that they had hypertension. This percentage was similar to the percentages for the Region (26.4%) and the U.S. (27.6%).

◈ As age increased, the prevalence of hypertension increased.

◈ Black/African Americans were more likely to report hypertension. Apparent differences between other groups were at least partially affected by differences in age distribution.

◈ As annual household income increased, the prevalence of hypertension decreased.

◈ Adults living in the southwest region of the state were more likely to have been told they had hypertension than adults living in Bernalillo County or the northern regions.

◈ 77.0% of those with hypertension reported that they were currently taking medication to control their blood pressure. However, only 51.7% of those who lacked health care coverage were taking medication while 81.4% who had coverage were taking medication.

Diagnosed Hypertension, by New Mexico, Region and U.S., NM, 2007 BRFSS

NM 25.6, Region 26.4, US 27.6

Diagnosed Hypertension, by Age, NM, 2007 BRFSS

18-24: 8.8, 25-34: 8.5, 35-44: 15.2, 45-54: 27.4, 55-64: 39.7, 65-74: 51.3, 75+: 55.4

Diagnosed Hypertension, by Race/Ethnicity, NM, 2007

White, non-Hispanic: 28.9, Hispanic: 21.6, Native American: 21.0, Black/AA**: 33.8, Asian NHOPI**: 13.8

Diagnosed Hypertension, by Annual Household Income, NM, 2007 BRFSS

< $10,000: 34.7, $10,000 to $19,999: 26.1, $20,000 to $49,999: 27.3, $50,000+: 23.0

Diagnosed Hypertension, by Employment Status, NM, 2007 BRFSS

Employed: 18.6, Unemployed UnableWork: 34.7, Homemaker Student: 17.8, Retired: 52.5

HYPERTENSION AWARENESS

Table 59. Adults who were ever told they had hypertension, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension			
		Total Number Reporting Diagnosis of Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,598	2,090	25.6	24.2	27.0
GENDER					
Male	2,451	814	26.3	24.1	28.5
Female	4,147	1276	24.9	23.3	26.7
AGE					
18-24	302	22	8.8	5.1	14.8
25-34	751	60	8.5	6.3	11.4
35-44	1,019	148	15.2	12.5	18.3
45-54	1,432	384	27.4	24.5	30.3
55-64	1,333	531	39.7	36.5	43.1
65-74	988	523	51.3	47.4	55.2
75+	746	417	55.4	51.1	59.6
RACE/ETHNICITY					
White, non-Hispanic	3,740	1,264	28.9	27.0	31.0
Hispanic	2,084	610	21.6	19.6	23.9
Native American	586	153	21.0	16.9	25.9
Black/AA**	78	33	33.8	21.7	48.3
Asian NHOPI**	63	13	13.8	6.9	25.7
EDUCATION					
Less than High School Graduate	874	325	27.6	23.8	31.7
High School Graduate or G.E.D.	1,831	598	26.4	23.6	29.3
Some College	1,705	538	24.2	21.7	26.9
College Graduate	2,180	626	25.1	22.9	27.4
INCOME					
Less than $10,000	337	147	34.7	28.1	42.0
$10-19,999	1,037	371	26.1	23.0	29.6
$20-49,999	2,347	785	27.3	25.0	29.8
$50,000 or more	2,174	559	23.0	20.8	25.4
EMPLOYMENT					
Employed	3,580	809	18.6	17.1	20.2
Unemployed/Unable to Work	646	263	34.7	29.2	40.5
Homemaker/Student	816	199	17.8	14.4	22
Retired	1,539	815	52.5	49.3	56
Geographic Region✿					
Northwest	2,070	614	24.6	22.3	27.1
Northeast	1,135	337	23.6	20.9	26.6
Bernalillo County	1,100	313	23.8	20.9	26.9
Southeast	1,024	396	31.3	28.0	34.8
Southwest	1,237	425	27.7	24.6	31.0

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 60. Adult Males who were ever told they had hypertension, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Men			
		Total Number Reporting Diagnosis of Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,451	814	26.3	24.1	28.5
AGE					
18-24	113	10	10.3	5.0	20.1
25-34	271	25	9.2	5.9	14.1
35-44	373	72	18.9	14.4	24.3
45-54	551	169	29.5	25.1	34.4
55-64	518	214	43.5	38.4	48.8
65-74	376	206	51.0	44.9	57.1
75+	244	117	47.2	40.1	54.5
RACE/ETHNICITY					
White, non-Hispanic	1,383	483	30.0	26.9	33.4
Hispanic	764	241	22.0	18.8	25.7
Native American	228	65	21.2	15.4	28.4
Other Race**	53	16	23.8	13.0	39.4
EDUCATION					
Less than High School Graduate	288	105	25.9	20.0	32.9
High School Graduate or G.E.D.	717	228	25.1	21.1	29.6
Some College	578	192	24.3	20.1	29.0
College Graduate	866	289	29.1	25.6	32.9
INCOME					
Less than $10,000**	94	40	30.0	19.8	42.6
$10-19,999	341	126	25.9	20.7	31.8
$20-49,999	879	311	27.0	23.6	30.8
$50,000 or more	942	276	25.6	22.2	29.4
EMPLOYMENT					
Employed	1,503	368	19.9	17.6	22.4
Unemployed/Unable to Work	248	101	30.9	23.7	39.1
Homemaker/Student**	67	9	14.6	6.1	31.1
Retired	629	335	53.3	48.5	58.1
Geographic Region✿					
Northwest	763	240	26.5	22.7	30.7
Northeast	464	155	25.2	20.9	30.1
Bernalillo County	398	116	25.0	20.3	30.4
Southeast	354	128	28.1	23.1	33.7
Southwest	462	172	27.6	23.2	32.5

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 61. Adult Females who were ever told they had hypertension, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Women			
		Total Number Reporting Diagnosis of Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,147	1,276	24.9	23.3	26.7
AGE					
18-24	189	12	7.3	3.1	16.0
25-34	480	35	7.7	5.2	11.4
35-44	646	76	11.6	9.0	14.8
45-54	881	215	25.3	21.9	29.0
55-64	815	317	36.2	32.3	40.4
65-74	612	317	51.5	46.7	56.4
75+	502	300	60.9	55.9	65.8
RACE/ETHNICITY					
White, non-Hispanic	2,357	781	27.9	25.6	30.3
Hispanic	1,320	369	21.3	18.8	24.0
Native American	358	88	20.8	15.4	27.6
Other Race**	88	30	26.2	16.4	39.1
EDUCATION					
Less than High School Graduate	586	220	29.0	24.5	34.0
High School Graduate or G.E.D.	1,114	370	27.7	24.2	31.6
Some College	1,127	346	24.1	21.3	27.2
College Graduate	1,314	337	21.2	18.7	23.8
INCOME					
Less than $10,000	243	107	38.2	30.5	46.6
$10-19,999	696	245	26.4	22.6	30.5
$20-49,999	1,468	474	27.6	24.6	30.8
$50,000 or more	1,232	283	19.9	17.4	22.7
EMPLOYMENT					
Employed	2,077	441	17.1	15.2	19.1
Unemployed/Unable to Work	398	162	38.8	31.4	46.8
Homemaker/Student	749	190	18.8	15.8	22.2
Retired	910	480	51.6	47.7	55.6
Geographic Region✧					
Northwest	1,307	374	22.8	20.2	25.6
Northeast	671	182	22.2	19.0	25.7
Bernalillo County	702	197	22.6	19.4	26.2
Southeast	670	268	34.4	30.3	38.7
Southwest	775	253	27.8	23.6	32.4

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OVERWEIGHT AND OBESITY

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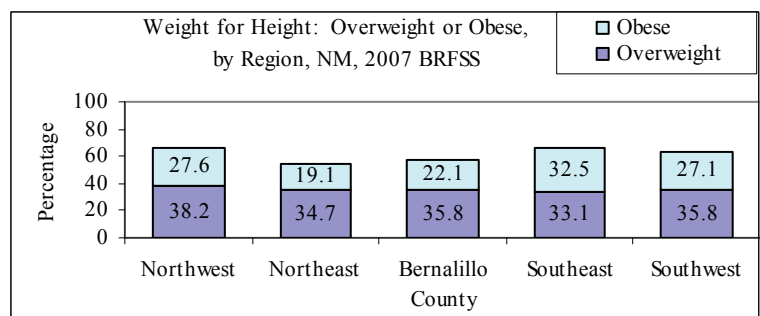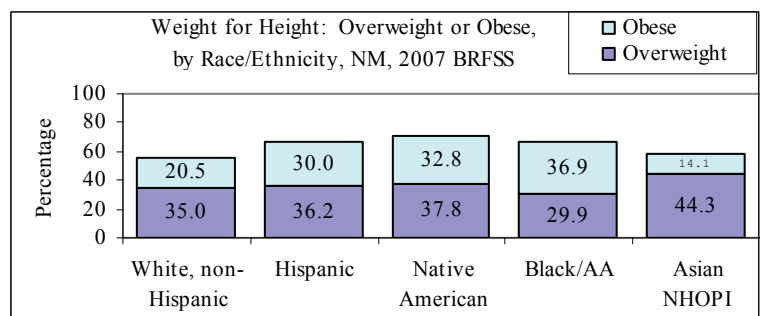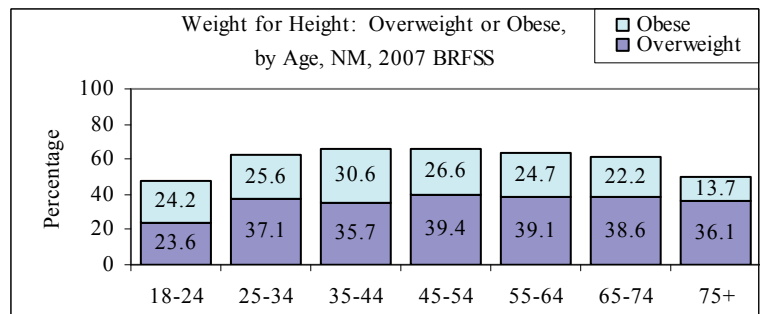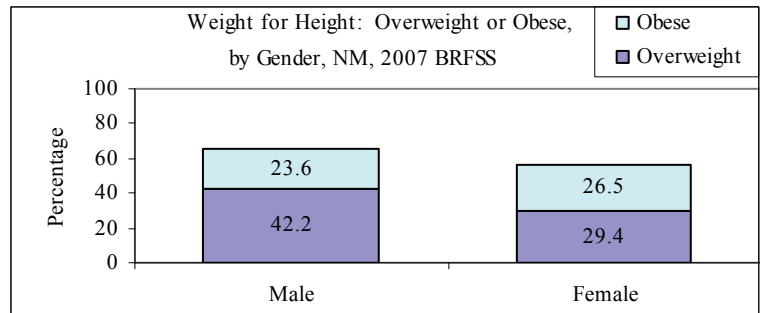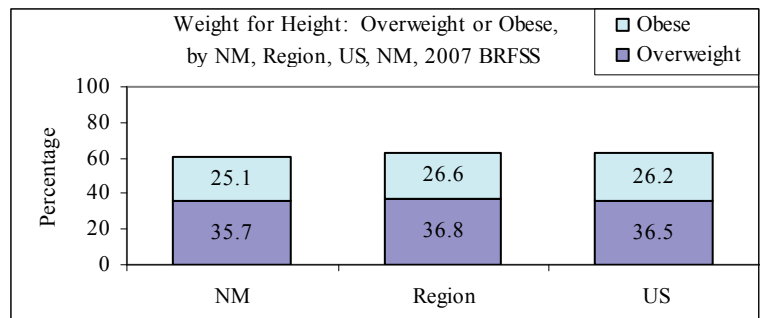"About how much do you weigh without shoes?"

"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).[22]

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.[22]

IN NEW MEXICO,

❖ 60.8% of the adults were either overweight or obese: 35.7% of adults were overweight and an additional 25.1% were obese, based on Body Mass Index (BMI). These percentages were not statistically different from those of the Region (36.8% and 26.6%) or the U.S. (36.5% and 26.2%).

❖ Men were more likely to be overweight than women, 42.2% versus 29.4%, but the apparent difference in obesity was not statistically significant.

❖ High rates of overweight and obesity were common to all Race/Ethnic groups. There were no differences in Overweight between groups. Hispanics and Native Americans were more likely to be obese than White non-Hispanics. Small sample size made comparison to other groups difficult.

❖ Residents of the Southeast region were more likely to be obese than residents of the Northeast or Bernalillo County.

Weight for Height: Overweight or Obese, by NM, Region, US, NM, 2007 BRFSS

	Obese	Overweight
NM	25.1	35.7
Region	26.6	36.8
US	26.2	36.5

Weight for Height: Overweight or Obese, by Gender, NM, 2007 BRFSS

	Obese	Overweight
Male	23.6	42.2
Female	26.5	29.4

Weight for Height: Overweight or Obese, by Age, NM, 2007 BRFSS

	Obese	Overweight
18-24	24.2	23.6
25-34	25.6	37.1
35-44	30.6	35.7
45-54	26.6	39.4
55-64	24.7	39.1
65-74	22.2	38.6
75+	13.7	36.1

Weight for Height: Overweight or Obese, by Race/Ethnicity, NM, 2007 BRFSS

	Obese	Overweight
White, non-Hispanic	20.5	35.0
Hispanic	30.0	36.2
Native American	32.8	37.8
Black/AA	36.9	29.9
Asian NHOPI	14.1	44.3

Weight for Height: Overweight or Obese, by Region, NM, 2007 BRFSS

	Obese	Overweight
Northwest	27.6	38.2
Northeast	19.1	34.7
Bernalillo County	22.1	35.8
Southeast	32.5	33.1
Southwest	27.1	35.8

❖ Obesity declined with increasing education.

