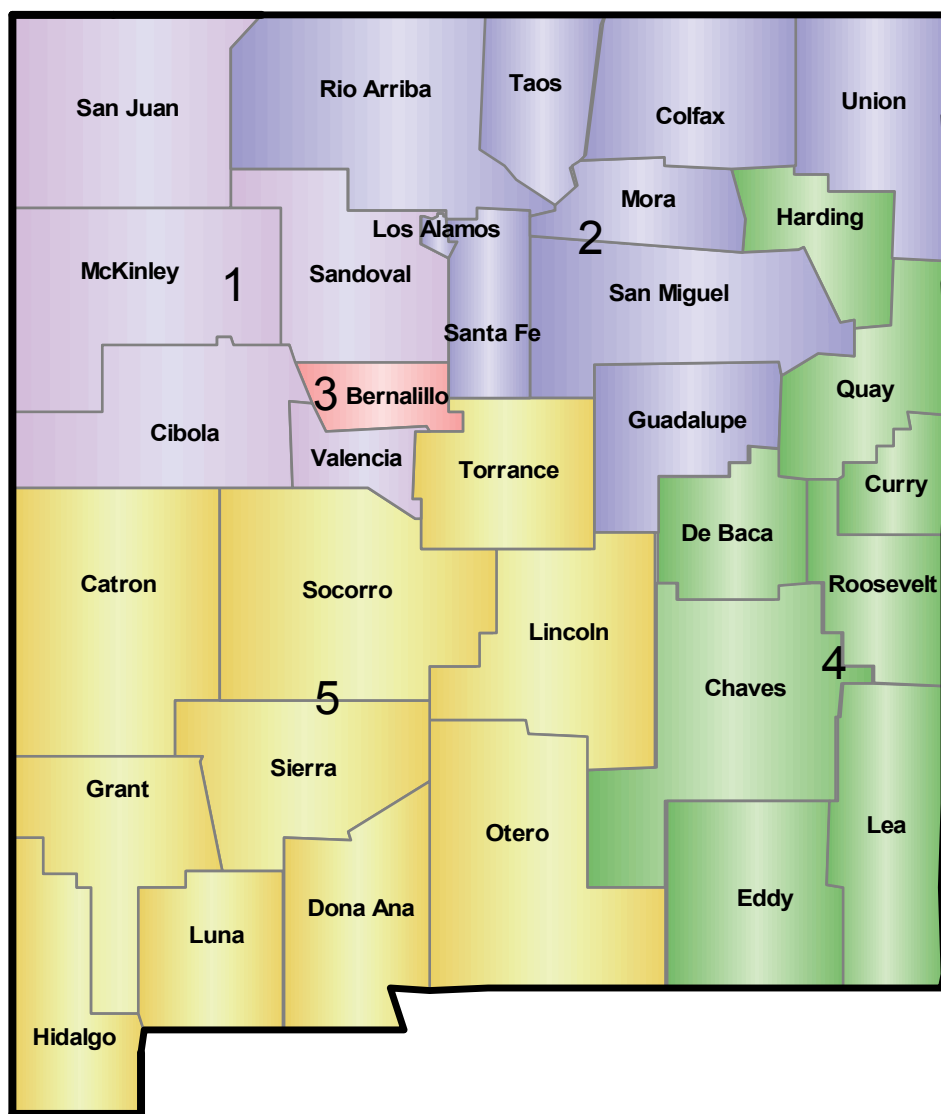# Health Behaviors and Conditions
of
Adult New Mexicans
2008

Results from the Behavioral Risk Factor Surveillance System (BRFSS)

Health Behaviors and Conditions of New Mexicans, 2008

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

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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 2008 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 Division of Behavioral Surveillance (DBS), Public Health Surveillance Program Office (PHSPO) of the CDC.

The CDC has a web site dedicated to the BRFSS:
    http://www.cdc.gov/brfss

This 2008 NM BRFSS report is available in .pdf format at the NM Department of Health website:
    http://www.health.state.nm.us/

2008 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2008 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
Healthy Days
Health Care Access
Sleep
Exercise
Diabetes
Oral Health
Cardiovascular Disease Prevalence
Asthma
Disability
Tobacco Use
Alcohol Consumption
Immunization
Falls
Seatbelt Use
Drinking & Driving
Women's Health
Prostate Cancer Screening
Colorectal Cancer Screening
HIV/AIDS
Emotional Support & Life Satisfaction

Optional Modules Included:
Diabetes
Visual Impairment & Access to Eye Care
Binge Drinking
Random Child Selection
Childhood Asthma Prevalence

State-added Questions on the following topics were included:
Tribal Affiliation
Indian Health Service Coverage
Veteran's Administration Coverage
Sexual Orientation
Alcohol Dependence
Health Care Access Supplement
Smoke/Carbon Monoxide Detectors

Demographics Section (all states):
Age
Race/Ethnicity
Veteran Status
Marital Status
Number of Children in Household
Education
Employment Status
Annual Household Income
Current Weight
Height
Weight One Year Ago
Weight Change Intent (asked if weight has changed)
County of Residence
Zip Code of Residence
Number of Residential Telephone Numbers
Telephone Coverage History
Gender
Current Pregnancy Status (asked of female respondents less than 45 years of age)

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, some of the adult population has moved to 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 2008. 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 2008 NM BRFSS was 76.4%. If the 23.6% 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 Council of American Survey Research Organizations (CASRO) has developed a widely-used measure of survey response, referred to as the CASRO Rate, that 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 2008 NM BRFSS was 58.7%.

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. Stata 10.0 MP was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Stata 10.0 MP 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 and reliable 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, Black/African Americans, and Asian and Native Hawaiian or Other Pacific Islander (NHOPI) sampled was small, resulting in large SE and estimates that 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 were 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). 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.

DEMOGRAPHICS OF THE 2008 NEW MEXICO SAMPLE

Table 1. Demographics of the 2008 BRFSS New Mexico Sample.

| Demographic Characteristics | 2008 BRFSS Data | | | 2008 Claritus Inter-Censal Estimates[¥] |
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	6,227	100.0	100.0	
GENDER				
Male	2,410	38.7	48.8	48.8
Female	3,817	61.3	51.2	51.2
AGE				
18-24	232	3.7	13.9	13.9
25-34	658	10.6	18.0	18.0
35-44	901	14.5	17.4	17.4
45-54	1,278	20.6	18.7	18.7
55-64	1,386	22.3	14.9	15.0
65-74	1,016	16.4	9.1	9.1
75+	739	11.9	7.7	7.9
RACE/ETHNICITY§				
White, non-Hispanic	3,535	57.4	51.8	46.1
Hispanic	1,957	31.8	37.3	41.1
Native American	547	8.9	7.8	8.0
Black/AA	61	1.0	1.3	1.9
Asian or NHOPI	63	1.0	1.8	2.9
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✿				
Northwest	1,558	25.0	20.5	20.5
Northeast	1,153	18.5	15.4	15.4
Bernalillo County	1,056	16.7	32.1	32.1
Southeast	1,173	18.8	12.2	12.2
Southwest	1,287	20.7	19.9	19.9

* 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 6,227.

¥ 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 2008. New Mexico rates were also compared to rates for the Region‡ and for the U.S.*, and are presented as being either higher than (■), lower than (☐), or similar to (▨ ; no statistically significant difference) the comparison populations.