OVERWEIGHT

Table 62. Percentage of New Mexicans who were overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight - BMI 25.0 to 29.9			
		Total # Classified as Overweight BMI 25.0 to 29.9	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,397	2,296	35.7	34.1	37.4
GENDER					
Male	2,432	1061	42.2	39.5	44.9
Female	3,965	1235	29.4	27.6	31.3
AGE					
18-24	293	75	23.6	18.0	30.2
25-34	729	255	37.1	32.8	41.7
35-44	975	331	35.7	32.0	39.6
45-54	1,393	532	39.4	36.2	42.8
55-64	1,291	496	39.1	35.8	42.5
65-74	966	346	38.6	34.8	42.5
75+	734	256	36.1	32.1	40.3
RACE/ETHNICITY					
White, non-Hispanic	3,663	1264	35.0	32.9	37.2
Hispanic	1,986	755	36.2	33.3	39.1
Native American	578	211	37.8	31.8	44.2
Black/AA**	74	27	29.9	17.8	45.6
Asian NHOPI**	58	22	44.3	27.2	62.8
EDUCATION					
Less than High School Graduate	803	265	32.5	28.1	37.3
High School Graduate or G.E.D.	1,780	656	34.3	31.2	37.5
Some College	1,664	617	37.3	34.0	40.7
College Graduate	2,144	756	37.1	34.5	39.8
INCOME					
Less than $10,000	313	112	39.6	31.6	48.3
$10-19,999	991	355	36.3	32.1	40.7
$20-49,999	2,296	833	35.4	32.7	38.1
$50,000 or more	2,147	785	37.9	35.1	40.7
EMPLOYMENT					
Employed	3,476	1311	38.6	36.4	40.8
Unemployed/Unable to Work	619	198	33.1	27.7	39.1
Homemaker/Student	776	219	24.3	20.4	28.7
Retired	1514	563	37.5	34.5	40.5
Geographic Region✿					
Northwest	2,019	757	38.2	35.3	41.1
Northeast	1,107	401	34.7	31.2	38.4
Bernalillo County	1,064	385	35.8	32.3	39.5
Southeast	986	328	33.1	29.4	37.1
Southwest	1,196	419	35.8	32.2	39.6

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 63. Percentage of Adult Male New Mexicans who were overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight - BMI 25.0 to 29.9 Among Adult Men			
		Total # Classified as Overweight BMI 25.0 to 29.9	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,432	1,061	42.2	39.5	44.9
AGE					
18-24**	112	32	26.5	18.0	37.3
25-34	267	114	44.3	37.3	51.5
35-44	369	157	42.5	36.5	48.6
45-54	547	239	45.4	40.2	50.7
55-64	517	245	46.4	41.2	51.7
65-74	376	157	45.2	39.1	51.3
75+	241	116	49.0	41.8	56.3
RACE/ETHNICITY					
White, non-Hispanic	1,381	615	43.2	39.7	46.8
Hispanic	750	329	41.6	36.8	46.5
Native American	229	84	36.9	28.3	46.3
Other Race**	51	23	44.6	27.6	62.9
EDUCATION					
Less than High School Graduate	279	108	38.3	30.8	46.3
High School Graduate or G.E.D.	713	298	38.5	33.6	43.7
Some College	578	260	42.0	36.4	47.9
College Graduate	861	395	47.4	43.2	51.6
INCOME					
Less than $10,000**	93	39	41.9	27.7	57.6
$10-19,999	339	138	41.4	34.1	49.1
$20-49,999	871	378	41.3	36.9	45.8
$50,000 or more	941	434	46.0	41.7	50.3
EMPLOYMENT					
Employed	1,488	661	44.9	41.6	48.2
Unemployed/Unable to Work	248	92	35.8	27.4	45.2
Homemaker/Student**	67	22	21.0	12.1	34
Retired	625	282	44.8	40.1	49.6
Geographic Region✿					
Northwest	760	319	41.5	36.9	46.1
Northeast	459	211	42.3	36.3	48.6
Bernalillo County	393	179	43.5	37.7	49.5
Southeast	351	150	40.3	33.8	47.1
Southwest	460	199	41.6	35.8	47.6

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

* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 64. Percentage of Adult Female New Mexicans who were overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight - BMI 25.0 to 29.9 Among Adult Women			
		Total # Classified as Overweight BMI 25.0 to 29.9	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,965	1,235	29.4	27.6	31.3
AGE					
18-24**	181	43	20.2	14.3	27.8
25-34	462	141	29.7	24.9	35.0
35-44	606	174	28.7	24.6	33.1
45-54	846	293	33.5	29.8	37.4
55-64	774	251	32.0	28.1	36.3
65-74	590	189	32.7	28.2	37.5
75+	493	140	27.3	23.0	31.9
RACE/ETHNICITY					
White, non-Hispanic	2,282	649	27.2	24.9	29.5
Hispanic	1,236	426	30.8	27.6	34.1
Native American	349	127	38.9	30.9	47.5
Other Race**	81	26	28.5	16.9	43.7
EDUCATION					
Less than High School Graduate	524	157	27.1	22.4	32.3
High School Graduate or G.E.D.	1,067	358	29.6	26.1	33.3
Some College	1,086	357	33.1	29.4	36.9
College Graduate	1,283	361	26.7	23.8	29.8
INCOME					
Less than $10,000	220	73	37.7	29.7	46.5
$10-19,999	652	217	31.7	27.3	36.5
$20-49,999	1,425	455	29.7	26.8	32.8
$50,000 or more	1,206	351	28.0	25.0	31.3
EMPLOYMENT					
Employed	1,988	650	30.9	28.3	33.6
Unemployed/Unable to Work	371	106	29.9	23.8	36.9
Homemaker/Student	709	197	25.4	21.6	29.7
Retired	889	281	30.0	26.5	33.7
Geographic Region✿					
Northwest	1,259	438	34.9	31.5	38.5
Northeast	648	190	27.2	23.5	31.3
Bernalillo County	671	206	28.3	24.5	32.4
Southeast	635	178	26.0	22.3	30.1
Southwest	736	220	30.0	25.9	34.5

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OBESITY

Table 65. Percentage of New Mexicans who were obese based on Body Mass Index (BMI ≥ 30), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI 30.0+			
		Total # Classified as Obese BMI 30.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,397	1,628	25.1	23.6	26.7
GENDER					
Male	2,432	580	23.6	21.3	26.1
Female	3,965	1048	26.5	24.6	28.6
AGE					
18-24	293	64	24.2	18.2	31.6
25-34	729	194	25.6	21.9	29.8
35-44	975	309	30.6	27.1	34.4
45-54	1,393	387	26.6	23.9	29.6
55-64	1,291	346	24.7	21.9	27.7
65-74	966	226	22.2	19.2	25.5
75+	734	102	13.7	11.1	16.8
RACE/ETHNICITY					
White, non-Hispanic	3,663	780	20.5	18.7	22.4
Hispanic	1,986	586	30.0	27.2	32.9
Native American	578	220	32.8	26.8	39.4
Black/AA**	74	25	36.9	22.1	54.7
Asian NHOPI**	58	7	14.1	5.0	33.8
EDUCATION					
Less than High School Graduate	803	272	32.8	28.0	37.9
High School Graduate or G.E.D.	1,780	481	26.3	23.3	29.5
Some College	1,664	428	25.2	22.3	28.3
College Graduate	2,144	446	20.6	18.4	23.0
INCOME					
Less than $10,000	313	94	25.5	19.6	32.6
$10-19,999	991	289	27.5	23.9	31.5
$20-49,999	2,296	627	28.3	25.8	31.0
$50,000 or more	2,147	492	21.8	19.4	24.3
EMPLOYMENT					
Employed	3,476	918	25.8	23.9	27.9
Unemployed/Unable to Work	619	215	29.1	24.1	34.6
Homemaker/Student	776	192	25.7	21.1	31
Retired	1514	302	19.6	17.1	22.4
Geographic RegionR					
Northwest	2,019	569	27.6	25.0	30.3
Northeast	1,107	198	19.1	16.0	22.7
Bernalillo County	1,064	223	22.1	19.0	25.5
Southeast	986	312	32.5	28.7	36.5
Southwest	1,196	320	27.1	23.7	30.8

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OBESITY — MALES

Table 66. Percentage of Adult Male New Mexicans who were obese based on Body Mass Index (BMI ≥ 30), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI 30.0+ Among Adult Men			
		Total # Classified as Obese BMI 30.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,432	580	23.6	21.3	26.1
AGE					
18-24**	112	24	23.1	14.9	34.0
25-34	267	69	24.2	18.8	30.5
35-44	369	121	30.3	24.9	36.4
45-54	547	155	25.9	21.7	30.5
55-64	517	112	20.2	16.4	24.7
65-74	376	76	20.3	15.9	25.6
75+	241	23	10.3	6.7	15.4
RACE/ETHNICITY					
White, non-Hispanic	1,381	276	19.9	17.1	23.0
Hispanic	750	204	27.9	23.7	32.6
Native American	229	82	27.5	20.7	35.4
Other Race**	51	13	25.0	13.1	42.4
EDUCATION					
Less than High School Graduate	279	74	24.6	18.5	32.0
High School Graduate or G.E.D.	713	189	26.0	21.6	31.0
Some College	578	138	24.4	19.6	29.9
College Graduate	861	178	20.2	17.2	23.7
INCOME					
Less than $10,000**	93	17	17.1	9.7	28.4
$10-19,999	339	82	19.5	14.8	25.2
$20-49,999	871	223	28.5	24.4	33.0
$50,000 or more	941	218	21.6	18.3	25.3
EMPLOYMENT					
Employed	1,488	393	25.0	22.3	27.9
Unemployed/Unable to Work	248	63	21.8	15.4	30.0
Homemaker/Student**	67	12	26.1	14.2	43.1
Retired	625	112	18.5	14.6	23
Geographic RegionR					
Northwest	760	214	27.6	23.6	32.1
Northeast	459	72	18.5	13.5	24.8
Bernalillo County	393	70	18.4	14.1	23.6
Southeast	351	108	32.1	25.9	38.9
Southwest	460	114	26.8	21.8	32.6

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

* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OBESITY — FEMALES

Table 67. Percentage of Adult Female New Mexicans who were obese based on Body Mass Index (BMI ≥ 30), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI 30.0+ Among Adult Women			
		Total # Classified as Obese BMI 30.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,965	1,048	26.5	24.6	28.6
AGE					
18-24**	181	40	25.5	17.3	35.8
25-34	462	125	27.2	22.2	32.7
35-44	606	188	30.9	26.5	35.6
45-54	846	232	27.4	23.9	31.3
55-64	774	234	29.1	25.3	33.3
65-74	590	150	23.9	20.1	28.1
75+	493	79	16.0	12.6	20.2
RACE/ETHNICITY					
White, non-Hispanic	2,282	504	21.0	18.9	23.3
Hispanic	1,236	382	32.0	28.6	35.7
Native American	349	138	39.2	30.0	49.3
Other Race**	81	19	29.3	14.9	49.5
EDUCATION					
Less than High School Graduate	524	198	40.5	34.2	47.3
High School Graduate or G.E.D.	1,067	292	26.6	22.9	30.7
Some College	1,086	290	25.9	22.7	29.5
College Graduate	1,283	268	21.0	18.1	24.4
INCOME					
Less than $10,000	220	77	32.7	25.1	41.3
$10-19,999	652	207	34.6	29.7	39.9
$20-49,999	1,425	404	28.2	25.2	31.4
$50,000 or more	1,206	274	22.0	18.9	25.3
EMPLOYMENT					
Employed	1,988	525	26.8	24.0	29.8
Unemployed/Unable to Work	371	152	37.6	30.6	45.2
Homemaker/Student	709	180	25.6	21.4	30.3
Retired	889	190	20.8	17.6	24.2
Geographic RegionR					
Northwest	1,259	355	27.5	24.4	30.8
Northeast	648	126	19.8	16.3	23.8
Bernalillo County	671	153	25.7	21.6	30.4
Southeast	635	204	32.9	28.6	37.4
Southwest	736	206	27.4	22.9	32.4

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OVERWEIGHT OR OBESE

Table 68. Percentage of New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Overweight or Obese - BMI 25.0+ | | |
| | | Total # Classified as Overweight or Obese BMI 25.0+ | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	6,397	3,924	60.8	59.1	62.5
GENDER					
Male	2,432	1641	65.8	63.0	68.4
Female	3,965	2283	55.9	53.8	58.0
AGE					
18-24	293	139	47.8	40.5	55.2
25-34	729	449	62.8	58.3	67.0
35-44	975	640	66.3	62.6	69.9
45-54	1,393	919	66.1	62.8	69.2
55-64	1,291	842	63.9	60.5	67.1
65-74	966	572	60.8	56.9	64.5
75+	734	358	49.8	45.6	54.1
RACE/ETHNICITY					
White, non-Hispanic	3,663	2044	55.5	53.2	57.7
Hispanic	1,986	1341	66.1	63.1	69.1
Native American	578	431	70.6	63.5	76.8
Black/AA**	74	52	66.8	50.7	79.8
Asian NHOPI**	58	29	58.4	40.9	74.0
EDUCATION					
Less than High School Graduate	803	537	65.3	60.2	70.1
High School Graduate or G.E.D.	1,780	1137	60.6	57.0	64.0
Some College	1,664	1045	62.5	59.0	65.8
College Graduate	2,144	1202	57.8	55.1	60.4
INCOME					
Less than $10,000	313	206	65.2	56.3	73.1
$10-19,999	991	644	63.8	59.3	68.1
$20-49,999	2,296	1460	63.7	60.9	66.4
$50,000 or more	2,147	1277	59.7	56.8	62.5
EMPLOYMENT					
Employed	3,476	2229	64.4	62.2	66.6
Unemployed/Unable to Work	619	413	62.2	55.6	68.4
Homemaker/Student	776	411	50.1	44.7	55.4
Retired	1514	865	57.1	54.0	60.1
Geographic Region✿					
Northwest	2,019	1326	65.7	62.8	68.5
Northeast	1,107	599	53.8	49.8	57.8
Bernalillo County	1,064	608	57.9	54.1	61.6
Southeast	986	640	65.6	61.5	69.5
Southwest	1,196	739	62.9	59.0	66.6

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OVERWEIGHT OR OBESE — MALES

Table 69. Percentage of Adult Male New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI 25.0+ Among Adult Men			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,432	1,641	65.8	63.0	68.4
AGE					
18-24**	112	56	49.6	38.7	60.6
25-34	267	183	68.4	61.5	74.7
35-44	369	278	72.8	66.9	78.0
45-54	547	394	71.2	66.1	75.9
55-64	517	357	66.7	61.4	71.5
65-74	376	233	65.5	59.6	70.9
75+	241	139	59.3	52.0	66.2
RACE/ETHNICITY					
White, non-Hispanic	1,381	891	63.1	59.5	66.6
Hispanic	750	533	69.5	64.5	74.1
Native American	229	166	64.3	53.3	74.0
Other Race**	51	36	69.5	51.7	83.0
EDUCATION					
Less than High School Graduate	279	182	62.9	54.4	70.7
High School Graduate or G.E.D.	713	487	64.6	59.1	69.7
Some College	578	398	66.4	60.5	71.8
College Graduate	861	573	67.6	63.6	71.5
INCOME					
Less than $10,000**	93	56	58.9	42.9	73.3
$10-19,999	339	220	60.9	53.0	68.2
$20-49,999	871	601	69.8	65.6	73.7
$50,000 or more	941	652	67.6	63.2	71.7
EMPLOYMENT					
Employed	1,488	1054	69.9	66.6	73.0
Unemployed/Unable to Work	248	155	57.6	47.9	66.8
Homemaker/Student**	67	34	47.2	32.7	62.1
Retired	625	394	63.3	58.5	67.7
Geographic Region✿					
Northwest	760	533	69.1	64.4	73.4
Northeast	459	283	60.8	54.1	67.1
Bernalillo County	393	249	61.9	55.7	67.6
Southeast	351	258	72.4	65.7	78.1
Southwest	460	313	68.4	62.5	73.8

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

OVERWEIGHT OR OBESE — FEMALES

Table 70. Percentage of Adult Female New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI 25.0+ Among Adult Women			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,965	2,283	55.9	53.8	58.0
AGE					
18-24**	181	83	45.7	36.4	55.3
25-34	462	266	56.8	51.1	62.4
35-44	606	362	59.5	54.8	64.1
45-54	846	525	60.9	56.8	64.8
55-64	774	485	61.1	56.8	65.3
65-74	590	339	56.5	51.5	61.4
75+	493	219	43.3	38.4	48.4
RACE/ETHNICITY					
White, non-Hispanic	2,282	1153	48.1	45.4	50.9
Hispanic	1,236	808	62.8	59.1	66.3
Native American	349	265	78.1	71.5	83.5
Other Race**	81	45	57.7	41.8	72.3
EDUCATION					
Less than High School Graduate	524	355	67.6	61.8	72.9
High School Graduate or G.E.D.	1,067	650	56.2	51.7	60.6
Some College	1,086	647	59.0	54.9	62.9
College Graduate	1,283	629	47.8	44.3	51.3
INCOME					
Less than $10,000	220	150	70.5	62.2	77.6
$10-19,999	652	424	66.4	61.6	70.9
$20-49,999	1,425	859	57.9	54.2	61.5
$50,000 or more	1,206	625	50.0	46.4	53.6
EMPLOYMENT					
Employed	1,988	1175	57.7	54.8	60.6
Unemployed/Unable to Work	371	258	67.6	58.8	75.2
Homemaker/Student	709	377	51.0	46.0	56.1
Retired	889	471	50.7	46.7	54.7
Geographic Region✿					
Northwest	1,259	793	62.4	58.7	66.0
Northeast	648	316	47.0	42.4	51.6
Bernalillo County	671	359	54.0	49.4	58.6
Southeast	635	382	58.9	54.1	63.5
Southwest	736	426	57.4	52.4	62.3