Risk Factor/Condition	HP2010 Objective^	Weighted Percent (95% CI)**	New Mexico rates vs.	
			Region	U.S.
Have Health Insurance Coverage	100%	80.1 (78.3, 81.7)	Similar	Lower
Have Source of On-going Care (Personal Physician)	≥ 96%	74.0 (72.1, 75.8)	Similar	Lower
Cost prevented necessary medical care in past year	NA	16.9 (15.5, 18.4)	Similar	Higher
No oral health visit in the past year	≥ 56%	34.0 (32.2, 35.9)	Similar	Higher
Flu shot during the past year (Ages 65 years and older)	≥ 90%	69.8 (67.2, 72.2)	Similar	Similar
Pneumococcal vaccine ever (Ages 65 years and older)	≥ 90%	66.1 (63.4, 68.7)	Similar	Similar
Colorectal cancer sigmoidoscopy (Ages 50 years and older)	≥ 50%	55.9 (53.8, 57.9)	Similar	Lower
Mammogram within past 2 years (Female 50 years and older)	≥ 70%	73.5 (71.2, 75.7)	Similar	Lower
No Pap smear within past 3 years	≥ 90	80.7 (77.6, 83.5)	Similar	Similar
Diabetes	NA	7.9 (7.1, 8.7)	Similar	Similar
Current smoking	≤ 12%	19.4 (17.9, 20.9)	Similar	Similar
Binge drinking 5+ drinks on occasion (Males and Females)	< 13.4%	11.4 (10.1, 12.8)	Lower	Lower
Binge drinking 5+ drinks on occasion – Males	< 13.4%	16.4 (14.2, 18.9)	Similar	Lower
Binge drinking 5+ drinks on occasion – Females	< 13.4%	6.6 (5.4, 8.0)	Similar	Lower
Obese (BMI ≥ 30.0)	≤ 15%	25.7 (24.1, 27.4)	Similar	Similar
Did not engage in physical activities in the past 30 days	≤ 20%	23.9 (22.3, 25.6)	Similar	Similar

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

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

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

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,

◈ 81.8% of New Mexicans reported that their general health was excellent, very good, or good. 18.2% of New Mexico adults reported that their general health was fair or poor. This percentage was not statistically different from the Region* (17.3%) but was higher than that of the U.S.** (16.0%).

◈ 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.
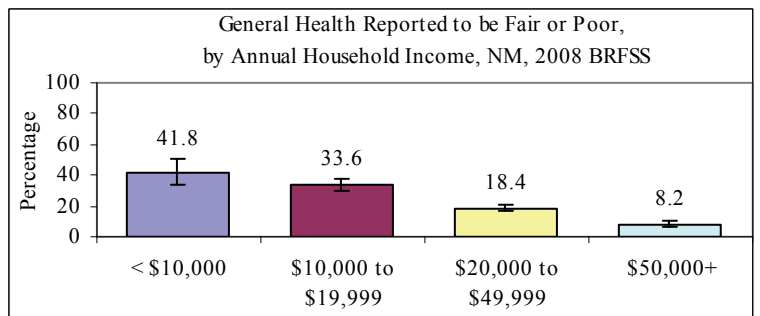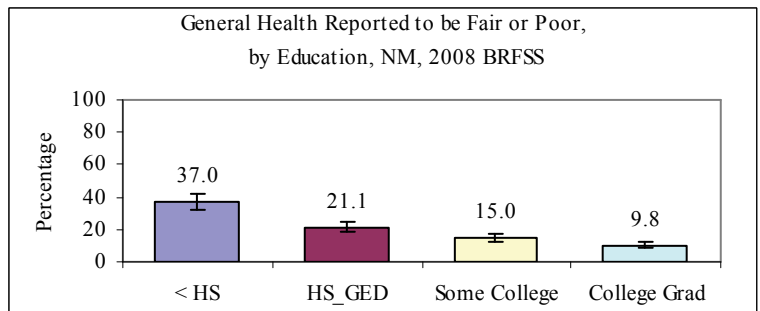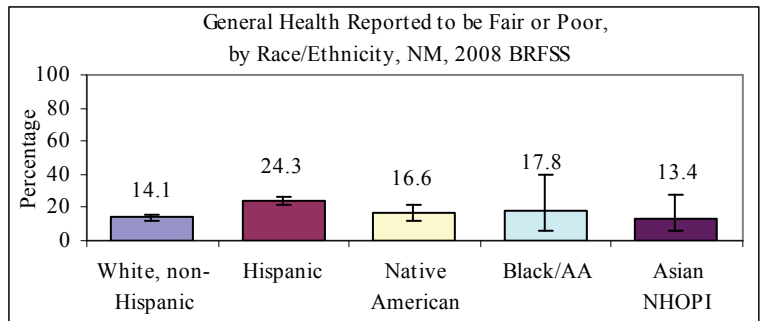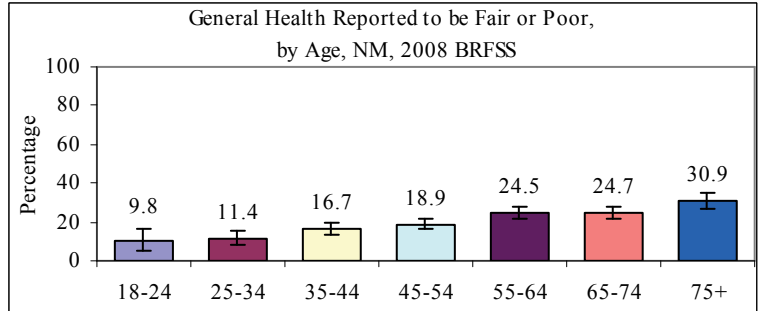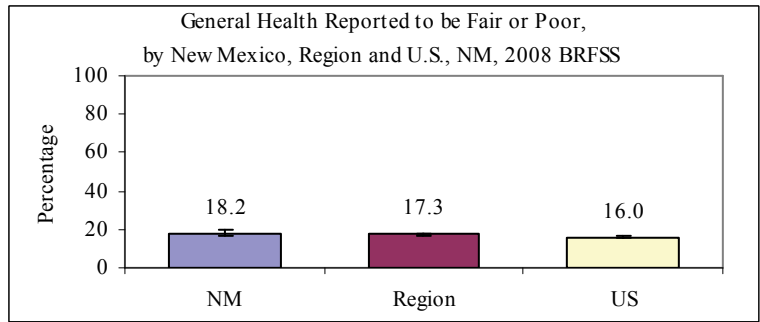
* Region includes Arizona, Colorado, Oklahoma, Texas, and Utah.
** U.S. includes the 50 states plus the District of Columbia.

General Health Reported to be Fair or Poor, by New Mexico, Region and U.S., NM, 2008 BRFSS

	Percentage
NM	18.2
Region	17.3
US	16.0

General Health Reported to be Fair or Poor, by Age, NM, 2008 BRFSS

	Percentage
18-24	9.8
25-34	11.4
35-44	16.7
45-54	18.9
55-64	24.5
65-74	24.7
75+	30.9

General Health Reported to be Fair or Poor, by Race/Ethnicity, NM, 2008 BRFSS

	Percentage
White, non-Hispanic	14.1
Hispanic	24.3
Native American	16.6
Black/AA	17.8
Asian NHOPI	13.4

General Health Reported to be Fair or Poor, by Education, NM, 2008 BRFSS

	Percentage
< HS	37.0
HS_GED	21.1
Some College	15.0
College Grad	9.8

General Health Reported to be Fair or Poor, by Annual Household Income, NM, 2008 BRFSS

	Percentage
< $10,000	41.8
$10,000 to $19,999	33.6
$20,000 to $49,999	18.4
$50,000+	8.2

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

2

GENERAL HEALTH STATUS

Table 3. Percentage of Adults who reported that their health in general was fair or poor, New Mexico, 2008.

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	6,211	1,338	18.2	16.8	19.6
GENDER					
Male	2,402	503	17.1	15.1	19.3
Female	3,809	835	19.2	17.5	21.1
AGE					
18-24	231	23	9.8	5.6	16.6
25-34	658	77	11.4	8.5	15.2
35-44	899	143	16.7	13.8	20.1
45-54	1,276	247	18.9	16.3	21.7
55-64	1,382	356	24.5	21.7	27.5
65-74	1,014	262	24.7	21.6	28.0
75+	734	228	30.9	27.0	35.0
RACE/ETHNICITY					
White, non-Hispanic	3,531	600	14.1	12.5	15.8
Hispanic	1,952	597	24.3	21.8	27.0
Native American	541	107	16.6	12.3	22.1
Black/AA**	61	12	17.8	6.5	40.1
Asian/NHOPI**	63	8	13.4	6.0	27.5
EDUCATION					
Less than High School Graduate	835	367	37.0	32.5	41.7
High School Graduate or G.E.D.	1,675	430	21.1	18.3	24.3
Some College	1,643	314	15.0	12.8	17.6
College Graduate	2,052	227	9.8	8.1	11.9
INCOME					
Less than $10,000	373	197	41.8	33.7	50.4
$10-19,999	924	366	33.6	29.5	38.0
$20-49,999	2,199	439	18.4	16.3	20.7
$50,000 or more	2,073	187	8.2	6.6	10.1
EMPLOYMENT					
Employed	3,279	409	11.7	10.2	13.4
Unemployed/Unable to Work	693	402	41.4	35.9	47.1
Homemaker/Student	689	140	17.3	13.2	22.4
Retired	1537	385	24.2	21.7	27
Geographic Region✪					
Northwest	1,554	310	16.6	14.2	19.2
Northeast	1,149	232	17.6	15.0	20.7
Bernalillo County	1,054	191	16.6	13.7	20.0
Southeast	1,170	297	20.8	18.1	23.9
Southwest	1,284	308	21.1	18.5	24.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,227 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, New Mexico, 2008.

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	2,402	503	17.1	15.1	19.3
AGE					
18-24	97	10	9.9	4.7	19.7
25-34	247	21	9.9	5.6	17.0
35-44	339	54	15.8	11.6	21.3
45-54	466	88	18.3	14.3	23.1
55-64	565	144	23.8	19.8	28.3
65-74	403	108	25.3	20.6	30.6
75+	279	78	27.7	21.9	34.3
RACE/ETHNICITY					
White, non-Hispanic	1,421	238	13.7	11.1	16.7
Hispanic	694	205	21.6	18.1	25.5
Native American	205	46	18.4	11.9	27.5
Other Race**	54	7	20.1	8.7	40.0
EDUCATION					
Less than High School Graduate	313	121	30.0	23.6	37.4
High School Graduate or G.E.D.	687	173	19.2	15.6	23.5
Some College	576	118	15.0	11.2	19.8
College Graduate	821	91	10.9	8.0	14.7
INCOME					
Less than $10,000**	95	46	40.1	27.8	53.8
$10-19,999	334	141	32.8	26.5	39.8
$20-49,999	849	181	18.0	14.8	21.8
$50,000 or more	930	94	9.2	6.7	12.5
EMPLOYMENT					
Employed	1,408	174	10.9	9.0	13.2
Unemployed/Unable to Work	281	150	34.2	27.0	42.1
Homemaker/Student**	50	7	22.1	9.0	44.9
Retired	658	171	24.6	20.8	28.8
Geographic Region✿					
Northwest	568	122	15.7	12.4	19.8
Northeast	458	78	15.4	11.5	20.2
Bernalillo County	406	75	16.3	12.0	21.7
Southeast	467	114	18.8	14.6	23.9
Southwest	503	114	19.9	16.0	24.4

* 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 6,227 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, New Mexico, 2008.

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	3,809	835	19.2	17.5	21.1
AGE					
18-24	134	13	9.8	4.2	21.0
25-34	411	56	12.9	9.7	17.0
35-44	560	89	17.6	13.8	22.1
45-54	810	159	19.4	16.3	22.9
55-64	817	212	25.2	21.4	29.3
65-74	611	154	24.2	20.4	28.5
75+	455	150	33.1	28.1	38.5
RACE/ETHNICITY					
White, non-Hispanic	2,110	362	14.5	12.8	16.5
Hispanic	1,258	392	26.5	23.1	30.2
Native American	336	61	14.7	10.0	21.1
Other Race**	70	13	10.1	4.5	21.0
EDUCATION					
Less than High School Graduate	522	246	43.8	38.2	49.5
High School Graduate or G.E.D.	988	257	23.1	18.9	27.9
Some College	1,067	196	15.1	12.6	17.9
College Graduate	1,231	136	8.7	7.1	10.7
INCOME					
Less than $10,000	278	151	42.7	32.3	53.8
$10-19,999	590	225	34.4	29.2	39.9
$20-49,999	1,350	258	18.7	16.2	21.6
$50,000 or more	1,143	93	7.0	5.4	9.1
EMPLOYMENT					
Employed	1,871	235	12.7	10.4	15.4
Unemployed/Unable to Work	412	252	50.2	42.8	57.6
Homemaker/Student	639	133	16.2	13.0	19.9
Retired	879	214	23.9	20.6	27.5
Geographic Region✿					
Northwest	986	188	17.4	14.3	21.0
Northeast	691	154	19.9	16.5	23.7
Bernalillo County	648	116	16.9	13.2	21.4
Southeast	703	183	22.8	19.4	26.6
Southwest	781	194	22.3	18.9	26.0

* 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 6,227 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.

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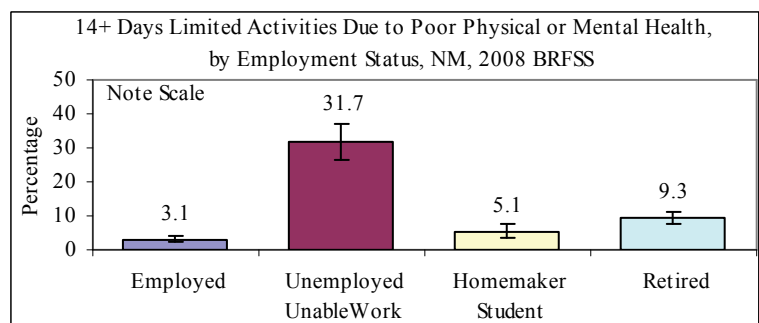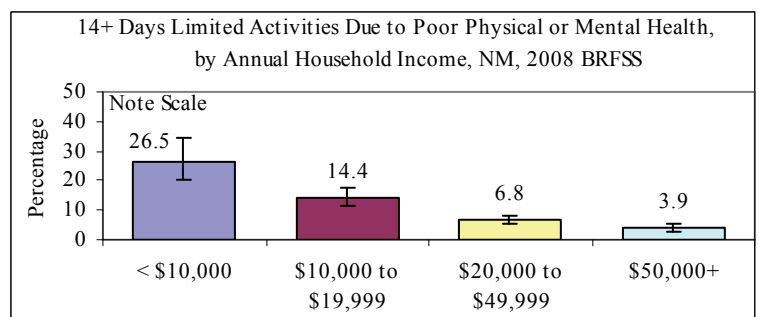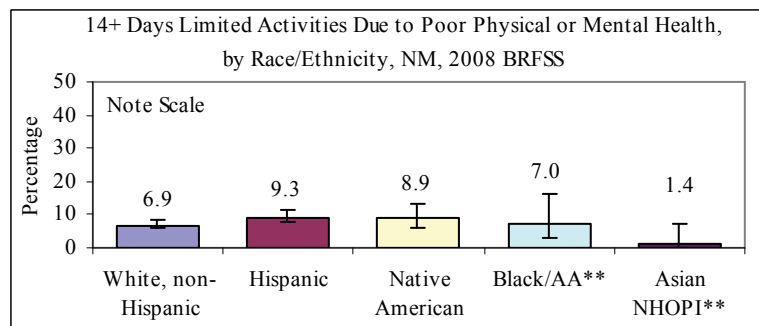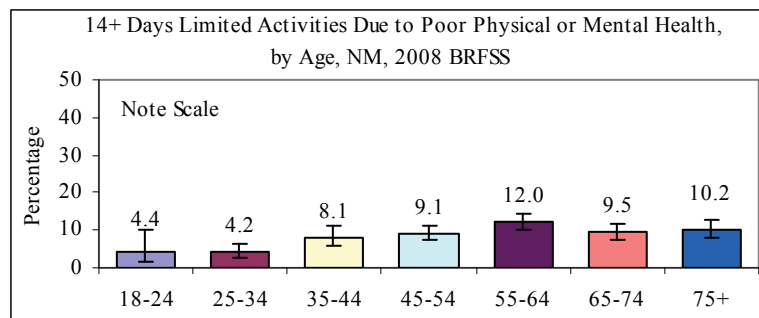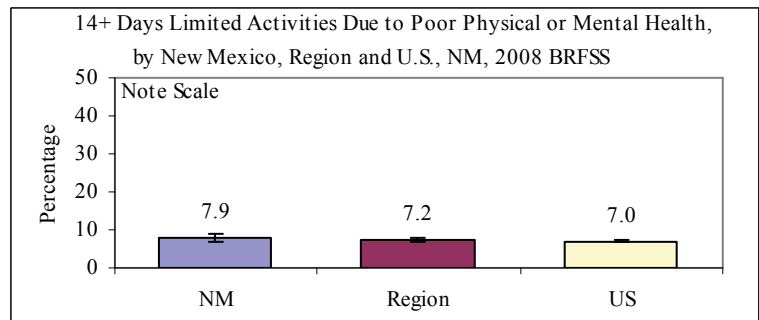# DAYS OF LIMITED ACTIVITY DUE TO POOR HEALTH

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, 7.9% 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. This percentage was not statistically different from that of the Region (7.2%) or that of the U.S. (7.0%).