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.
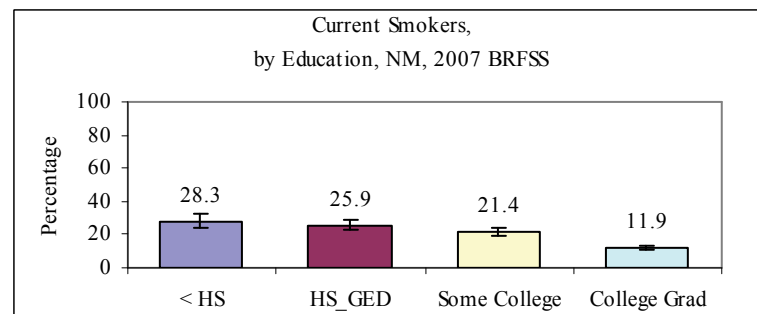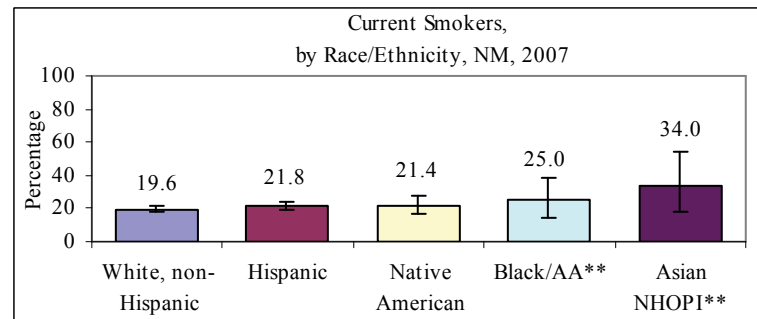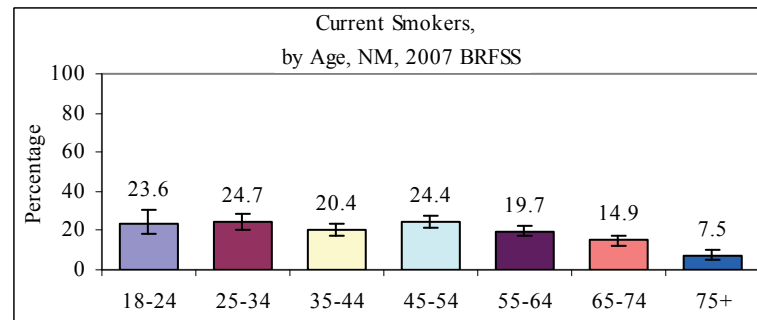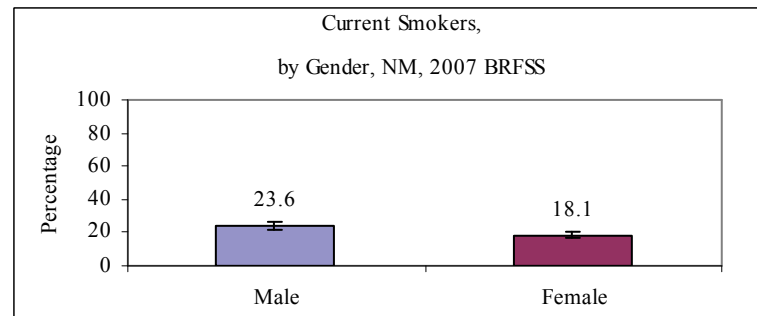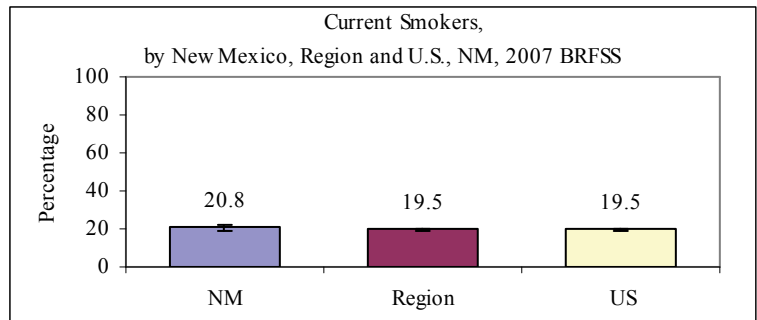
TOBACCO USE

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.[23] 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,

◆ 20.8% of NM adults were current smokers, which was similar to the Region (19.5%) and the U.S. (19.5%).

◆ The prevalence of current smoking was fairly stable through age 64 but was lower among adults above age 64.

◆ There was no measurable difference in the prevalence of smoking between the different Race/Ethnic groups, even after adjusting for differences in the age distributions of the different groups.

◆ The prevalence of smoking was highest among those with the lowest education and income.

◆ 57.5% of adult smokers tried to quit smoking at least once during the past year. This was not statistically different from the percentages for the Region (58.1%) and the U.S. (57.7%).

◆ Current smokers were more likely than non-smokers to describe their general health as Fair or Poor, to have missed work during the past 30 days, or to have been unable to do their usual activities due to poor physical or mental health.

Current Smokers, by New Mexico, Region and U.S., NM, 2007 BRFSS

	Percentage
NM	20.8
Region	19.5
US	19.5

Current Smokers, by Gender, NM, 2007 BRFSS

	Percentage
Male	23.6
Female	18.1

Current Smokers, by Age, NM, 2007 BRFSS

	Percentage
18-24	23.6
25-34	24.7
35-44	20.4
45-54	24.4
55-64	19.7
65-74	14.9
75+	7.5

Current Smokers, by Race/Ethnicity, NM, 2007

	Percentage
White, non-Hispanic	19.6
Hispanic	21.8
Native American	21.4
Black/AA**	25.0
Asian NHOPI**	34.0

Current Smokers, by Education, NM, 2007 BRFSS

	Percentage
< HS	28.3
HS_GED	25.9
Some College	21.4
College Grad	11.9

TOBACCO USE

Table 71. Percentage of New Mexicans who were current smokers, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,584	1,278	20.8	19.4	22.3
GENDER					
Male	2,450	554	23.6	21.2	26.0
Female	4,134	724	18.1	16.5	19.9
AGE					
18-24	301	74	23.6	18.0	30.3
25-34	750	169	24.7	20.9	29.0
35-44	1,016	211	20.4	17.4	23.8
45-54	1,428	346	24.4	21.7	27.3
55-64	1,330	271	19.7	17.2	22.5
65-74	991	153	14.9	12.3	17.8
75+	742	48	7.5	5.3	10.4
RACE/ETHNICITY					
White, non-Hispanic	3,730	695	19.6	17.7	21.5
Hispanic	2,082	442	21.8	19.4	24.4
Native American	584	99	21.4	16.5	27.4
Black/AA**	78	22	25.0	15.0	38.6
Asian NHOPI**	63	14	34.0	18.3	54.3
EDUCATION					
Less than High School Graduate	875	228	28.3	24.1	33.0
High School Graduate or G.E.D.	1,828	413	25.9	22.9	29.2
Some College	1,702	368	21.4	18.7	24.3
College Graduate	2,171	267	11.9	10.3	13.7
INCOME					
Less than $10,000	338	106	34.1	26.8	42.2
$10-19,999	1,039	267	26.8	23.2	30.8
$20-49,999	2,341	493	22.7	20.4	25.1
$50,000 or more	2,168	297	15.2	13.0	17.7
EMPLOYMENT					
Employed	3,572	741	21.6	19.8	23.6
Unemployed/Unable to Work	647	219	33.4	28.2	39.1
Homemaker/Student	812	118	15.9	12.2	20.4
Retired	1536	196	14.4	12.0	17.2
Geographic Region✿					
Northwest	2,067	415	22.4	19.9	25.2
Northeast	1,130	199	19.2	16.2	22.7
Bernalillo County	1,098	193	19.8	16.8	23.2
Southeast	1,023	211	22.1	18.8	25.8
Southwest	1,234	255	21.1	18.3	24.3

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 72. Percentage of Adult Male New Mexicans who were current smokers, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking Among Adult Men			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,450	554	23.6	21.2	26.0
AGE					
18-24**	113	29	23.6	15.5	34.1
25-34	272	82	31.8	25.6	38.8
35-44	371	90	24.4	19.3	30.2
45-54	551	143	24.4	20.2	29.0
55-64	517	120	21.3	17.4	25.9
65-74	378	73	18.1	14.0	23.1
75+	243	16	9.0	5.2	15.1
RACE/ETHNICITY					
White, non-Hispanic	1,384	281	21.6	18.5	25.0
Hispanic	763	195	24.5	20.8	28.8
Native American	227	56	26.1	18.4	35.6
Other Race**	53	18	42.3	25.7	60.9
EDUCATION					
Less than High School Graduate	290	105	37.5	30.1	45.5
High School Graduate or G.E.D.	715	195	29.8	25.1	34.9
Some College	579	143	22.7	18.2	27.9
College Graduate	864	111	12.3	9.8	15.2
INCOME					
Less than $10,000**	95	39	42.3	28.4	57.6
$10-19,999	344	111	31.5	25.3	38.6
$20-49,999	876	216	25.3	21.6	29.4
$50,000 or more	940	141	17.2	13.8	21.3
EMPLOYMENT					
Employed	1,500	330	22.3	19.6	25.2
Unemployed/Unable to Work	250	103	37.6	29.3	46.7
Homemaker/Student**	67	18	25.0	14.2	40.3
Retired	629	103	18.7	14.7	23.5
Geographic Region✿					
Northwest	762	182	25.4	21.3	30.0
Northeast	462	88	21.9	16.9	27.8
Bernalillo County	398	83	22.1	17.4	27.7
Southeast	355	77	22.2	16.9	28.5
Southwest	463	120	25.7	20.9	31.1

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

TOBACCO USE — FEMALES

Table 73. Percentage of Adult Female New Mexicans who were current smokers, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking Among Adult Women			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,134	724	18.1	16.5	19.9
AGE					
18-24	188	45	23.7	16.7	32.4
25-34	478	87	17.4	13.5	22.1
35-44	645	121	16.6	13.6	20.1
45-54	877	203	24.5	21.2	28.1
55-64	813	151	18.2	15.2	21.8
65-74	613	80	12.0	9.2	15.6
75+	499	32	6.4	4.2	9.6
RACE/ETHNICITY					
White, non-Hispanic	2,346	414	17.7	15.8	19.8
Hispanic	1,319	247	19.2	16.2	22.6
Native American	357	43	16.0	10.9	22.8
Other Race**	88	18	17.8	10.1	29.4
EDUCATION					
Less than High School Graduate	585	123	20.4	16.4	25.1
High School Graduate or G.E.D.	1,113	218	21.8	18.2	26.0
Some College	1,123	225	20.3	17.4	23.5
College Graduate	1,307	156	11.6	9.6	13.9
INCOME					
Less than $10,000	243	67	28.1	21.3	36.0
$10-19,999	695	156	23.0	19.1	27.3
$20-49,999	1,465	277	20.2	17.6	23.2
$50,000 or more	1,228	156	12.8	10.5	15.5
EMPLOYMENT					
Employed	2,072	411	20.8	18.4	23.4
Unemployed/Unable to Work	397	116	28.9	23.0	35.5
Homemaker/Student	745	100	13.0	10.0	16.6
Retired	907	93	10.1	7.8	12.8
Geographic Region✿					
Northwest	1,305	233	19.6	16.7	22.8
Northeast	668	111	16.7	13.6	20.4
Bernalillo County	700	110	17.6	14.1	21.7
Southeast	668	134	22.0	18.2	26.2
Southwest	771	135	16.6	13.7	20.0

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

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Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.[24] 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.[25]

Though binge and chronic heavy drinking rates were lower in NM than the region and the nation, as a whole, 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,

- 12.1% of New Mexico adults reported binge drinking in the past 30 days which was lower than the Region (14.9%) and the nation (15.4%).

- 3.9% of New Mexico adults reported heavy drinking, which was lower than the region (5.0%) and the U.S. (5.2%).

- The percentage of males who reported binge drinking (17.8%) was higher than the percentage for females (6.9%).

1+ Binge in Past 30 Days or Heavy Drinking, by New Mexico, Region and U.S., NM, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Gender, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Age, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Race/Ethnicity, NM, 2007 BRFSS
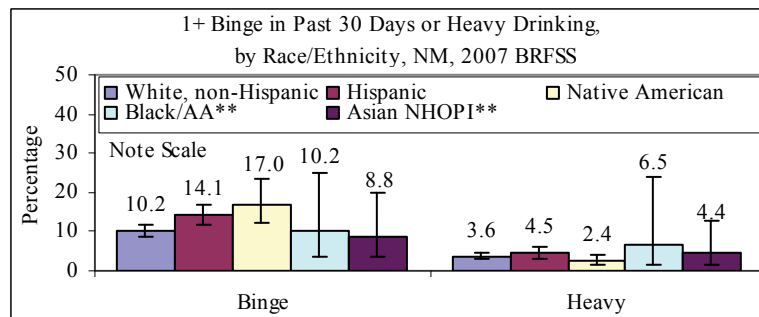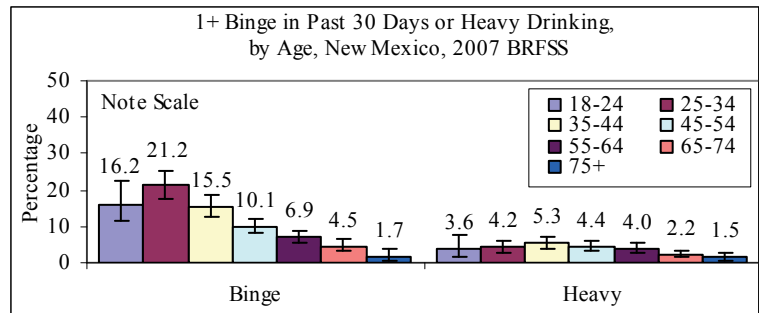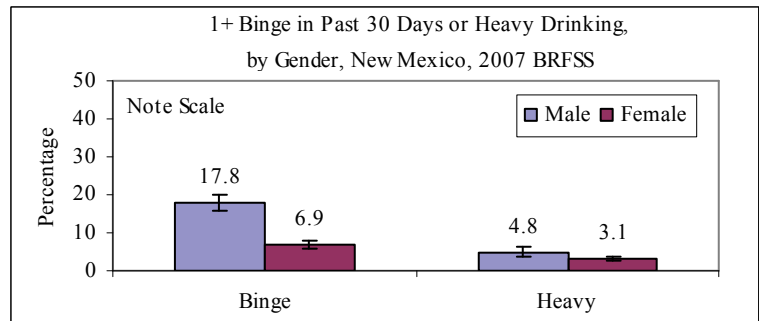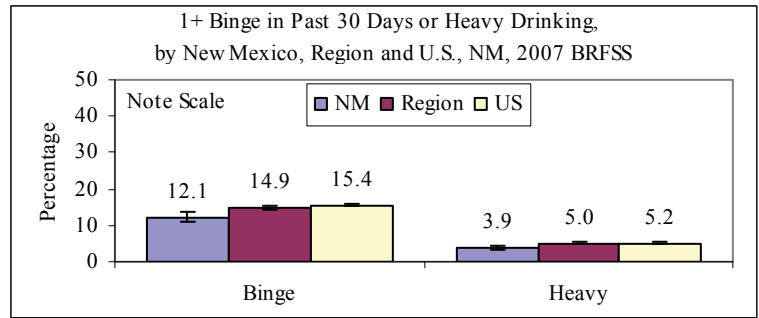
- Binge drinking and heavy drinking were lower among older adults.

- There was no measurable difference in binge or heavy drinking by Race/Ethnicity, education level, income, or region of residence. Small sample size made comparison of some groups difficult.

ALCOHOL CONSUMPTION — BINGE

Table 74. Percentage of Adult New Mexicans who binged at least once in the past 30 days (males ≥ 5 drinks on one occasion or females ≥4 drinks), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Binge Occassions in Past 30 Days			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,433	581	12.1	10.9	13.5
GENDER					
Male	2,363	353	17.8	15.6	20.2
Female	4,070	228	6.9	5.8	8.1
AGE					
18-24	296	47	16.2	11.4	22.5
25-34	731	138	21.2	17.6	25.3
35-44	1,003	135	15.5	12.8	18.6
45-54	1,396	135	10.1	8.3	12.3
55-64	1,299	79	6.9	5.3	9.0
65-74	957	37	4.5	3.1	6.4
75+	730	9	1.7	0.8	3.8
RACE/ETHNICITY					
White, non-Hispanic	3,662	283	10.2	8.8	11.8
Hispanic	2,027	215	14.1	11.9	16.7
Native American	564	67	17.0	12.2	23.3
Black/AA**	75	6	10.2	3.8	24.4
Asian NHOPI**	62	7	10.6	4.3	23.9
EDUCATION					
Less than High School Graduate	843	68	11.1	8.2	15.0
High School Graduate or G.E.D.	1,772	174	13.6	11.1	16.5
Some College	1,674	165	13.0	10.6	15.8
College Graduate	2,137	173	10.4	8.7	12.4
INCOME					
Less than $10,000	331	34	14.8	9.6	22.1
$10-19,999	1,008	88	11.1	8.5	14.3
$20-49,999	2,305	217	12.1	10.3	14.2
$50,000 or more	2,135	209	13.5	11.3	16.0
EMPLOYMENT					
Employed	3,497	413	14.4	12.8	16.1
Unemployed/Unable to Work	631	63	13.9	9.7	19.7
Homemaker/Student	798	48	10.1	6.7	15.0
Retired	1492	57	5.0	3.7	6.8
Geographic Region✿					
Northwest	2,029	169	11.6	9.5	14.1
Northeast	1,095	106	12.6	9.9	15.9
Bernalillo County	1,069	96	12.0	9.5	15.0
Southeast	1,005	91	11.8	9.3	14.9
Southwest	1,209	117	12.9	10.4	15.8

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

ALCOHOL CONSUMPTION — HEAVY

Table 75. Percentage of Adult New Mexicans who reported heavy drinking (2 or more drinks per day (men) or 1 or more drinks per day (women) on average in past month), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,444	232	3.9	3.3	4.6
GENDER					
Male	2,372	120	4.8	3.7	6.1
Female	4,072	112	3.1	2.5	3.9
AGE					
18-24	296	8	3.6	1.6	7.9
25-34	733	32	4.2	2.8	6.2
35-44	998	50	5.3	3.8	7.3
45-54	1,405	63	4.4	3.2	5.9
55-64	1,301	45	4.0	2.8	5.6
65-74	961	23	2.2	1.4	3.5
75+	728	11	1.5	0.8	2.8
RACE/ETHNICITY					
White, non-Hispanic	3,668	140	3.6	2.9	4.4
Hispanic	2,029	70	4.5	3.3	6.2
Native American	567	16	2.4	1.4	4.2
Black/AA**	75	2	6.4	1.5	22.9
Asian NHOPI**	62	4	6.1	1.9	17.4
EDUCATION					
Less than High School Graduate	848	23	3.1	1.6	5.9
High School Graduate or G.E.D.	1,777	62	4.3	3.1	6.0
Some College	1,673	59	3.6	2.5	5.0
College Graduate	2,139	87	4.1	3.1	5.3
INCOME					
Less than $10,000	332	11	2.7	1.4	5.3
$10-19,999	1,007	37	5.4	3.5	8.4
$20-49,999	2,311	77	3.4	2.6	4.6
$50,000 or more	2,140	89	4.1	3.1	5.3
EMPLOYMENT					
Employed	3,504	148	4.2	3.5	5.2
Unemployed/Unable to Work	629	28	6.2	3.4	10.8
Homemaker/Student	800	18	2.9	1.6	5.3
Retired	1496	38	2.3	1.6	3.2
Geographic Region✿					
Northwest	2,032	58	3.4	2.1	5.2
Northeast	1,095	43	4.0	2.8	5.7
Bernalillo County	1,070	41	3.7	2.7	5.2
Southeast	1,010	35	4.3	2.6	7.0
Southwest	1,210	52	4.4	3.1	6.3

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.
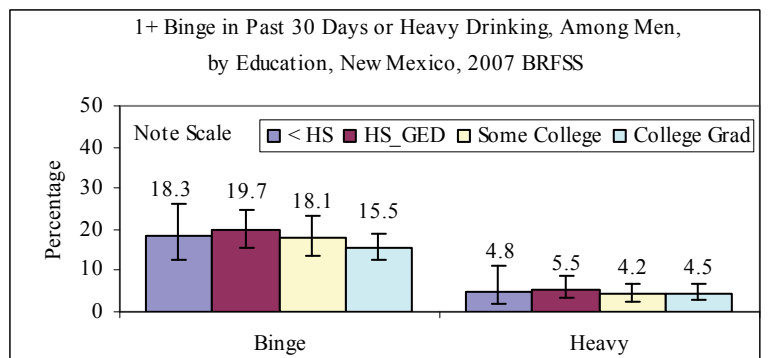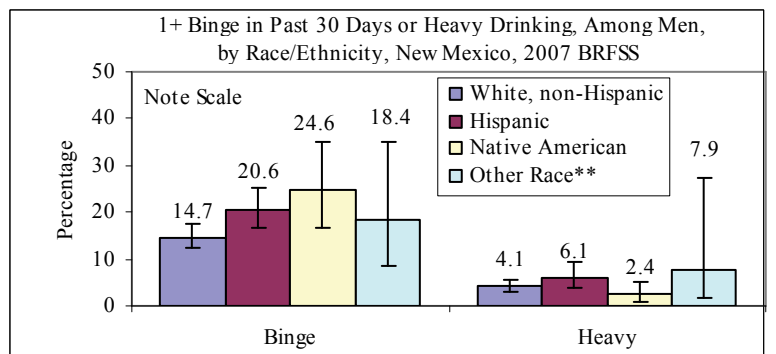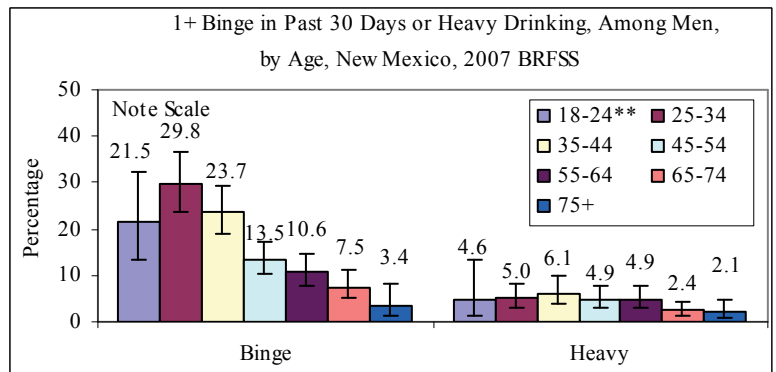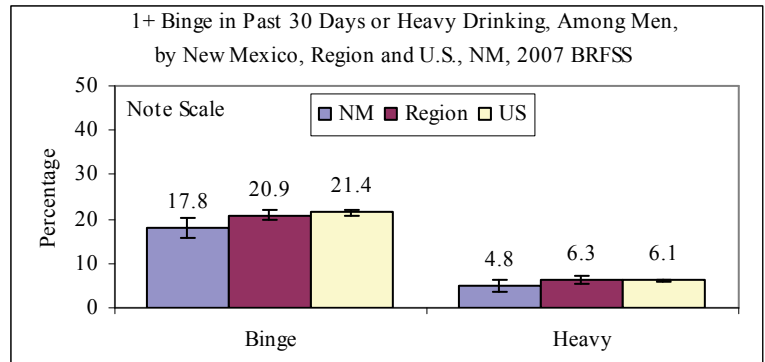
The relationship of drinking behavior to demographic factors follows similar patterns between men and women but the magnitude is quite different. Males have roughly twice the alcohol-related death rates of females, in both the United States and in New Mexico.[24,25]

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 2007, 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,

◈ 17.8% of New Mexico adult males reported binge drinking in the past 30 days which was less than bordering states (Region, 20.9%) and the U.S. (21.4%).

◈ 4.8% of New Mexico adult males reported heavy drinking, which was similar to the region (6.3%) and the U.S. (6.1%).

◈ Among males, binge drinking was highest in the age 25-34 category and was much lower among older adults. Heavy drinking showed a less dramatic association with age.

◈ Apparent differences in binge and heavy drinking by Race/Ethnicity were not statistically significant.

◈ Adult males who were divorced were twice as likely to report binge drinking than those who were married, even after adjusting for age differences. There was no difference in heavy drinking by marital status.

◈ Apparent differences in binge and heavy drinking by education status were not statistically significant.

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by New Mexico, Region and U.S., NM, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Age, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Race/Ethnicity, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Education, New Mexico, 2007 BRFSS

Table 76. Percentage of adult male New Mexicans who binged (≥ 5 drinks on an occasion) at least once in the past 30 days, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | One or More Binge Occassions in Past 30 Days Among Adult Men | | | |
| | | Total Number Reporting 1+ Binge in Past 30 Days | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,363	353	17.8	15.6	20.2
AGE					
18-24**	108	26	21.5	13.5	32.3
25-34	261	77	29.8	23.7	36.7
35-44	361	84	23.7	18.9	29.3
45-54	529	78	13.5	10.4	17.4
55-64	500	52	10.6	7.7	14.5
65-74	361	28	7.5	5.0	11.2
75+	239	7	3.4	1.3	8.2
RACE/ETHNICITY					
White, non-Hispanic	1,348	171	14.7	12.2	17.7
Hispanic	729	128	20.6	16.7	25.1
Native American	213	41	24.6	16.5	34.9
Other Race**	51	10	18.4	8.5	35.1
EDUCATION					
Less than High School Graduate	266	40	18.3	12.4	26.1
High School Graduate or G.E.D.	682	115	19.7	15.5	24.6
Some College	568	88	18.1	13.8	23.4
College Graduate	846	110	15.5	12.5	18.9
INCOME					
Less than $10,000**	93	17	22.3	12.2	37.2
$10-19,999	327	50	16.5	11.7	22.7
$20-49,999	851	127	17.2	14.0	20.9
$50,000 or more	923	140	18.9	15.4	23.1
EMPLOYMENT					
Employed	1,449	259	19.7	17.2	22.5
Unemployed/Unable to Work	239	35	18.0	11.0	28.2
Homemaker/Student**ᵠ	65	13	22.6	11.8	38.9
Retired	607	46	8.1	5.7	11.3
Geographic Region✿					
Northwest	735	104	17.5	13.8	22.0
Northeast	443	72	19.7	14.8	25.8
Bernalillo County	386	54	16.7	12.3	22.2
Southeast	342	50	16.1	11.8	21.6
Southwest	450	71	19.0	14.6	24.3

* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

ᵠ Among males, 82% were students.

Table 77. Percentage of Adult Males who reported heavy drinking (more than 2 drinks per day on average in past month), NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Heavy Drinking Among Adult Men | | |
| | | Total Number Who Reported Heavy Drinking | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	2,372	120	4.8	3.7	6.1
AGE					
18-24	108	3	4.6	1.5	13.3
25-34	263	16	5.0	2.9	8.4
35-44	358	24	6.1	3.8	9.8
45-54	536	33	5.3	3.4	8.0
55-64	502	25	4.9	3.0	7.8
65-74	363	13	2.4	1.3	4.4
75+	238	6	2.1	0.9	4.8
RACE/ETHNICITY					
White, non-Hispanic	1,352	68	4.1	3.0	5.4
Hispanic	730	42	6.1	4.0	9.3
Native American	217	8	2.4	1.0	5.2
Other Race/Ethnicity**	51	2	7.9	1.9	27.4
EDUCATION					
Less than High School Graduate	270	12	4.8	2.0	11.2
High School Graduate or G.E.D.	684	36	5.5	3.6	8.5
Some College	568	32	4.2	2.5	6.8
College Graduate	849	40	4.5	3.0	6.6
INCOME					
Less than $10,000**	93	4	2.1	0.7	6.4
$10-19,999	325	25	8.5	4.8	14.7
$20-49,999	859	49	4.5	3.2	6.3
$50,000 or more	924	34	4.0	2.6	6.2
EMPLOYMENT					
Employed	1,457	77	4.6	3.5	6.1
Unemployed/Unable to Work	238	16	8.8	4.2	17.6
Homemaker/Student**	65	4	4.1	1.0	15
Retired	609	23	2.9	1.8	4.5
Geographic Region✿					
Northwest	737	29	3.7	1.8	7.3
Northeast	444	27	5.8	3.7	9.1
Bernalillo County	387	16	3.8	2.3	6.4
Southeast	347	22	6.5	3.4	12.0
Southwest	449	24	5.3	3.1	8.9

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 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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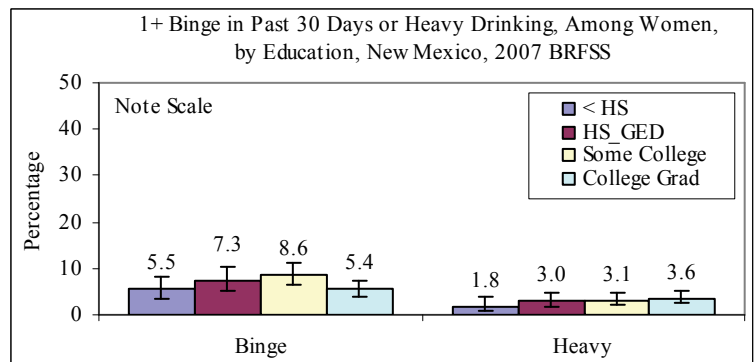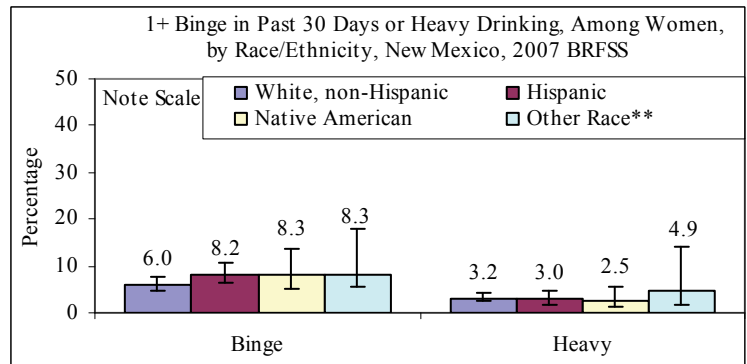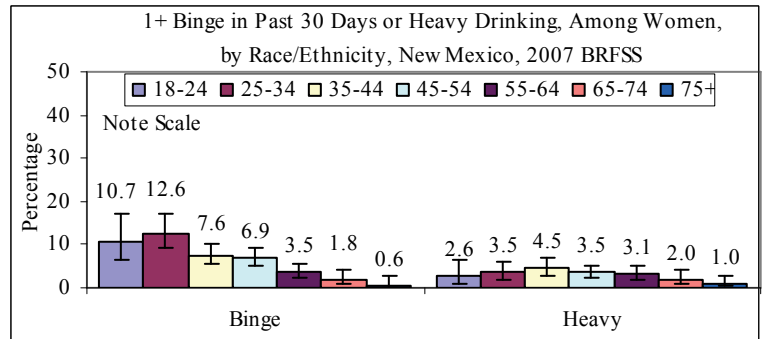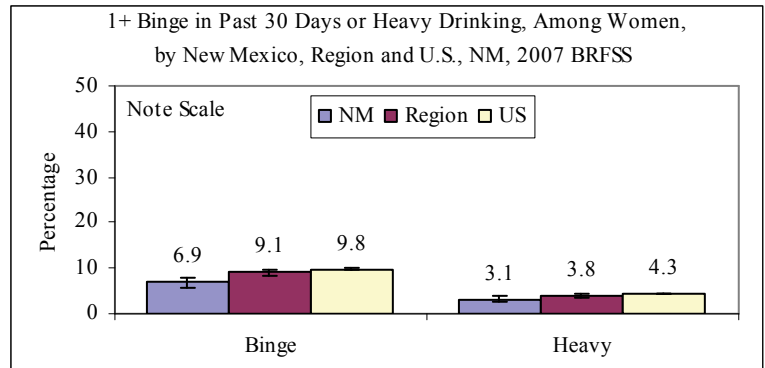** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Ψ Among Males, 82% were students.

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,

❖ 6.9% of New Mexico adult females reported binge drinking in the past 30 days which was similar to bordering states (Region, 9.1%) but lower than the U.S. (9.8%).

❖ 3.1% of New Mexico adult females reported heavy drinking, which was similar to bordering states (Region, 3.8%) but lower than the U.S. (4.3%).

❖ Binge and heavy drinking was lower among older women.