◆ There was no measurable difference by gender or region of residence, even after adjusting for differences in age distribution.

◆ Adults who were Asian/NHOPI were less likely to report 14 or more days of limited activity than adult Hispanics (or Native Americans after adjusting for age).

◆ Poor physical or mental health was associated with age, adults above age 34 being more likely to report activity limitations.

◆ New Mexicans with less education or lower 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 (3.1%) were less likely to report activity limitations due to poor physical or mental health than adults who were unemployed (14.6%) or unable to work (53.6%), grouped together here at 31.7%, or who were retired (9.3%). Adjustment for age did not affect this relationship.

14+ Days Limited Activities Due to Poor Physical or Mental Health, by New Mexico, Region and U.S., NM, 2008 BRFSS

Note Scale

NM	Region	US
7.9	7.2	7.0

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Age, NM, 2008 BRFSS

Note Scale

18-24	25-34	35-44	45-54	55-64	65-74	75+
4.4	4.2	8.1	9.1	12.0	9.5	10.2

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Race/Ethnicity, NM, 2008 BRFSS

Note Scale

White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
6.9	9.3	8.9	7.0	1.4

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Annual Household Income, NM, 2008 BRFSS

Note Scale

< $10,000	$10,000 to $19,999	$20,000 to $49,999	$50,000+
26.5	14.4	6.8	3.9

14+ Days Limited Activities Due to Poor Physical or Mental Health, by Employment Status, NM, 2008 BRFSS

Note Scale

Employed	Unemployed UnableWork	Homemaker Student	Retired
3.1	31.7	5.1	9.3

DAYS OF LIMITED ACTIVITY 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, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	14+ Days of Limited Activity 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	6,160	590	7.9	7.0	8.9
GENDER					
Male	2,391	216	7.2	5.9	8.7
Female	3,769	374	8.6	7.4	10.0
AGE					
18-24	231	6	4.4	1.8	10.3
25-34	656	33	4.2	2.8	6.4
35-44	897	70	8.1	6.0	11.0
45-54	1,267	128	9.1	7.4	11.2
55-64	1,370	162	12.0	9.9	14.5
65-74	1,003	109	9.5	7.6	11.9
75+	719	81	10.2	7.9	12.9
RACE/ETHNICITY					
White, non-Hispanic	3,498	300	6.9	5.8	8.3
Hispanic	1,939	221	9.3	7.7	11.2
Native American	536	52	8.9	5.9	13.2
Black/AA**	61	7	7.0	2.8	16.0
Asian NHOPI**	62	2	1.4	0.3	7.1
EDUCATION					
Less than High School Graduate	824	115	11.2	8.7	14.3
High School Graduate or G.E.D.	1,661	182	8.4	6.9	10.2
Some College	1,629	172	9.8	7.6	12.5
College Graduate	2,041	121	4.5	3.6	5.6
INCOME					
Less than $10,000	363	111	26.5	20.0	34.2
$10-19,999	914	167	14.4	11.7	17.5
$20-49,999	2,187	174	6.8	5.6	8.4
$50,000 or more	2,069	83	3.9	2.8	5.4
EMPLOYMENT					
Employed	3,267	114	3.1	2.3	4.1
Unemployed/Unable to Work	673	275	31.7	26.7	37.2
Homemaker/Student	688	49	5.1	3.3	7.8
Retired	1519	149	9.3	7.7	11.3
GEOGRAPHIC REGION✿					
Northwest	1,543	145	7.1	5.7	8.9
Northeast	1,138	106	8.4	6.5	10.7
Bernalillo County	1,050	102	7.9	6.1	10.2
Southeast	1,158	116	7.1	5.7	8.7
Southwest	1,271	121	9.0	6.8	11.8

§ 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 are excluded. Consequently, the sample sizes may not add to 6,227 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.

DAYS OF LIMITED ACTIVITY DUE TO POOR HEALTH — MALES

Table 7. Percentage of Adult Males who reported that their physical or mental health kept them from partici-pating in their usual activities for 14 or more days during the past 30 days, New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | 14+ Days of Limited Activity 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	2,391	216	7.2	5.9	8.7
AGE					
18-24**	97	2	3.4	0.8	13.0
25-34	246	10	3.7	1.8	7.5
35-44	339	16	5.9	3.1	11.0
45-54	461	51	9.5	7.0	12.9
55-64	564	65	11.9	8.8	16.0
65-74	399	45	9.9	6.9	13.9
75+	279	27	8.7	5.7	13.0
RACE/ETHNICITY					
White, non-Hispanic	1,412	107	5.7	4.2	7.7
Hispanic	693	83	9.4	7.0	12.4
Native American	203	20	9.7	5.1	17.5
Other Race**	54	3	3.4	1.0	11.0
EDUCATION					
Less than High School Graduate	310	42	10.4	6.8	15.6
High School Graduate or G.E.D.	685	75	7.0	5.2	9.4
Some College	571	61	10.0	6.7	14.7
College Graduate	821	38	3.8	2.5	5.7
INCOME					
Less than $10,000**	95	30	24.5	15.7	36.2
$10-19,999	328	64	14.5	10.6	19.6
$20-49,999	846	71	6.7	4.8	9.4
$50,000 or more	931	36	4.2	2.6	6.9
EMPLOYMENT					
Employed	1,404	37	2.3	1.5	3.5
Unemployed/Unable to Work	275	109	28.3	21.4	36.5
Homemaker/Student**	50	0	0.0		
Retired	657	68	10.3	7.8	13.6
GEOGRAPHIC REGION✿					
Northwest	565	55	7.2	5.0	10.2
Northeast	460	38	8.5	5.6	12.7
Bernalillo County	405	37	5.8	3.8	8.9
Southeast	460	45	6.3	4.5	8.9
Southwest	501	41	8.9	5.6	13.7

§ 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 6,227 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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DAYS OF LIMITED ACTIVITY 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, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	14+ Days of Limited Activity 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	3,769	374	8.6	7.4	10.0
AGE					
18-24**	134	4	5.4	1.7	15.7
25-34	410	23	4.8	3.0	7.6
35-44	558	54	10.4	7.4	14.2
45-54	806	77	8.8	6.7	11.4
55-64	806	97	12.1	9.5	15.3
65-74	604	64	9.2	6.9	12.2
75+	440	54	11.2	8.3	15.0
RACE/ETHNICITY					
White, non-Hispanic	2,086	193	8.3	6.7	10.3
Hispanic	1,246	138	9.2	7.3	11.7
Native American	333	32	8.0	4.9	12.7
Other Race**	69	6	4.0	1.5	10.2
EDUCATION					
Less than High School Graduate	514	73	12.0	9.0	15.9
High School Graduate or G.E.D.	976	107	9.9	7.6	12.8
Some College	1,058	111	9.5	6.9	13.1
College Graduate	1,220	83	5.2	4.0	6.7
INCOME					
Less than $10,000	268	81	27.5	19.1	37.8
$10-19,999	586	103	14.2	10.8	18.4
$20-49,999	1,341	103	6.9	5.5	8.7
$50,000 or more	1,138	47	3.5	2.4	5.1
EMPLOYMENT					
Employed	1,863	77	4.1	2.8	6.0
Unemployed/Unable to Work	398	166	35.9	29.4	42.9
Homemaker/Student	638	49	6.3	4.1	9.7
Retired	862	81	8.3	6.4	10.7
GEOGRAPHIC REGION✿					
Northwest	978	90	7.1	5.3	9.4
Northeast	678	68	8.3	6.2	10.9
Bernalillo County	645	65	9.8	7.1	13.3
Southeast	698	71	7.8	6.0	10.0
Southwest	770	80	9.1	6.6	12.6

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

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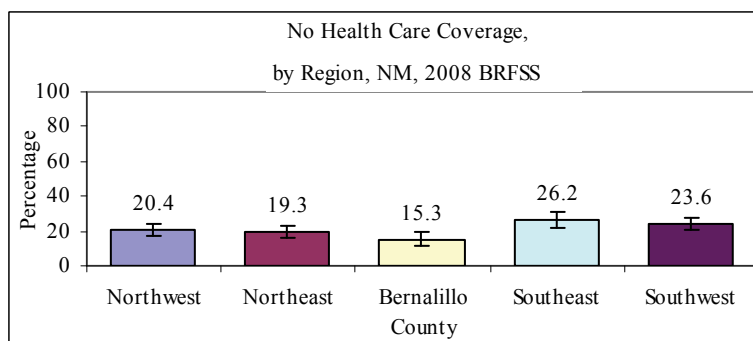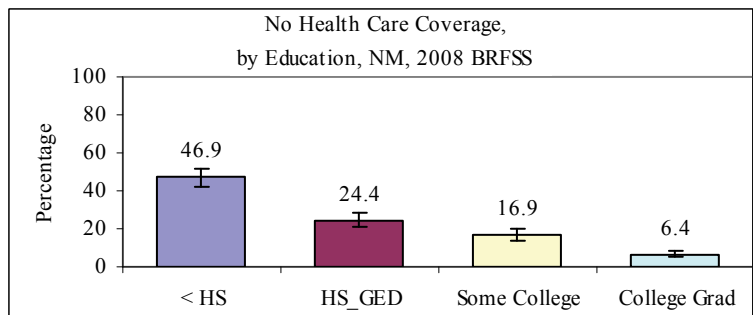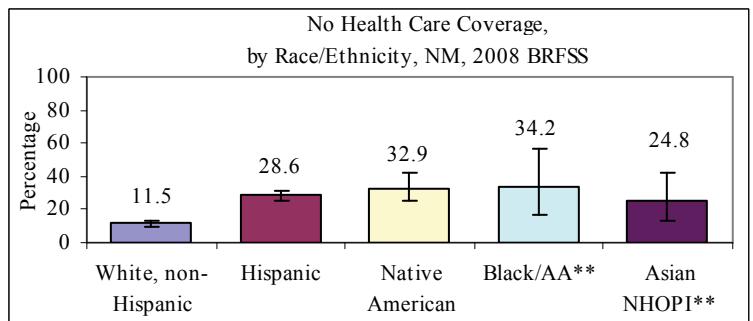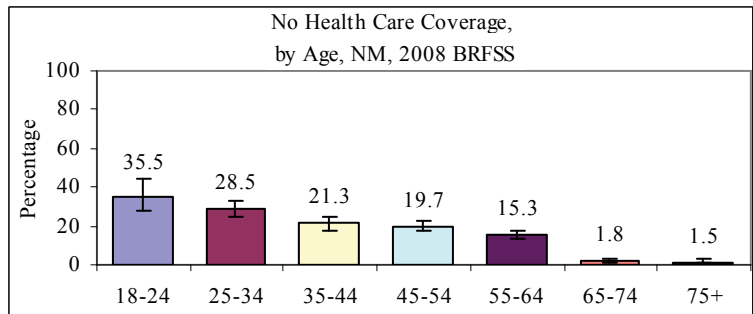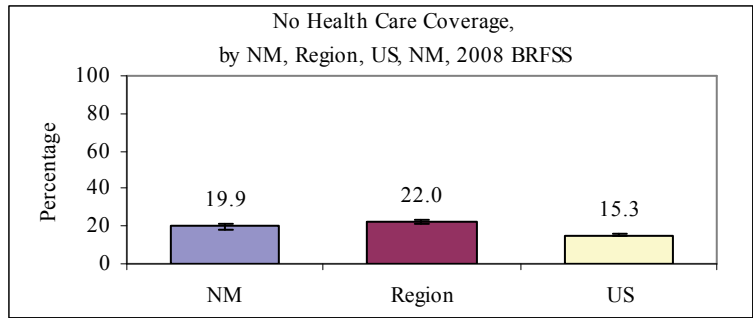
HEALTH CARE COVERAGE

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 has been associated with delayed access to health care and increased risk of late stage diagnosis of chronic disease and mortality.[2] 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 are more likely to die prematurely.[2,3]

IN NEW MEXICO,

◆ The percentage of adults in New Mexico without health care coverage (19.9%) was similar to that of the Region (22.0%) both of which were higher than that of the U.S. (15.3%).

◆ Health care coverage was also associated with age as those in younger age groups were less likely to have coverage. Nearly all adults age 65+ have coverage, primarily through government-sponsored Medicare.

◆ White, non-Hispanics (11.5%) were less likely to be without health care coverage than Hispanics (28.6%), Native Americans (32.9%), and Black/AA adults (34.2%). Small sample size made comparison to and between other groups difficult. If Indian Health Service (IHS) was included, then only seven percent of American Indian adults were without coverage. However, IHS alone is not considered coverage by federal agencies.

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

◆ Adults who were unemployed were more likely than employed adults to have coverage. However, nearly 20% of employed adults were without coverage.

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

No Health Care Coverage, by NM, Region, US, NM, 2008 BRFSS

NM	Region	US
19.9	22.0	15.3

No Health Care Coverage, by Age, NM, 2008 BRFSS

18-24	25-34	35-44	45-54	55-64	65-74	75+
35.5	28.5	21.3	19.7	15.3	1.8	1.5

No Health Care Coverage, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
11.5	28.6	32.9	34.2	24.8

No Health Care Coverage, by Education, NM, 2008 BRFSS

< HS	HS_GED	Some College	College Grad
46.9	24.4	16.9	6.4

No Health Care Coverage, by Region, NM, 2008 BRFSS

Northwest	Northeast	Bernalillo County	Southeast	Southwest
20.4	19.3	15.3	26.2	23.6

HEALTH CARE COVERAGE

Table 9. Percentage of adult New Mexicans without health care coverage, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage - Not Adjusted for IHS			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,216	984	19.9	18.3	21.7
GENDER					
Male	2,403	373	21.3	18.7	24.1
Female	3,813	611	18.7	16.7	20.9
AGE					
18-24	228	80	35.5	27.6	44.3
25-34	658	195	28.5	24.3	33.0
35-44	899	189	21.3	18.0	25.1
45-54	1,277	257	19.7	17.1	22.7
55-64	1,383	237	15.3	13.1	17.8
65-74	1,016	18	1.8	1.0	3.1
75+	738	8	1.5	0.7	3.1
RACE/ETHNICITY					
White, non-Hispanic	3,532	319	11.5	9.6	13.6
Hispanic	1,952	484	28.6	25.7	31.7
Native American	544	147	32.9	25.2	41.6
Black/AA**	61	13	34.2	17.4	56.1
Asian NHOPI**	63	13	24.8	12.7	42.7
EDUCATION					
Less than High School Graduate	839	311	46.9	41.7	52.1
High School Graduate or G.E.D.	1,670	314	24.4	20.8	28.5
Some College	1,645	237	16.9	14.1	20.2
College Graduate	2,056	121	6.4	5.0	8.3
INCOME					
Less than $10,000	373	114	36.6	26.9	47.4
$10-19,999	927	273	38.4	33.5	43.5
$20-49,999	2,201	425	25.4	22.7	28.4
$50,000 or more	2,075	96	6.2	4.3	8.7
EMPLOYMENT					
Employed	3,278	580	19.8	17.7	22.1
Unemployed/Unable to Work	697	176	32.3	26.7	38.5
Homemaker/Student	689	185	29.4	23.9	35.4
Retired	1539	41	2.5	1.6	3.8
Geographic Region✿					
Northwest	1,553	277	20.4	17.3	24.0
Northeast	1,151	159	19.3	15.8	23.4
Bernalillo County	1,056	104	15.3	11.9	19.4
Southeast	1,169	212	26.2	22.3	30.6
Southwest	1,287	232	23.6	20.3	27.2

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* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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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HEALTH CARE COVERAGE — MALES

Table 10. Percentage of adult male New Mexicans without health care coverage, New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | No Health Care Coverage - Not Adjusted for IHS Among Adult Men | | | |
| | | Total # Reporting No Health Care Coverage | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,403	373	21.3	18.7	24.1
AGE					
18-24**	94	39	43.1	31.2	55.9
25-34	247	69	26.5	20.4	33.7
35-44	340	73	23.8	18.5	30.2
45-54	467	97	19.9	15.8	24.8
55-64	565	81	12.3	9.5	15.8
65-74	403	10	2.8	1.4	5.6
75+	281	4	1.5	0.5	4.3
RACE/ETHNICITY					
White, non-Hispanic	1,421	130	13.3	10.1	17.2
Hispanic	693	174	29.7	25.0	34.9
Native American	206	51	31.3	22.4	41.9
Other Race**	54	13	41.2	25.0	59.7
EDUCATION					
Less than High School Graduate	314	114	49.9	41.3	58.5
High School Graduate or G.E.D.	683	135	25.6	20.5	31.5
Some College	577	76	18.1	13.4	24.0
College Graduate	824	47	7.1	4.8	10.3
INCOME					
Less than $10,000**	95	32	31.0	20.2	44.4
$10-19,999	334	95	39.7	31.9	48.1
$20-49,999	849	177	28.7	24.2	33.6
$50,000 or more	932	43	7.8	4.8	12.5
EMPLOYMENT					
Employed	1,408	264	21.1	18.2	24.4
Unemployed/Unable to Work	282	78	38.8	30.0	48.4
Homemaker/Student**	49	13	32.8	16.0	55.7
Retired	659	17	2.1	1.1	3.9
Geographic Region✿					
Northwest	566	105	22.8	17.6	28.9
Northeast	460	63	20.1	14.5	27.0
Bernalillo County	407	44	16.7	11.7	23.2
Southeast	466	74	27.3	20.8	34.9
Southwest	504	87	24.3	19.3	30.1