❖ Apparent differences in binge drinking by Race/Ethnicity were not statistically significant. Small sample size made comparison difficult. There was no difference in heavy drinking among females by Race/Ethnicity.

❖ There was no statistically measureable difference in either binge drinking or heavy drinking by education status.

❖ Adult women who were divorced were not more likely to report binge drinking than married women. However, women who were never married were significantly more likely to report binge drinking than women who were married, divorced, or widowed, even after adjusting for age differences across marital status groups. After adjusting for age, women who were never married were more likely to report heavy drinking than women who were married or widowed.

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by New Mexico, Region and U.S., NM, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Race/Ethnicity, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Race/Ethnicity, New Mexico, 2007 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Education, New Mexico, 2007 BRFSS

BINGE DRINKING — FEMALES

Table 78. Percentage of adult female New Mexicans who binged (≥ 4 drinks on an occasion) at least once in the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Binge Occassions in Past 30 Days Among Adult Women			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,070	228	6.9	5.8	8.1
AGE					
18-24	188	21	10.7	6.6	17.0
25-34	470	61	12.6	9.3	17.0
35-44	642	51	7.6	5.6	10.3
45-54	867	57	6.9	5.1	9.4
55-64	799	27	3.5	2.3	5.4
65-74	596	9	1.8	0.8	4.1
75+	491	2	0.6	0.1	2.7
RACE/ETHNICITY					
White, non-Hispanic	2,314	112	6.0	4.8	7.5
Hispanic	1,298	87	8.2	6.3	10.7
Native American	351	26	8.3	5.0	13.6
Other Race**	86	3	3.8	1.0	13.5
EDUCATION					
Less than High School Graduate	577	28	5.5	3.5	8.4
High School Graduate or G.E.D.	1,090	59	7.3	5.1	10.3
Some College	1,106	77	8.6	6.6	11.2
College Graduate	1,291	63	5.4	4.0	7.3
INCOME					
Less than $10,000	238	17	9.2	5.1	16.0
$10-19,999	681	38	6.7	4.5	9.9
$20-49,999	1,454	90	7.5	5.8	9.7
$50,000 or more	1,212	69	7.0	5.3	9.2
EMPLOYMENT					
Employed	2,048	154	8.3	6.8	10.0
Unemployed/Unable to Work	392	28	9.5	6.1	14.4
Homemaker/StudentΨ	733	35	6.2	3.9	9.7
Retired	885	11	1.9	1.0	3.7
Geographic Region✿					
Northwest	1,294	65	6.1	4.4	8.5
Northeast	652	34	5.9	4.1	8.6
Bernalillo County	683	42	7.6	5.4	10.7
Southeast	663	41	7.9	5.5	11.2
Southwest	759	46	6.9	4.9	9.6

* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Ψ Among Females, 87% were homemakers.

HEAVY DRINKING — FEMALES

Table 79. Percentage of Adult Females who reported heavy drinking (more than 1 drink per day on average in past month), NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking Among Adult Women			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,072	112	3.1	2.5	3.9
AGE					
18-24	188	5	2.6	1.0	6.6
25-34	470	16	3.5	1.9	6.2
35-44	640	26	4.5	2.9	6.9
45-54	869	30	3.5	2.3	5.2
55-64	799	20	3.1	1.8	5.3
65-74	598	10	2.0	1.0	4.1
75+	490	5	1.0	0.4	2.8
RACE/ETHNICITY					
White, non-Hispanic	2,316	72	3.2	2.4	4.1
Hispanic	1,299	28	3.0	1.9	4.7
Native American	350	8	2.5	1.1	5.4
Other Race/Ethnicity**	86	4	4.9	1.6	14.2
EDUCATION					
Less than High School Graduate	578	11	1.8	0.9	3.7
High School Graduate or G.E.D.	1,093	26	3.0	1.9	4.9
Some College	1,105	27	3.1	2.0	4.7
College Graduate	1,290	47	3.6	2.5	5.2
INCOME					
Less than $10,000	239	7	3.2	1.4	7.3
$10-19,999	682	12	3.0	1.6	5.6
$20-49,999	1,452	28	2.5	1.5	4.0
$50,000 or more	1,216	55	4.1	3.0	5.6
EMPLOYMENT					
Employed	2,047	71	3.8	2.8	5.0
Unemployed/Unable to Work	391	12	3.2	1.7	6.1
Homemaker/Student	735	14	2.5	1.3	4.6
Retired	887	15	1.7	0.9	3
Geographic Region✿					
Northwest	1,295	29	3.1	1.8	5.2
Northeast	651	16	2.3	1.3	3.9
Bernalillo County	683	25	3.7	2.4	5.6
Southeast	663	13	2.2	1.2	4.1
Southwest	761	28	3.5	2.3	5.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,606 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Ψ Among Females, 87% were homemakers.

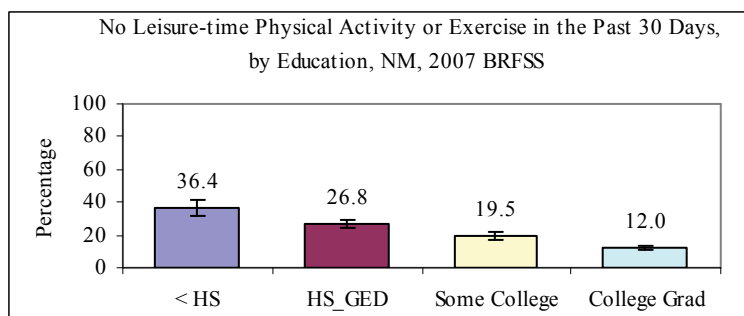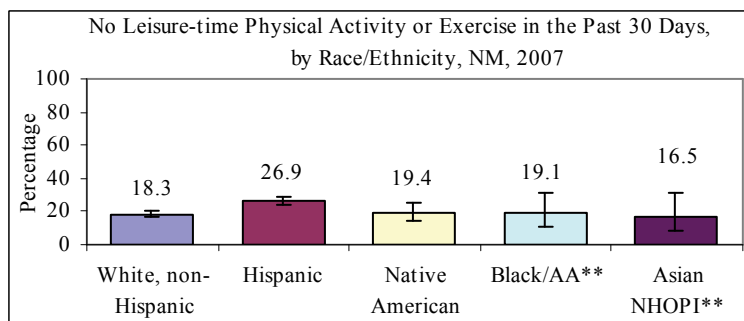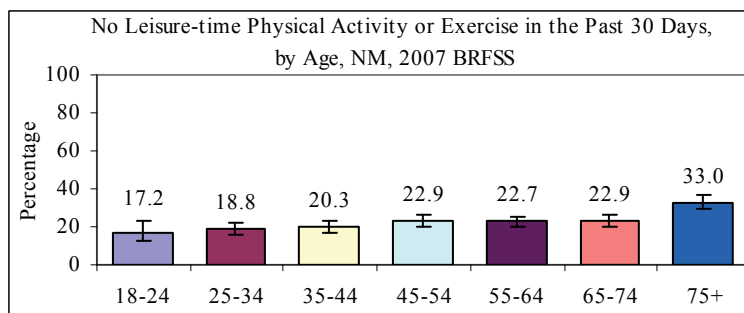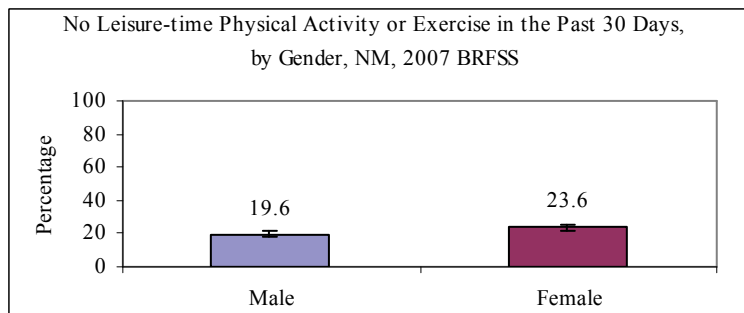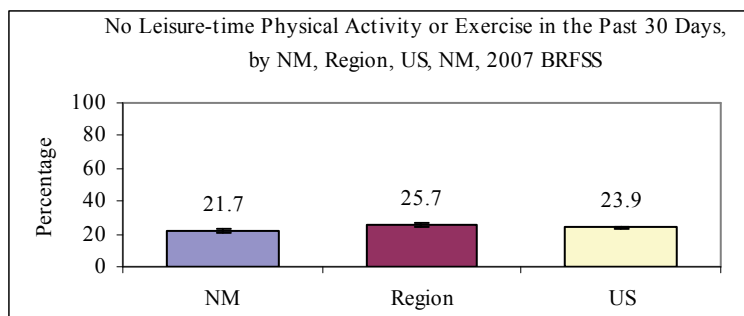# NO LEISURE-TIME PHYSICAL ACTIVITY IN PAST 30 DAYS

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.[26]

IN NEW MEXICO,

◆ 21.7% of New Mexicans did not engage in any leisure-time activities or exercise during the past 30 days. This percentage was lower than the percentage for the Region (25.7%) and that of the U.S. (23.9%).

◆ 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.

◆ Hispanics (26.9%) were more likely than White, non-Hispanics (18.3%) and, after adjusting for differences in age distribution, more likely than Native Americans (19.4%) to report no 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.

◆ Adults residing in the Southeast region of the state were less likely to have engaged in any leisure-time activities than residents of the northern regions or Bernalillo County. Adults residing in the Southwest region were less likely than residents of Bernalillo Co. to have engaged in any leisure-time activities.

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by NM, Region, US, NM, 2007 BRFSS

NM: 21.7 Region: 25.7 US: 23.9

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Gender, NM, 2007 BRFSS

Male: 19.6 Female: 23.6

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Age, NM, 2007 BRFSS

18-24: 17.2 25-34: 18.8 35-44: 20.3 45-54: 22.9 55-64: 22.7 65-74: 22.9 75+: 33.0

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Race/Ethnicity, NM, 2007

White, non-Hispanic: 18.3 Hispanic: 26.9 Native American: 19.4 Black/AA**: 19.1 Asian NHOPI**: 16.5

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Education, NM, 2007 BRFSS

< HS: 36.4 HS_GED: 26.8 Some College: 19.5 College Grad: 12.0

NO LEISURE-TIME PHYSICAL ACTIVITY IN PAST 30 DAYS

Table 80. Percentage of Adult New Mexicans who did not participate in any physical activities or exercise during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure Time Physical Activity in Past 30 Days			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,601	1,563	21.7	20.3	23.1
GENDER					
Male	2,456	514	19.6	17.6	21.8
Female	4,145	1049	23.6	22.0	25.4
AGE					
18-24	302	58	17.2	12.6	22.9
25-34	751	150	18.8	15.5	22.6
35-44	1,019	216	20.3	17.3	23.6
45-54	1,432	317	22.9	20.3	25.8
55-64	1,333	331	22.7	20.1	25.5
65-74	991	236	22.9	19.8	26.3
75+	746	247	33.0	29.0	37.2
RACE/ETHNICITY					
White, non-Hispanic	3,742	749	18.3	16.7	20.0
Hispanic	2,084	632	26.9	24.4	29.5
Native American	587	132	19.4	14.8	24.9
Black/AA**	78	23	19.1	10.8	31.5
Asian NHOPI**	63	14	16.5	7.9	31.3
EDUCATION					
Less than High School Graduate	876	366	36.4	32.0	41.0
High School Graduate or G.E.D.	1,831	536	26.8	24.0	29.8
Some College	1,707	374	19.5	17.1	22.2
College Graduate	2,179	286	12.0	10.4	13.8
INCOME					
Less than $10,000	337	143	37.5	30.2	45.3
$10-19,999	1,037	364	32.9	28.9	37.2
$20-49,999	2,349	549	22.8	20.6	25.2
$50,000 or more	2,174	313	13.6	11.9	15.7
EMPLOYMENT					
Employed	3,581	722	18.7	17.2	20.4
Unemployed/Unable to Work	645	255	35.2	29.8	41.0
Homemaker/Student	816	186	20.9	17.1	25.4
Retired	1542	395	24.5	21.8	27.4
Geographic Region✿					
Northwest	2,073	468	21.7	19.4	24.2
Northeast	1,136	220	19.5	16.6	22.7
Bernalillo County	1,098	210	17.6	15.0	20.5
Southeast	1,024	326	30.0	26.4	33.8
Southwest	1,238	332	24.4	21.4	27.6

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 81. Percentage of Adult Male New Mexicans who did not participate in any physical activities or exercise during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure Time Physical Activity in Past 30 Days Among Adult Men			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,456	514	19.6	17.6	21.8
AGE					
18-24**	113	14	14.5	8.3	24.1
25-34	272	39	14.2	10.0	19.8
35-44	373	71	20.3	15.6	26.0
45-54	552	118	21.7	17.7	26.3
55-64	519	126	23.0	18.9	27.6
65-74	379	81	22.1	17.3	27.7
75+	243	64	27.5	21.4	34.4
RACE/ETHNICITY					
White, non-Hispanic	1,386	256	17.9	15.3	21.0
Hispanic	765	200	22.8	19.2	26.8
Native American	229	42	17.3	11.2	25.7
Other Race**	53	9	9.6	4.5	19.5
EDUCATION					
Less than High School Graduate	290	111	32.3	25.6	39.8
High School Graduate or G.E.D.	717	186	23.9	19.8	28.5
Some College	580	119	18.5	14.5	23.2
College Graduate	867	98	11.0	8.7	13.8
INCOME					
Less than $10,000**	95	30	28.6	17.8	42.6
$10-19,999	343	110	28.6	22.4	35.6
$20-49,999	880	198	21.5	18.1	25.4
$50,000 or more	943	122	13.1	10.5	16.3
EMPLOYMENT					
Employed	1,505	267	16.2	14.0	18.5
Unemployed/Unable to Work	250	94	36.6	28.3	45.9
Homemaker/Student**	67	11	16.8	8.1	31.6
Retired	630	141	23.1	18.9	27.9
Geographic Region✿					
Northwest	765	167	20.9	17.3	25.0
Northeast	465	74	15.4	11.5	20.3
Bernalillo County	397	68	16.9	13.0	21.8
Southeast	355	94	26.3	20.6	32.8
Southwest	464	109	21.7	17.4	26.8

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

* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 82. Percentage of Adult Female New Mexicans who did not participate in any physical activities or exercise during the past 30 days, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure Time Physical Activity in Past 30 Days Among Adult Women			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,145	1,049	23.6	22.0	25.4
AGE					
18-24**	189	44	20.0	14.1	27.5
25-34	479	111	23.5	18.9	28.8
35-44	646	145	20.3	17.0	24.1
45-54	880	199	24.1	20.8	27.9
55-64	814	205	22.4	19.3	25.9
65-74	612	155	23.7	19.9	28.0
75+	503	183	36.7	31.7	42.1
RACE/ETHNICITY					
White, non-Hispanic	2,356	493	18.6	16.8	20.6
Hispanic	1,319	432	30.8	27.5	34.2
Native American	358	90	21.8	15.7	29.6
Other Race**	88	28	24.9	14.7	39.0
EDUCATION					
Less than High School Graduate	586	255	40.0	34.5	45.7
High School Graduate or G.E.D.	1,114	350	29.8	26.1	33.8
Some College	1,127	255	20.4	17.7	23.4
College Graduate	1,312	188	13.1	11.0	15.5
INCOME					
Less than $10,000	242	113	44.0	35.7	52.7
$10-19,999	694	254	36.4	31.4	41.7
$20-49,999	1,469	351	24.0	21.2	27.0
$50,000 or more	1,231	191	14.3	12.2	16.8
EMPLOYMENT					
Employed	2,076	455	21.8	19.5	24.2
Unemployed/Unable to Work	395	161	33.6	27.5	40.3
Homemaker/Student	749	175	22.2	18.4	26.5
Retired	912	254	25.9	22.6	29.4
Geographic Region✿					
Northwest	1,308	301	22.5	19.6	25.7
Northeast	671	146	23.4	19.5	27.7
Bernalillo County	701	142	18.2	15.0	21.9
Southeast	669	232	33.6	29.5	37.9
Southwest	774	223	27.0	23.2	31.2

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

RECOMMENDED MODERATE/VIGOROUS ACTIVITY

QUESTION:

"We are interested in two types of physical activity: vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate."