§ 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 6,227 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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HEALTH CARE COVERAGE — FEMALES

Table 11. Percentage of adult female New Mexicans without health care coverage, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage - Not Adjusted for IHS Among Adult Women			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,813	611	18.7	16.7	20.9
AGE					
18-24	134	41	27.6	18.0	39.9
25-34	411	126	30.5	25.2	36.3
35-44	559	116	18.9	15.2	23.1
45-54	810	160	19.6	16.4	23.2
55-64	818	156	18.1	14.9	21.8
65-74	613	8	0.9	0.4	1.9
75+	457	4	1.5	0.6	4.1
RACE/ETHNICITY					
White, non-Hispanic	2,111	189	9.6	7.9	11.5
Hispanic	1,259	310	27.7	24.3	31.5
Native American	338	96	34.5	22.8	48.5
Other Race**	70	13	15.4	5.8	35.0
EDUCATION					
Less than High School Graduate	525	197	43.9	38.2	49.8
High School Graduate or G.E.D.	987	179	23.3	18.4	28.9
Some College	1,068	161	16.0	12.8	19.8
College Graduate	1,232	74	5.8	4.2	8.0
INCOME					
Less than $10,000	278	82	39.4	26.7	53.6
$10-19,999	593	178	37.2	31.4	43.3
$20-49,999	1,352	248	22.4	19.3	25.8
$50,000 or more	1,143	53	4.3	3.0	6.0
EMPLOYMENT					
Employed	1,870	316	18.2	15.2	21.6
Unemployed/Unable to Work	415	98	24.5	18.9	31.2
Homemaker/Student	640	172	28.5	23.8	33.8
Retired	880	24	2.9	1.7	5.1
Geographic Region✿					
Northwest	987	172	18.3	14.9	22.2
Northeast	691	96	18.6	14.6	23.4
Bernalillo County	649	60	14.0	9.8	19.5
Southeast	703	138	25.2	20.9	30.1
Southwest	783	145	22.9	18.8	27.5

§ 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 6,227 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.
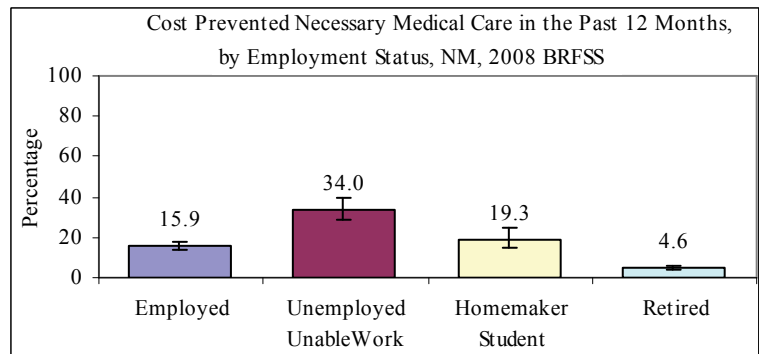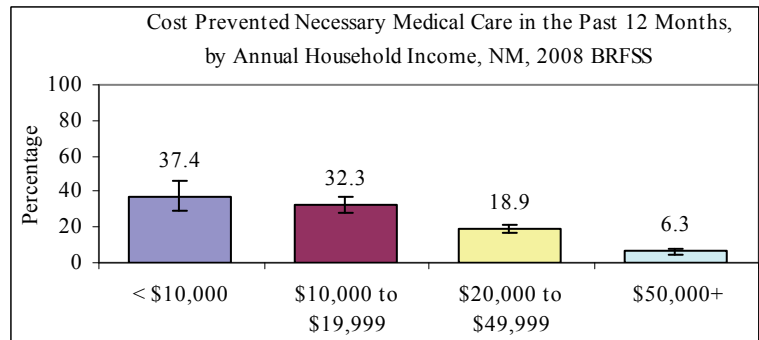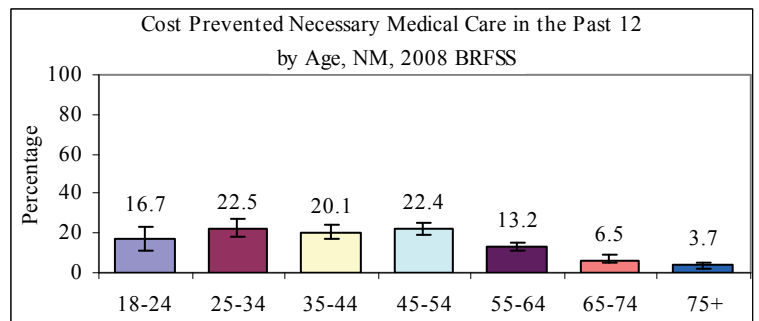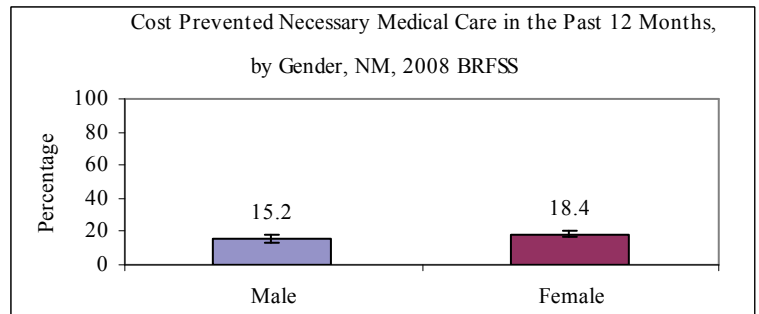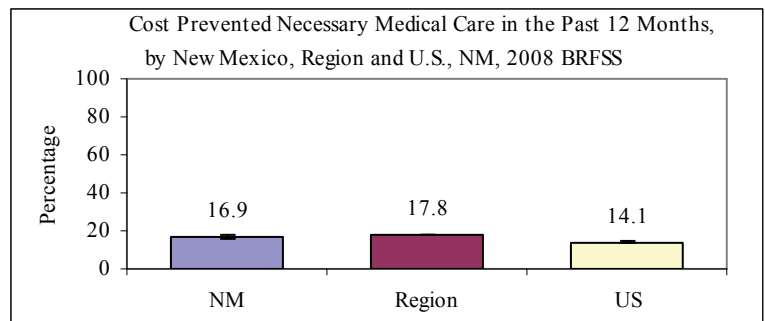
HEALTH CARE ACCESS, IMPACT OF COST

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, distance traveled, and hours that health care offices are open..[2,3,4,5]

IN NEW MEXICO,

◈ In 2008, 16.9% of adult New Mexicans were unable to get needed medical care in the past 12 months because of the cost. This was similar to that of the Region (17.8%) but higher than the percentage for the U.S. (14.1%).

◈ Women were more likely to forego needed medical care in the past 12 months because of the cost (18.4%) than were men (15.2%).

◈ In spite of a greater need for expensive forms of medical care, cost prevented only 5.2% of adults aged 65 or older from getting necessary medical care while cost prevented 19.3% of adults less than 65 from getting necessary care. Adults age 65 or more qualified for coverage through Federally-funded Medicare. Over 98% of adults aged 65+ had some form of coverage while only about 76% of adults less than age 65 had 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 (24.0% and 18.9%) than were White, non-Hispanics (10.9%). Small sample sizes made comparison of other groups difficult.