"Now, thinking about the moderate activities you do [fill in "when you are not working" if "employed" or "self-employed"] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some in-crease in breathing or heart rate?"

"How many days per week do you do these moderate activities for at least 10 minutes at a time?"

"On days when you do moderate activities for at least 10 min-utes at a time, how much total time per day do you spend do-ing these activities?"

"Now, thinking about the vigorous activities you do [fill in "when you are not working" if "employed" or "self-employed"] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?"

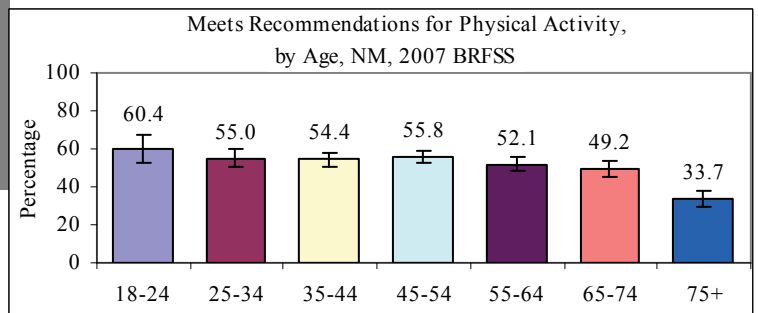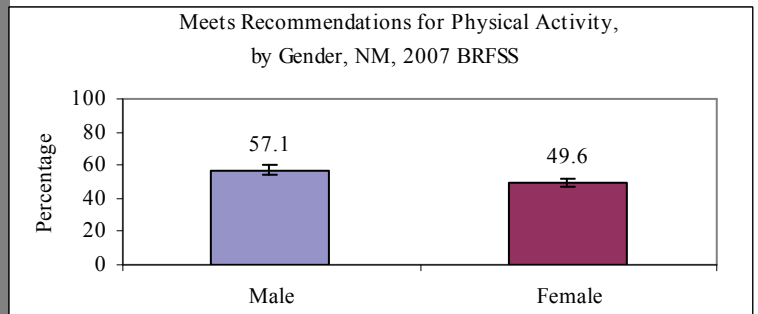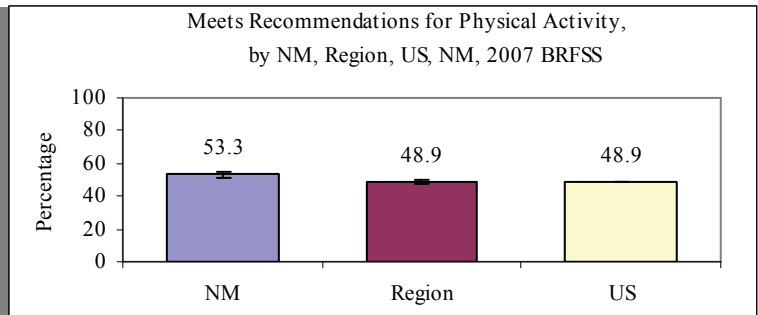"How many days per week do you do these vigorous activities for at least 10 minutes at a time?"

"On days when you do vigorous activities for at least 10 min-utes at a time, how much total time per day do you spend do-ing these activities?"

Moderate physical activity: ≥ 30 minutes ≥ five times per week, or
Vigorous physical activity: ≥ 20 minutes ≥ three times per week.

IN NEW MEXICO,

◈ 53.3% of New Mexicans met recommenda-tions for physical activity, statistically similar to that of the Region (48.9%) but higher than that of the U.S. (48.9%).

◈ After adjustment for differences in age dis-tribution, White, non-Hispanics (56.3%) were more likely than Hispanics (49.9%) and Asian/Native Hawaiians/Other Pacific Islanders (31.8%) to have met recommen-dations.

◈ Adults with less income and education were less likely to have met recommenda-tions for physical activity.

◈ Residents of the Southeast and Southwest regions of the state were less likely to have met recommendations than residents of the Northwest and Bernalillo Co.

Meets Recommendations for Physical Activity, by NM, Region, US, NM, 2007 BRFSS

Meets Recommendations for Physical Activity, by Gender, NM, 2007 BRFSS

Meets Recommendations for Physical Activity, by Age, NM, 2007 BRFSS

Meets Recommendations for Physical Activity, by Race/Ethnicity, NM, 2007

Meets Recommendations for Physical Activity, by Annual Household Income, NM, 2007 BRFSS
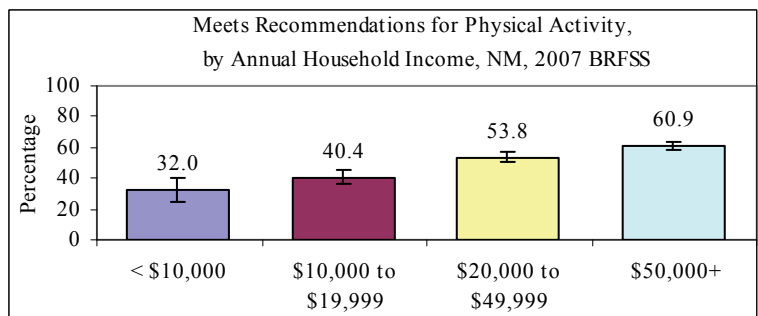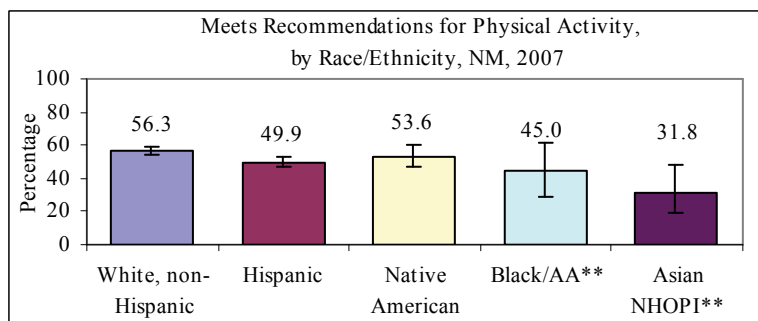
RECOMMENDED MODERATE/VIGOROUS ACTIVITY

Table 83. Percentage of Adult New Mexicans who met recommendations for Moderate or Vigorous Physical Activity, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Meets Recommendations for Physical Activity			
		Total # Meeting Recommendations for Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,131	3,079	53.3	51.5	55.0
GENDER					
Male	2,294	1256	57.1	54.2	59.8
Female	3,837	1823	49.6	47.5	51.8
AGE					
18-24	281	165	60.4	53.0	67.5
25-34	697	393	55.0	50.3	59.7
35-44	948	500	54.4	50.4	58.3
45-54	1,334	715	55.8	52.4	59.1
55-64	1,263	632	52.1	48.6	55.5
65-74	920	436	49.2	45.2	53.2
75+	670	233	33.7	29.6	38.1
RACE/ETHNICITY					
White, non-Hispanic	3,512	1840	56.3	54.0	58.5
Hispanic	1,914	876	49.9	46.8	53.1
Native American	531	286	53.6	46.4	60.6
Black/AA**	75	29	45.0	29.4	61.6
Asian NHOPI**	59	24	31.8	18.9	48.2
EDUCATION					
Less than High School Graduate	779	273	36.0	31.3	41.0
High School Graduate or G.E.D.	1,670	779	51.5	47.8	55.1
Some College	1,612	837	56.4	52.9	59.8
College Graduate	2,064	1189	59.6	56.9	62.3
INCOME					
Less than $10,000	304	112	32.0	25.0	40.0
$10-19,999	948	375	40.4	36.0	45.1
$20-49,999	2,199	1116	53.8	50.9	56.7
$50,000 or more	2,073	1191	60.9	58.1	63.7
EMPLOYMENT					
Employed	3,355	1797	55.3	53.0	57.6
Unemployed/Unable to Work	605	239	42.1	35.8	48.6
Homemaker/Student	736	375	59.6	54.2	64.7
Retired	1423	663	47.1	43.8	50.3
Geographic Region✿					
Northwest	1,929	1026	56.5	53.5	59.5
Northeast	1,040	544	53.6	49.5	57.7
Bernalillo County	1,020	550	57.4	53.6	61.2
Southeast	961	406	47.0	42.7	51.3
Southwest	1,159	545	47.6	43.6	51.5

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 84. Percentage of Adult Male New Mexicans who met recommendations for Moderate or Vigorous Physical Activity, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | Meets Recommendations for Physical Activity Among Adult Men | | | |
| | | Total # Meeting Recommendations for Physical Activity | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,294	1,256	57.1	54.2	59.8
AGE					
18-24**	107	76	70.5	59.5	79.5
25-34	251	147	56.8	49.3	64.0
35-44	342	191	54.3	47.8	60.6
45-54	515	291	59.8	54.5	64.9
55-64	502	262	52.2	46.9	57.5
65-74	349	187	52.8	46.5	59.1
75+	225	100	41.2	34.0	48.8
RACE/ETHNICITY					
White, non-Hispanic	1,317	743	59.2	55.6	62.7
Hispanic	701	359	55.1	50.0	60.2
Native American	209	124	59.3	49.2	68.6
Other Race**	48	17	31.5	18.1	49.0
EDUCATION					
Less than High School Graduate	257	105	36.9	29.4	45.1
High School Graduate or G.E.D.	659	354	56.0	50.4	61.5
Some College	553	318	63.5	57.8	68.8
College Graduate	825	479	60.6	56.4	64.6
INCOME					
Less than $10,000**	85	35	34.0	21.2	49.6
$10-19,999	318	150	45.4	37.7	53.2
$20-49,999	823	445	56.8	52.2	61.4
$50,000 or more	901	537	63.7	59.4	67.7
EMPLOYMENT					
Employed	1,407	797	59.1	55.7	62.4
Unemployed/Unable to Work	239	114	48.3	38.7	58.0
Homemaker/Student**	64	46	70.5	54.7	82.6
Retired	582	299	48.9	43.9	53.9
Geographic Region✿					
Northwest	722	403	60.6	56.0	65.1
Northeast	427	248	59.9	53.3	66.1
Bernalillo County	371	212	59.4	53.3	65.3
Southeast	333	163	51.0	44.0	58.0
Southwest	436	227	51.4	45.1	57.6

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

* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 85. Percentage of Adult Female New Mexicans who met recommendations for Moderate or Vigorous Physical Activity, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Meets Recommendations for Physical Activity Among Adult Women			
		Total # Meeting Recommendations for Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,837	1,823	49.6	47.5	51.8
AGE					
18-24**	174	89	49.5	39.9	59.1
25-34	446	246	53.2	47.4	59.0
35-44	606	309	54.5	49.7	59.2
45-54	819	424	51.9	47.7	56.0
55-64	761	370	52.0	47.5	56.3
65-74	571	249	46.1	41.0	51.2
75+	445	133	28.2	23.7	33.3
RACE/ETHNICITY					
White, non-Hispanic	2,195	1097	53.5	50.7	56.2
Hispanic	1,213	517	45.1	41.4	48.9
Native American	322	162	46.7	37.6	56.1
Other Race**	86	36	45.4	30.1	61.5
EDUCATION					
Less than High School Graduate	522	168	35.2	29.5	41.5
High School Graduate or G.E.D.	1,011	425	46.7	42.2	51.2
Some College	1,059	519	50.2	46.1	54.3
College Graduate	1,239	710	58.7	55.1	62.1
INCOME					
Less than $10,000	219	77	30.6	23.4	38.9
$10-19,999	630	225	36.2	31.2	41.6
$20-49,999	1,376	671	51.0	47.3	54.6
$50,000 or more	1,172	654	57.6	54.0	61.2
EMPLOYMENT					
Employed	1,948	1000	50.9	47.9	53.9
Unemployed/Unable to Work	366	125	34.9	27.9	42.6
Homemaker/Student	672	329	55.9	50.7	61
Retired	841	364	45.2	41.1	49.4
Geographic Region✿					
Northwest	1,207	623	52.5	48.7	56.2
Northeast	613	296	47.6	42.8	52.4
Bernalillo County	649	338	55.6	50.8	60.3
Southeast	628	243	43.1	38.4	48.0
Southwest	723	318	43.8	39.0	48.6

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

FRUIT & VEGETABLE CONSUMPTION

QUESTION:

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

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

"How often do you eat green salad?"

"How often do you eat potatoes not including french fries, fried potatoes, or potato chips?"
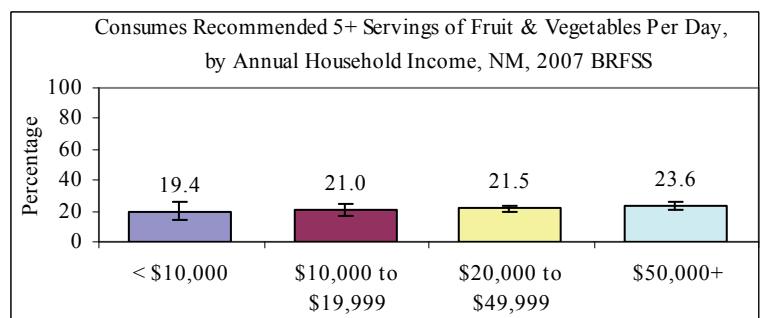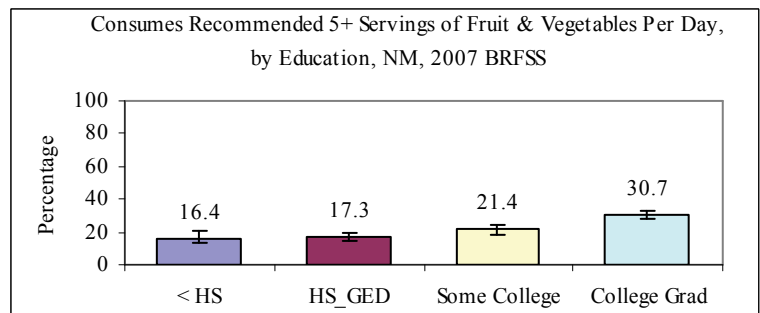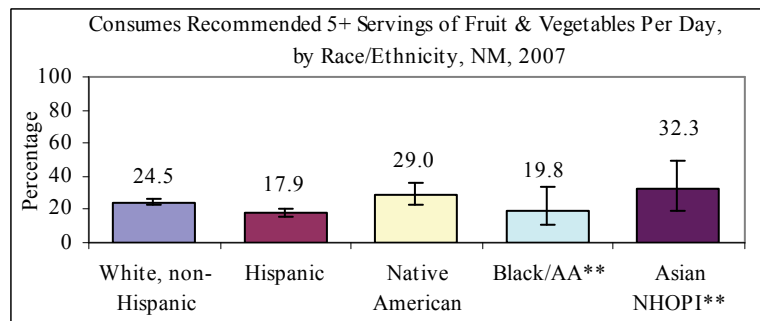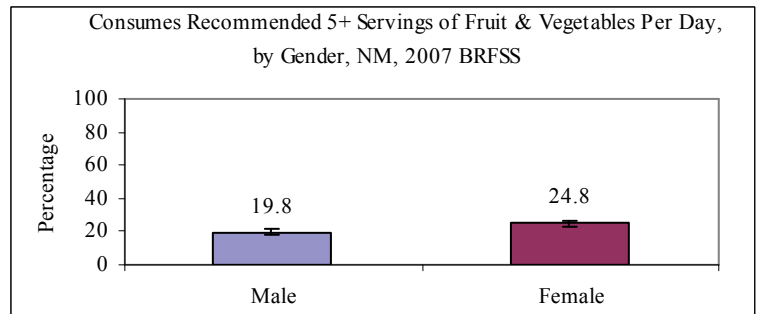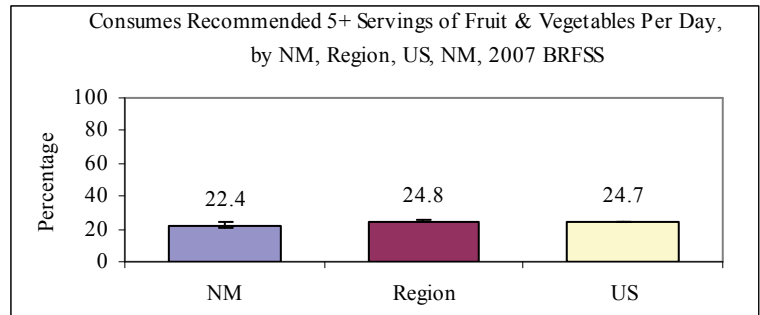
"How often do you eat carrots?"