◈ 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, 2008 BRFSS

NM: 16.9 · Region: 17.8 · US: 14.1

Cost Prevented Necessary Medical Care in the Past 12 Months, by Gender, NM, 2008 BRFSS

Male: 15.2 · Female: 18.4

Cost Prevented Necessary Medical Care in the Past 12 by Age, NM, 2008 BRFSS

18-24: 16.7 · 25-34: 22.5 · 35-44: 20.1 · 45-54: 22.4 · 55-64: 13.2 · 65-74: 6.5 · 75+: 3.7

Cost Prevented Necessary Medical Care in the Past 12 Months, by Annual Household Income, NM, 2008 BRFSS

< $10,000: 37.4 · $10,000 to $19,999: 32.3 · $20,000 to $49,999: 18.9 · $50,000+: 6.3

Cost Prevented Necessary Medical Care in the Past 12 Months, by Employment Status, NM, 2008 BRFSS

Employed: 15.9 · Unemployed UnableWork: 34.0 · Homemaker Student: 19.3 · Retired: 4.6

HEALTH CARE ACCESS, IMPACT OF COST

Table 12. Percentage of adult New Mexicans who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2008.

| | | Cost Prevented Necessary Medical Care in Past Year | | | |
| | Total Number Who Responded to the Question* | Total Number Reporting That Cost Prevented Care | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
Demographic Characteristics				Lower	Upper
TOTAL	6,216	940	16.9	15.5	18.4
GENDER					
Male	2,405	310	15.2	13.1	17.6
Female	3,811	630	18.4	16.6	20.4
AGE					
18-24	231	42	16.7	11.6	23.5
25-34	656	145	22.5	18.6	26.9
35-44	900	181	20.1	16.8	23.8
45-54	1,275	269	22.4	19.5	25.6
55-64	1,384	201	13.2	11.1	15.6
65-74	1,015	71	6.5	4.9	8.8
75+	738	31	3.7	2.5	5.5
RACE/ETHNICITY					
White, non-Hispanic	3,530	334	10.9	9.3	12.8
Hispanic	1,953	469	24.0	21.4	26.7
Native American	545	103	18.9	14.2	24.7
Black/AA**	61	13	19.4	8.0	39.8
Asian NHOPI**	63	13	23.5	11.8	41.3
EDUCATION					
Less than High School Graduate	839	247	32.2	27.6	37.1
High School Graduate or G.E.D.	1,671	272	18.2	15.5	21.4
Some College	1,646	279	17.6	14.9	20.6
College Graduate	2,054	141	8.2	6.4	10.4
INCOME					
Less than $10,000	374	132	37.4	29.4	46.1
$10-19,999	924	274	32.3	27.9	37.1
$20-49,999	2,201	360	18.9	16.7	21.4
$50,000 or more	2,075	113	6.3	4.8	8.2
EMPLOYMENT					
Employed	3,280	519	15.9	14.2	17.7
Unemployed/Unable to Work	693	224	34.0	28.5	40.0
Homemaker/Student	689	117	19.3	15.0	24.4
Retired	1541	77	4.6	3.5	6.1
Geographic Region✿					
Northwest	1,555	246	16.7	13.8	19.9
Northeast	1,148	171	17.3	14.4	20.8
Bernalillo County	1,056	122	14.8	12.0	18.1
Southeast	1,173	173	16.3	13.6	19.5
Southwest	1,284	228	20.3	17.4	23.6

§ 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 refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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 13. Percentage of adult male New Mexicans who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care in Past Year Among Adult Men			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,405	310	15.2	13.1	17.6
AGE					
18-24	97	14	14.6	8.1	24.8
25-34	247	46	18.6	13.2	25.7
35-44	340	53	17.8	13.1	23.9
45-54	466	99	22.0	17.5	27.3
55-64	565	63	10.2	7.6	13.5
65-74	403	24	7.2	4.4	11.5
75+	281	11	3.5	1.8	6.7
RACE/ETHNICITY					
White, non-Hispanic	1,422	111	10.4	7.9	13.7
Hispanic	694	152	21.3	17.5	25.6
Native American	206	34	19.5	12.4	29.3
Other Race**	54	9	22.4	10.5	41.6
EDUCATION					
Less than High School Graduate	314	84	28.7	21.9	36.7
High School Graduate or G.E.D.	685	98	17.9	13.8	23.0
Some College	577	85	13.7	10.3	17.9
College Graduate	824	42	7.9	5.0	12.0
INCOME					
Less than $10,000**	96	33	34.3	22.7	48.1
$10-19,999	332	95	31.0	24.2	38.8
$20-49,999	852	122	16.8	13.5	20.7
$50,000 or more	932	39	4.8	3.1	7.2
EMPLOYMENT					
Employed	1,410	188	13.4	11.2	15.9
Unemployed/Unable to Work	279	85	35.4	27.1	44.8
Homemaker/Student**	50	7	14.4	5.2	34
Retired	661	29	4.7	2.9	7.5
Geographic Region✿					
Northwest	569	83	16.3	11.8	22.1
Northeast	458	76	20.5	15.6	26.4
Bernalillo County	407	34	12.6	8.6	18.0
Southeast	468	49	12.9	9.2	17.7
Southwest	503	68	15.7	12.0	20.3

§ 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 6,227 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 — FEMALES

Table 14. Percentage of adult female New Mexicans who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care in Past Year Among Adult Women			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,811	630	18.4	16.6	20.4
AGE					
18-24**	134	28	18.9	11.8	29.0
25-34	409	99	26.5	21.4	32.3
35-44	560	128	22.3	18.2	26.9
45-54	809	170	22.8	19.4	26.7
55-64	819	138	16.1	13.0	19.6
65-74	612	47	6.0	4.3	8.3
75+	457	20	3.8	2.3	6.3
RACE/ETHNICITY					
White, non-Hispanic	2,108	223	11.4	9.7	13.5
Hispanic	1,259	317	26.2	22.8	29.8
Native American	339	69	18.3	13.0	25.1
Other Race**	70	17	21.1	9.7	39.9
EDUCATION					
Less than High School Graduate	525	163	35.6	30.1	41.5
High School Graduate or G.E.D.	986	174	18.6	15.2	22.5
Some College	1,069	194	20.8	17.0	25.1
College Graduate	1,230	99	8.5	6.6	10.9
INCOME					
Less than $10,000	278	99	39.0	28.8	50.3
$10-19,999	592	179	33.5	27.9	39.5
$20-49,999	1,349	238	21.0	18.0	24.3
$50,000 or more	1,143	74	8.1	5.8	11.2
EMPLOYMENT					
Employed	1,870	331	18.9	16.3	21.7
Unemployed/Unable to Work	414	139	32.3	26.0	39.2
Homemaker/Student	639	110	20.5	16.2	25.6
Retired	880	48	4.5	3.3	6.3
Geographic Region✿					
Northwest	986	163	17.0	13.8	20.7
Northeast	690	95	14.4	11.2	18.3
Bernalillo County	649	88	16.9	13.3	21.4
Southeast	705	124	19.7	15.9	24.1
Southwest	781	160	24.8	20.6	29.6