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

Cancers for which there is evidence that fruit and vegetables offer a protective effect include those of the lung, colon and rectum, breast, oral cavity, esophagus, stomach, pancreas, uterine cervix, and ovary.[27,28]

While the National Cancer Institute recommends that adults consume at least 5 servings of fruit and vegetables a day, studies have demonstrated a dose-response effect, meaning that one serving is better than none, two servings better than one, etc., so that any increase in consumption will offer some benefit.

IN NEW MEXICO

❖ 22.4% of New Mexico adults reported consumption of at least 5 servings per day. This percentage was lower than that of the Region (24.8%) and that of the U.S (24.7%).

❖ Females were more likely to report consumption of at least 5 servings per day.

❖ Adults of all Race/Ethnic groups would benefit from increased consumption of fruit and vegetables.

❖ As education level increased, consumption of 5 or more servings per day increased. Income was not associated with fruit and vegetable consumption.

❖ Adults residing in the Northwest region or Bernalillo Co. were more likely to consume 5 or more servings per day than those residing in the Southeast region.

❖ 62.6% of those consuming less than 5 servings per day were overweight or obese while 55.2 % of adults consuming 5 or more servings per day were overweight or obese.

Consumes Recommended 5+ Servings of Fruit & Vegetables Per Day, by NM, Region, US, NM, 2007 BRFSS

	NM	Region	US
Percentage	22.4	24.8	24.7

Consumes Recommended 5+ Servings of Fruit & Vegetables Per Day, by Gender, NM, 2007 BRFSS

	Male	Female
Percentage	19.8	24.8

Consumes Recommended 5+ Servings of Fruit & Vegetables Per Day, by Race/Ethnicity, NM, 2007

	White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
Percentage	24.5	17.9	29.0	19.8	32.3

Consumes Recommended 5+ Servings of Fruit & Vegetables Per Day, by Education, NM, 2007 BRFSS

	< HS	HS_GED	Some College	College Grad
Percentage	16.4	17.3	21.4	30.7

Consumes Recommended 5+ Servings of Fruit & Vegetables Per Day, by Annual Household Income, NM, 2007 BRFSS

	< $10,000	$10,000 to $19,999	$20,000 to $49,999	$50,000+
Percentage	19.4	21.0	21.5	23.6

FRUIT & VEGETABLE CONSUMPTION

Table 86. Percentage of Adult New Mexicans reporting consumption of 5 or more servings of fruit and vegetables per day, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Consumes 5 or More Servings of Fruit & Vegetables Per Day			
		Total Number Reporting Consumption of 5+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,408	1,484	22.4	21.0	23.8
GENDER					
Male	2,384	447	19.8	17.7	22.2
Female	4,024	1037	24.8	23.1	26.6
AGE					
18-24	295	61	17.7	12.9	23.7
25-34	722	172	24.2	20.4	28.4
35-44	989	191	19.5	16.6	22.8
45-54	1,389	308	21.3	18.7	24.2
55-64	1,308	309	24.9	22.0	28.0
65-74	960	242	25.4	22.1	29.0
75+	724	198	28.5	24.8	32.6
RACE/ETHNICITY					
White, non-Hispanic	3,658	937	24.5	22.6	26.4
Hispanic	2,010	353	17.9	15.7	20.3
Native American	562	145	29.0	22.9	35.9
Black/AA**	75	15	19.8	10.7	33.8
Asian NHOPI**	60	20	32.3	18.9	49.2
EDUCATION					
Less than High School Graduate	837	143	16.4	13.2	20.3
High School Graduate or G.E.D.	1,771	323	17.3	14.9	20.1
Some College	1,667	361	21.4	18.7	24.4
College Graduate	2,126	657	30.7	28.2	33.3
INCOME					
Less than $10,000	325	64	19.4	14.2	25.9
$10-19,999	1,004	204	21.0	17.4	25.0
$20-49,999	2,290	517	21.5	19.3	23.9
$50,000 or more	2,130	542	23.6	21.4	26.0
EMPLOYMENT					
Employed	3,480	758	20.8	19.1	22.6
Unemployed/Unable to Work	633	117	20.3	15.4	26.3
Homemaker/Student	784	219	26.2	22.0	31
Retired	1,495	386	25.9	23.3	29
Geographic Region✿					
Northwest	2,011	479	23.7	21.2	26.4
Northeast	1,094	276	23.6	20.4	27.1
Bernalillo County	1,062	279	24.0	21.1	27.3
Southeast	1,000	191	17.6	14.6	21.0
Southwest	1,217	253	20.2	17.4	23.3

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 87. Percentage of Adult Male New Mexicans reporting consumption of 5 or more servings of fruit and vegetables per day, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Consumes 5 or More Servings of Fruit & Vegetables Per Day Among Adult Men		
		Total Number Reporting Consumption of 5+	Weighted Percent (%)§	95% Confidence Interval‡
				Lower	Upper
TOTAL	2,384	447	19.8	17.7	22.2
AGE					
18-24	110	23	19.3	12.0	29.4
25-34	258	48	20.4	15.1	26.9
35-44	362	59	17.1	12.9	22.4
45-54	536	88	18.4	14.5	23.1
55-64	511	99	21.7	17.5	26.6
65-74	365	76	22.9	18.0	28.6
75+	239	54	23.4	17.6	30.3
RACE/ETHNICITY					
White, non-Hispanic	1,362	257	19.8	17.1	22.8
Hispanic	734	116	17.1	13.7	21.2
Native American	218	55	30.6	21.4	41.6
Other Race**	49	11	22.6	11.3	40.0
EDUCATION					
Less than High School Graduate	272	40	15.3	10.5	21.8
High School Graduate or G.E.D.	694	96	15.4	11.7	20.1
Some College	568	87	15.9	12.0	20.7
College Graduate	849	224	29.0	25.2	33.1
INCOME					
Less than $10,000	90	14	14.5	7.8	25.5
$10-19,999	333	69	23.3	17.3	30.6
$20-49,999	858	152	19.6	16.2	23.5
$50,000 or more	923	180	19.2	16.2	22.7
EMPLOYMENT					
Employed	1,459	256	18.7	16.3	21.5
Unemployed/Unable to Work	243	39	21.8	14.0	32.3
Homemaker/Student**	64	16	19.3	10.5	32.8
Retired	615	135	22.8	19.1	27.1
Geographic Region✿					
Northwest	746	138	21.2	17.3	25.7
Northeast	447	86	20.0	15.1	26.1
Bernalillo County	384	84	20.4	16.1	25.5
Southeast	345	50	15.5	10.9	21.8
Southwest	456	87	20.1	15.8	25.2

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

* 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 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 88. Percentage of Adult Female New Mexicans reporting consumption of 5 or more servings of fruit and vegetables per day, NM BRFSS, 2007.

Demographic Characteristics	Total Number Who Responded to the Question*	Consumes 5 or More Servings of Fruit & Vegetables Per Day Among Adult Women			
		Total Number Reporting Consumption of 5+	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	4,024	1,037	24.8	23.1	26.6
AGE					
18-24	185	38	16.0	10.7	23.1
25-34	464	124	28.0	23.0	33.6
35-44	627	132	21.8	18.0	26.1
45-54	853	220	24.2	21.0	27.8
55-64	797	210	27.8	24.0	31.9
65-74	595	166	27.6	23.4	32.2
75+	485	144	32.1	27.4	37.3
RACE/ETHNICITY					
White, non-Hispanic	2,296	680	28.9	26.5	31.3
Hispanic	1,276	237	18.6	15.9	21.7
Native American	344	90	27.1	20.2	35.3
Other Race**	86	24	27.4	16.7	41.5
EDUCATION					
Less than High School Graduate	565	103	17.3	13.2	22.3
High School Graduate or G.E.D.	1,077	227	19.3	16.4	22.6
Some College	1,099	274	26.2	22.7	30.0
College Graduate	1,277	433	32.4	29.3	35.7
INCOME					
Less than $10,000	235	50	22.7	16.0	31.2
$10-19,999	671	135	19.0	15.1	23.7
$20-49,999	1,432	365	23.4	20.6	26.4
$50,000 or more	1,207	362	28.8	25.7	32.1
EMPLOYMENT					
Employed	2,021	502	23.2	20.9	25.6
Unemployed/Unable to Work	390	78	18.6	13.8	24.6
Homemaker/Student	720	203	28.4	24.1	33.2
Retired	880	251	29.0	25.5	32.7
Geographic Region✿					
Northwest	1,265	341	26.1	23.0	29.5
Northeast	647	190	27.0	23.2	31.2
Bernalillo County	678	195	27.4	23.6	31.6
Southeast	655	141	19.5	16.3	23.2
Southwest	761	166	20.3	17.1	23.9

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

* 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 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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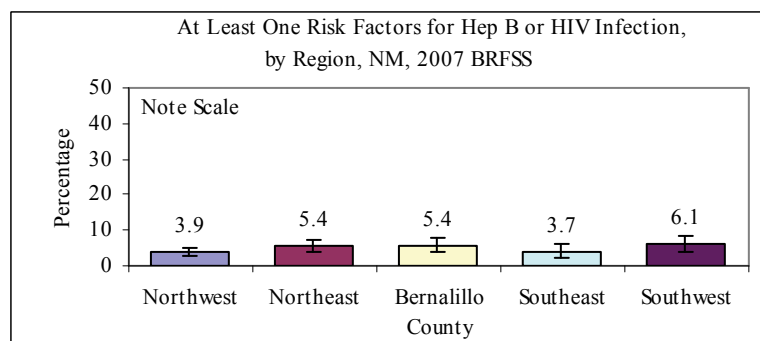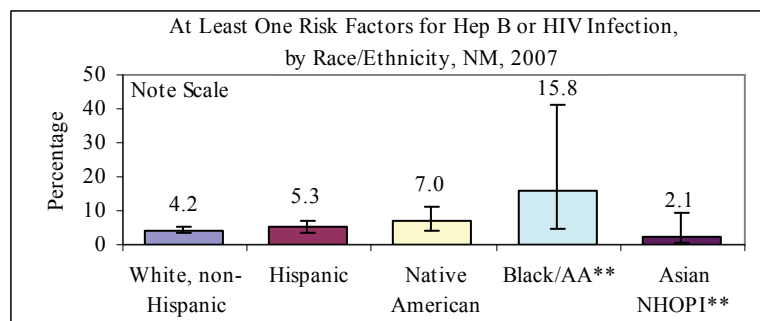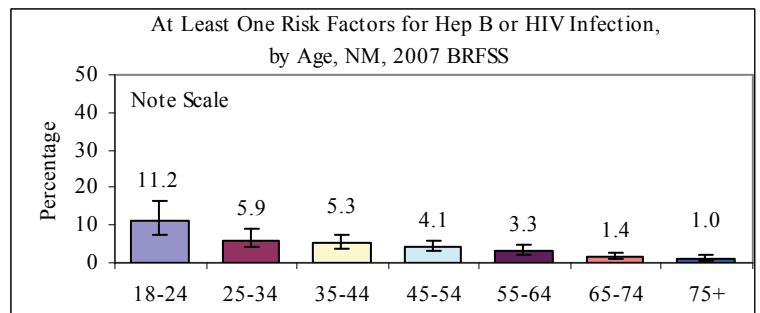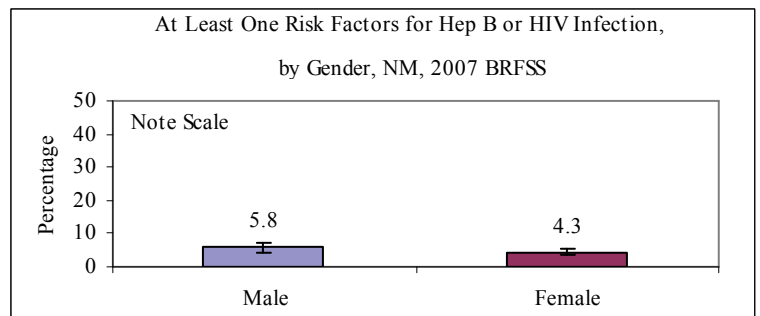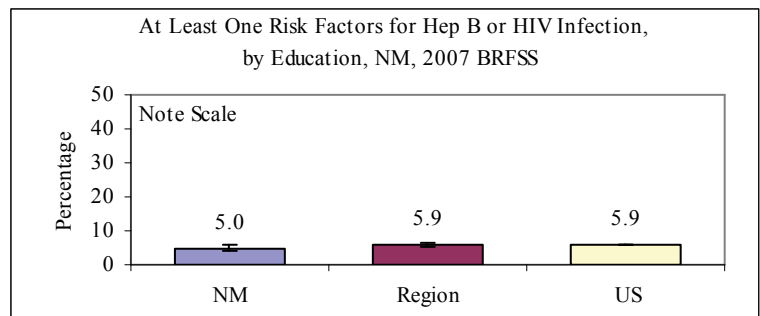
You have hemophilia and have received clotting factor concentrate;
You have had sex with a man who has had sex with other men, even just one time;
You have taken street drugs by needle, even just one time;
You traded sex for money or drugs, even just one time."

The primary risk factors for infection with HIV and Hepatitis B Virus (HBV) transmission include heterosexuals with multiple sex partners, injection-drug use, and men having sex with other men.[10]

The low HBV vaccination coverage among adults with risk factors for HBV (46.9%) reflects the lack of hepatitis B vaccination services in settings in which a high proportion of adults have risk factors for HBV infection.[10]

IN NEW MEXICO

◈ 5.0% 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 (5.9%) or that of the U.S (5.9%).

◈ Males were more likely to report at least one risk factor.

◈ Reporting of risk for HIV or Hepatitis B infection was highest among those in the younger age groups.

◈ There was no measurable difference in reporting of risk factors by Race/ Ethnicity, education level or annual household income.

◈ 46.9% of adults who reported some risk factor had been vaccinated against Hepatitis B.

◈ 60.7% of adults reporting at least one risk factor reported having been tested for HIV infection while only 35.1% of those reporting no risk factors had been tested.

At Least One Risk Factors for Hep B or HIV Infection, by Education, NM, 2007 BRFSS

At Least One Risk Factors for Hep B or HIV Infection, by Gender, NM, 2007 BRFSS

At Least One Risk Factors for Hep B or HIV Infection, by Age, NM, 2007 BRFSS

At Least One Risk Factors for Hep B or HIV Infection, by Race/Ethnicity, NM, 2007

At Least One Risk Factors for Hep B or HIV Infection, by Region, NM, 2007 BRFSS

RISK OF HIV & HEPATITIS B INFECTION

Table 89. Percentage of Adult New Mexicans Reporting one or more risk factors for HIV and Hepatitis B, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | At Least One Risk Factor for Hepatitis B or HIV Infection | | | |
| | | Total # Reporting 1+ Risk Factors for Hep B or HIV Infection | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	6,590	260	5.0	4.2	6.0
GENDER					
Male	2,445	134	5.8	4.5	7.4
Female	4,145	126	4.3	3.4	5.5
AGE					
18-24	302	35	11.2	7.3	16.6
25-34	751	39	5.9	4.0	8.8
35-44	1,019	59	5.3	3.8	7.2
45-54	1,433	60	4.1	3.0	5.6
55-64	1,331	44	3.3	2.3	4.6
65-74	991	14	1.4	0.8	2.5
75+	737	8	1.0	0.4	2.1
RACE/ETHNICITY					
White, non-Hispanic	3,736	140	4.2	3.4	5.2
Hispanic	2,082	82	5.3	3.8	7.3
Native American	586	27	7.0	4.2	11.4
Black/AA**	78	4	15.8	4.8	41.3
Asian NHOPI**	62	2	2.1	0.4	9.5
EDUCATION					
Less than High School Graduate	874	31	5.8	3.7	9.0
High School Graduate or G.E.D.	1,827	74	5.7	4.1	7.9
Some College	1,705	71	4.9	3.5	6.9
College Graduate	2,177	83	4.0	2.9	5.5
INCOME					
Less than $10,000	338	17	6.2	3.3	11.4
$10-19,999	1,035	49	7.1	4.7	10.6
$20-49,999	2,344	95	5.0	3.8	6.6
$50,000 or more	2,175	72	3.9	2.7	5.7
EMPLOYMENT					
Employed	3,578	165	5.2	4.2	6.5
Unemployed/Unable to Work	645	41	9.2	5.8	14.2
Homemaker/Student	815	25	4.5	2.5	8
Retired	1535	28	1.9	1.3	3
Geographic Region✿					
Northwest	2,069	65	3.9	2.9	5.3
Northeast	1,132	61	5.4	3.9	7.4
Bernalillo County	1,097	46	5.4	3.7	7.9
Southeast	1,023	31	3.7	2.3	5.9
Southwest	1,238	56	6.1	4.2	8.7

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

RISK OF HIV & HEPATITIS B INFECTION — MALES

Table 90. Percentage of Adult Male New Mexicans Reporting one or more risk factors for HIV and Hepatitis B, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | At Least One Risk Factor for Hepatitis B or HIV Infection Among Adult Men | | | |
| | | Total # Reporting 1+ Risk Factors for Hep B or HIV Infection | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,445	134	5.8	4.5	7.4
AGE					
18-24	113	13	9.8	4.8	18.8
25-34	272	16	6.5	3.5	11.7
35-44	373	26	5.9	3.7	9.3
45-54	552	32	5.2	3.3	8.0
55-64	516	29	4.9	3.2	7.4
65-74	378	13	2.9	1.6	5.3
75+	237	5	1.7	0.6	4.4
RACE/ETHNICITY					
White, non-Hispanic	1,381	68	4.1	3.1	5.5
Hispanic	762	46	7.3	4.7	11.1
Native American	228	14	8.3	4.1	16.3
Other Race**	52	3	6.9	1.6	24.9
EDUCATION					
Less than High School Graduate	287	15	8.0	4.3	14.4
High School Graduate or G.E.D.	715	37	6.0	3.6	9.7
Some College	578	35	6.1	3.7	10.1
College Graduate	864	47	4.3	3.0	6.2
INCOME					
Less than $10,000**	95	6	6.5	2.0	19.3
$10-19,999	339	21	7.9	4.0	15.1
$20-49,999	877	53	6.4	4.5	9.2
$50,000 or more	943	39	3.9	2.3	6.6
EMPLOYMENT					
Employed	1,501	82	5.4	3.9	7.4
Unemployed/Unable to Work	248	25	12.5	6.9	21.6
Homemaker/Student**	67	5	4.5	1.4	13.4
Retired	625	22	3.4	2.1	5.4
Geographic Region✿					
Northwest	760	38	4.8	3.3	7.2
Northeast	463	32	5.6	3.4	9.1
Bernalillo County	396	24	6.6	4.0	10.8
Southeast	354	15	4.6	2.3	8.9
Southwest	463	24	6.1	3.4	10.9

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

* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

Table 91. Percentage of Adult Female New Mexicans Reporting one or more risk factors for HIV and Hepatitis B, NM BRFSS, 2007.

| Demographic Characteristics | Total Number Who Responded to the Question* | At Least One Risk Factor for Hepatitis B or HIV Infection Among Adult Women | | | |
| | | Total # Reporting 1+ Risk Factors for Hep B or HIV Infection | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	4,145	126	4.3	3.4	5.5
AGE					
18-24	189	22	12.7	7.7	20.2
25-34	479	23	5.3	3.3	8.6
35-44	646	33	4.6	3.1	6.9
45-54	881	28	3.0	2.0	4.6
55-64	815	15	1.8	1.0	3.2
65-74	613	1	0.1	0.0	0.7
75+	500	3	0.5	0.2	1.6
RACE/ETHNICITY					
White, non-Hispanic	2,355	72	4.3	3.2	5.7
Hispanic	1,320	36	3.4	2.3	5.2
Native American	358	13	5.3	2.9	9.7
Other Race**	88	3	12.4	2.7	41.4
EDUCATION					
Less than High School Graduate	587	16	3.9	2.1	7.2
High School Graduate or G.E.D.	1,112	37	5.4	3.5	8.0
Some College	1,127	36	3.9	2.6	5.7
College Graduate	1,313	36	3.7	2.0	6.5
INCOME					
Less than $10,000	243	11	6.1	3.2	11.3
$10-19,999	696	28	6.5	4.0	10.3
$20-49,999	1,467	42	3.7	2.5	5.5
$50,000 or more	1,232	33	4.0	2.3	6.8
EMPLOYMENT					
Employed	2,077	83	5.1	3.9	6.6
Unemployed/Unable to Work	397	16	5.5	3.1	9.4
Homemaker/Student	748	20	4.6	2.3	8.8
Retired	910	6	0.5	0.2	1.2
Geographic Region✿					
Northwest	1,309	27	3.0	1.8	5.0
Northeast	669	29	5.1	3.4	7.7
Bernalillo County	701	22	4.3	2.4	7.5
Southeast	669	16	2.8	1.6	5.1
Southwest	775	32	6.0	3.9	9.0

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

‡ 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.

** Estimates based on small sample size may not be reliable and may change significantly from year to year.

APPENDICES

APPENDIX I—METHODS

The 2007 Behavioral Risk Factor Surveillance System (BRFSS) was conducted using random telephone survey methods. One implication of this survey method is that individuals living in households without landline telephones were not included in the survey sample and so are not represented in the results presented here. Households using only cell phones or not having any phone at all were excluded. Nationally, approximately 82.0% of households subscribed to landline telephone service in 2007.[30] 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.[31] Use of cell phones as the exclusive form of telephone service has been increasing dramatically in recent years, as demonstrated by the chart on the following page.[32]

Interviews were performed at computer workstations using Ci3 computer-aided telephone interviewing software provided by Sawtooth Software, Inc. The sample frame of all possible landline telephone numbers comes from the Telecordia Technologies database and was provided by 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 2007 were:

Daytime:	10-3 Monday-Friday
Evening:	4-9 Monday-Friday
Weekends:	10-3 Saturday, 1-6 Sunday

Approximately 1/12 of the annual sample was surveyed each month to avoid bias in the results due to possible 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 household. The final 2007 sample size was 6,606.

DSS, as implemented in the BRFSS beginning in 2003, telephone numbers were drawn from two strata (lists) that were based on the presumed density of known telephone household numbers. In this design, telephone numbers were classified into strata that are either high density (**listed 1+ block** telephone numbers) or medium density (**not listed 1+ block** telephone numbers) to yield residential telephone numbers. Telephone numbers in the high density stratum were sampled at the highest rate, resulting in a higher "hit rate", i.e. more of the randomly selected telephone numbers were household numbers, thereby reducing the cost of the survey.

Once a residential household was selected, a respondent was randomly selected from among all adults ages 18 and over living in the household. After the interview was completed, the last two digits of the phone number were dropped from the record. The entire telephone number was dropped from the final database to preserve the respondent's anonymity. Last names, Social Security Numbers, and addresses were not collected and so were not included in the record. If a randomly selected adult was not available at the time of the call, interviewers attempted to set an appointment for call-back. In households with multiple adults, the first name of the randomly selected adult was requested and temporarily recorded in order to facilitate interview of the appropriate adult at the time of the call-back. This portion of the record was dropped at the close of the monthly survey and was never transmitted to the CDC.

Sources of Error

Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The information presented below was abstracted from two sources: the BRFSS User's Guide[33] and an article from the Journal of the American Statistical Association.[34]

Sampling error results because the estimates are based on a sample of the population. Since only a subset of the population of interest responds to the questions, different samples yield different estimates. This type of error occurs in even the most sophisticated sampling design. However, since the estimates are based on a probability sample, the amount of sampling error in the estimates can be estimated and is reflected in the confidence intervals around the estimates.

Non-sampling error is not reflected in the confidence intervals 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 confidence intervals shown in the report.

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

◈ **Non-coverage** occurs because not all adult members of the general population were included in the sample. If these adults differed in a significant and consistent way from adults living in landline telephone households, then estimates presented in this report could be biased.
- ♦ Adults living in nursing homes, prisons, military barracks, or college dormitories were excluded.
- ♦ Adults living in cell-phone-only households were excluded. Rates of landline telephone non-coverage were lower for some subgroups within the population than for others, e.g. lower income households may be under-represented in the final estimates.
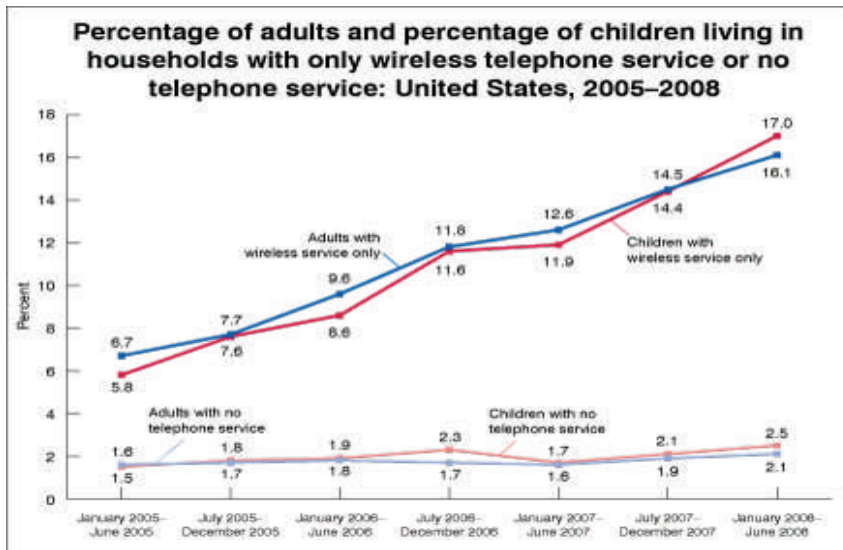
◈ **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
- ♦ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers or a disability that precludes participation in a telephone interview.
- ♦ 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 subject of the questions, the interviewer's tone of voice, or 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 Section 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.

❖ Review 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.

❖ 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 Estimates Presented in this Report

The estimates presented in this report are weighted percentages. The percentage of respondents in the sample who re-ported engaging in a particular behavior (or who reported diagnosis of a particular condition/disease) was adjusted by a weighting factor to produce the prevalence estimate for the adult population as a whole. There are several components to the weight used to adjust the sample percentage.

❖ The Sampling Weight adjusts for the fact that adults within the population had different probabilities of being included in the sample, because:
   ♦ Households with phone numbers in the low-density stratum (described under Sample Selection above) had a lower probability of being selected than households with phone numbers in the high-density stratum.
   ♦ Households with more than one landline telephone line had a greater chance of being selected.
   ♦ In households containing many adults, each adult had a proportionally smaller chance of being randomly selected than an adult who was the sole adult of the selected household.

❖ A post-stratification weighting procedure was used to adjust for differences between the distribution of the sample and that of the population, by gender, age, and region of residence, as determined by the Census. This component of the weighting process attempts to adjust the estimates so that they better reflect the adult population of the state.

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

Stata 10 MP software was used for all analyses in this report. Stata 10 MP includes a suite of data analysis commands which are specifically designed for the analysis of complex sample survey data, such as that of the BRFSS.

APPENDIX II—MAP

The 2007 NM BRFSS sample was stratified according to the NM Department of Health Regions, depicted below. Estimates for Health Regions have been presented at the bottom of each table, throughout this report.
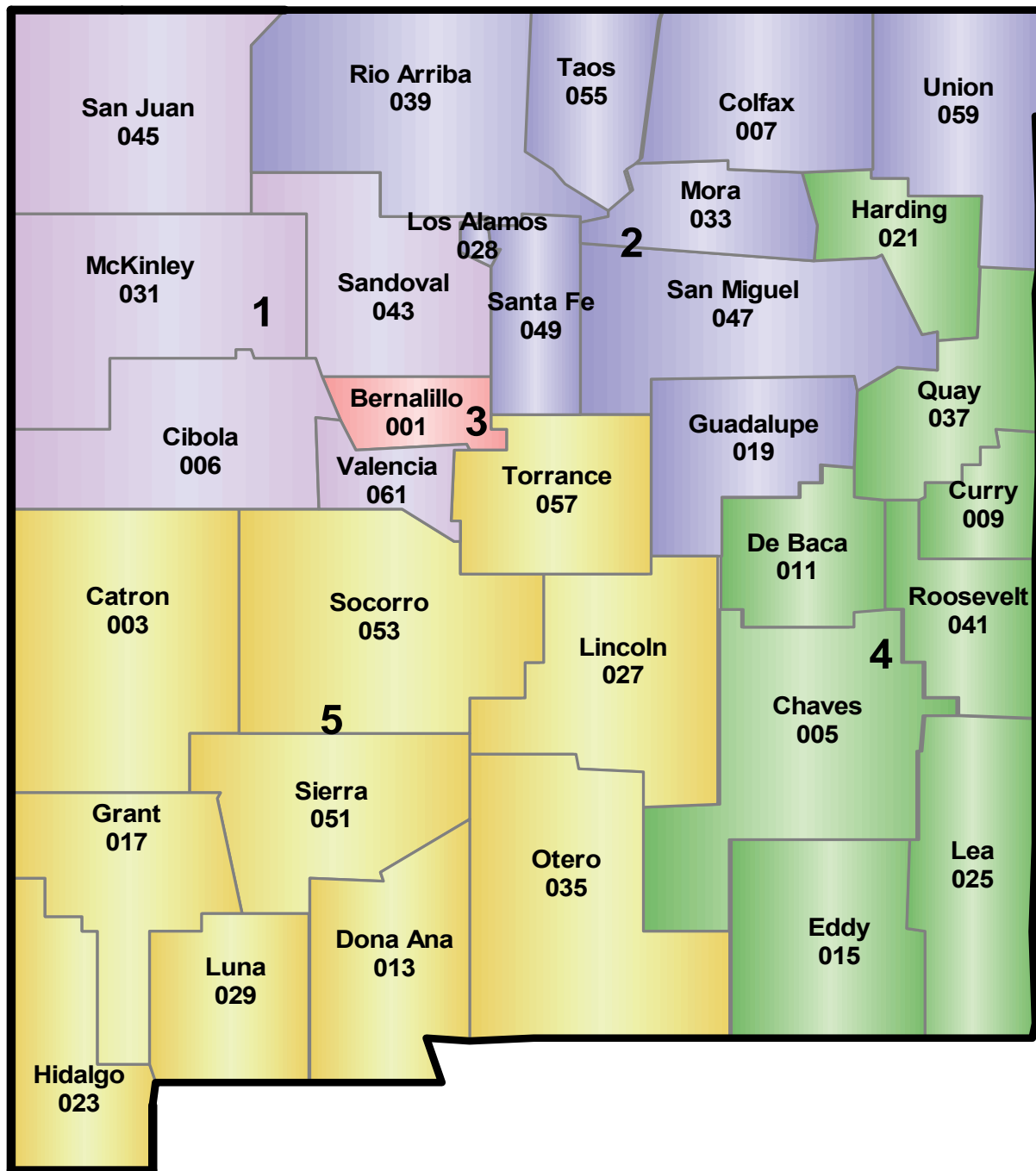
Northwest, Region 1: San Juan, McKinley, Sandoval, Cibola, Valencia

Northeast, Region 2: Rio Arriba, Taos, Colfax, Union, Los Alamos, Santa Fe, Mora, San Miguel, Guadalupe

Bernalillo County, Region 3

Southeast, Region 4: Harding, Quay, DeBaca, Curry, Roosevelt, Chaves, Eddy, Lea

Southwest, Region 5: Torrance, Catron, Socorro, Lincoln, Grant, Sierra, Hidalgo, Luna, Doña Ana, Otero

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