§ 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 6,227 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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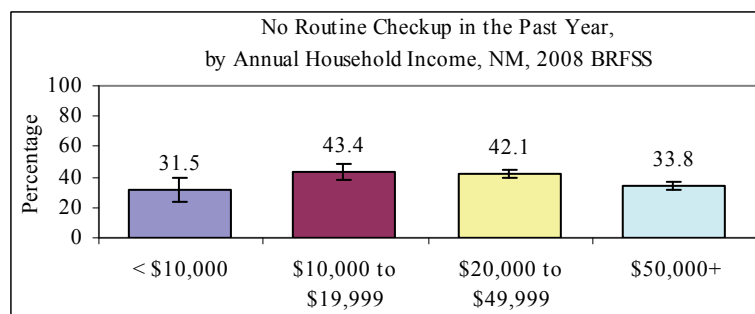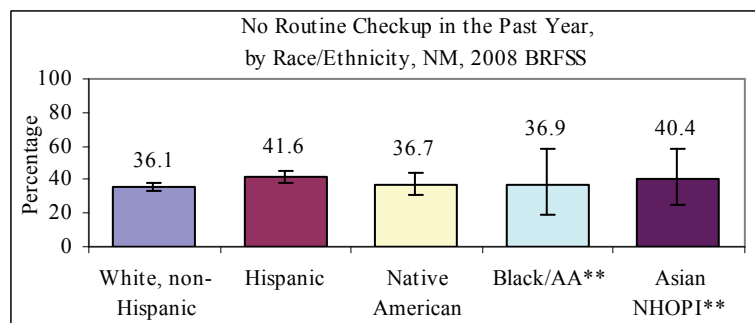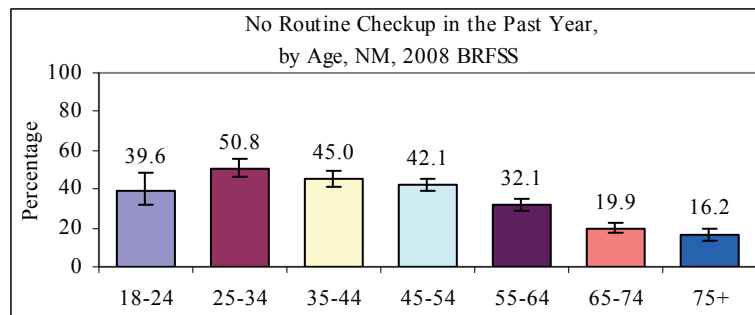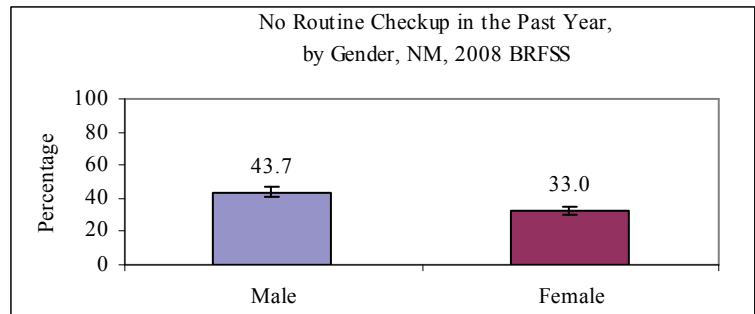
HEALTH CARE ACCESS, ROUTINE CHECKUP

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.[2,3]

IN NEW MEXICO,

◈ A greater percentage of adults in NM (38.2%) and the region (36.5%) had not visited a physician for a routine checkup in the past 12 months than adults in the U.S. (31.8%). Adjusting for differences in the age distributions of these populations did not change this relationship.

◈ 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, even after adjusting for differences in age distribution of these populations.

◈ Adults with less than a high school education were less likely to have had a routine checkup in the past year.

◈ Adults living in households with an annual income greater than $50,000 were more likely to have had a routine checkup in the past year.

◈ 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, 2008 BRFSS

NM	Region	US
38.2	36.5	31.8

No Routine Checkup in the Past Year, by Gender, NM, 2008 BRFSS

Male	Female
43.7	33.0

No Routine Checkup in the Past Year, by Age, NM, 2008 BRFSS

18-24	25-34	35-44	45-54	55-64	65-74	75+
39.6	50.8	45.0	42.1	32.1	19.9	16.2

No Routine Checkup in the Past Year, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
36.1	41.6	36.7	36.9	40.4

No Routine Checkup in the Past Year, by Annual Household Income, NM, 2008 BRFSS

< $10,000	$10,000 to $19,999	$20,000 to $49,999	$50,000+
31.5	43.4	42.1	33.8

HEALTH CARE ACCESS, ROUTINE CHECKUP

Table 15. Percentage of Adults who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in the Past Year			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,166	2,140	38.2	36.3	40.1
GENDER					
Male	2,390	937	43.7	40.7	46.7
Female	3,776	1203	33.0	30.7	35.4
AGE					
18-24	224	89	39.6	31.5	48.3
25-34	649	312	50.8	45.9	55.7
35-44	894	402	45.0	40.9	49.1
45-54	1,271	534	42.1	38.7	45.6
55-64	1,377	460	32.1	29.1	35.4
65-74	1,009	212	19.9	17.2	23.0
75+	726	128	16.2	13.4	19.4
RACE/ETHNICITY					
White, non-Hispanic	3,503	1140	36.1	33.6	38.6
Hispanic	1,935	735	41.6	38.4	44.9
Native American	543	199	36.7	30.4	43.6
Black/AA**	60	16	36.9	19.6	58.3
Asian NHOPI**	62	28	40.4	25.1	57.8
EDUCATION					
Less than High School Graduate	825	338	45.3	40.2	50.6
High School Graduate or G.E.D.	1,660	573	38.1	34.3	42.1
Some College	1,630	561	37.1	33.6	40.8
College Graduate	2,046	666	36.1	33.2	39.2
INCOME					
Less than $10,000	368	134	31.5	24.3	39.7
$10-19,999	916	353	43.4	38.5	48.4
$20-49,999	2,186	826	42.1	39.0	45.2
$50,000 or more	2,069	644	33.8	31.0	36.8
EMPLOYMENT					
Employed	3,260	1340	44.0	41.5	46.6
Unemployed/Unable to Work	680	229	36.1	30.4	42.1
Homemaker/Student	684	264	38.8	33.0	44.9
Retired	1529	304	18.3	16.1	20.7
Geographic Region✿					
Northwest	1,547	565	38.2	34.5	42.1
Northeast	1,144	390	38.5	34.5	42.6
Bernalillo County	1,048	325	35.8	31.8	40.0
Southeast	1,150	413	41.1	37.1	45.1
Southwest	1,277	447	40.2	36.5	43.9

§ 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 6,227 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 16. Percentage of Adult Men who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | No Routine Checkup in the Past Year Among Adult Men | | | |
| | | Total Number Reporting No Routine Checkup in Past Year | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	2,390	937	43.7	40.7	46.7
AGE					
18-24**	93	44	43.9	32.1	56.5
25-34	244	137	59.0	51.4	66.3
35-44	338	178	52.0	45.5	58.4
45-54	465	235	47.1	41.6	52.8
55-64	563	206	37.2	32.3	42.3
65-74	402	82	18.0	14.3	22.5
75+	280	55	18.3	13.7	24.1
RACE/ETHNICITY					
White, non-Hispanic	1,413	524	41.3	37.4	45.4
Hispanic	687	295	46.5	41.2	51.9
Native American	208	79	41.6	32.5	51.4
Other Race**	53	25	55.0	37.5	71.3
EDUCATION					
Less than High School Graduate	309	138	51.1	42.4	59.8
High School Graduate or G.E.D.	682	258	42.2	36.6	48.0
Some College	573	238	45.5	39.4	51.8
College Graduate	822	301	40.5	35.9	45.3
INCOME					
Less than $10,000**	94	34	29.1	18.7	42.2
$10-19,999	333	141	49.9	42.1	57.7
$20-49,999	845	357	48.0	43.0	53.0
$50,000 or more	930	345	39.7	35.3	44.3
EMPLOYMENT					
Employed	1,400	660	50.1	46.5	53.8
Unemployed/Unable to Work	275	102	40.1	31.4	49.6
Homemaker/Student**	49	24	43.2	25.3	63.1
Retired	661	149	20.5	17.2	24.4
Geographic Region✿					
Northwest	567	241	44.2	38.1	50.5
Northeast	461	175	43.7	37.5	50.1
Bernalillo County	403	143	41.1	34.8	47.8
Southeast	460	185	47.7	41.3	54.1
Southwest	499	193	44.8	39.1	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 6,227 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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HEALTH CARE ACCESS, ROUTINE CHECKUP — FEMALES

Table 17. Percentage of Adult Women who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in the Past Year Among Adult Women			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,776	1,203	33.0	30.7	35.4
AGE					
18-24**	131	45	35.2	24.6	47.4
25-34	405	175	42.4	36.6	48.4
35-44	556	224	38.1	33.3	43.2
45-54	806	299	37.4	33.4	41.6
55-64	814	254	27.3	23.7	31.3
65-74	607	130	21.6	17.9	25.9
75+	446	73	14.7	11.4	18.7
RACE/ETHNICITY					
White, non-Hispanic	2,090	616	30.6	27.8	33.5
Hispanic	1,248	440	37.8	33.8	42.0
Native American	335	120	31.5	23.7	40.4
Other Race**	69	19	22.5	10.5	41.7
EDUCATION					
Less than High School Graduate	516	200	39.7	34.1	45.6
High School Graduate or G.E.D.	978	315	34.0	28.9	39.5
Some College	1,057	323	30.3	26.3	34.5
College Graduate	1,224	365	31.7	28.2	35.5
INCOME					
Less than $10,000**	274	100	32.6	23.5	43.3
$10-19,999	583	212	37.6	31.8	43.6
$20-49,999	1,341	469	36.5	32.8	40.3
$50,000 or more	1,139	299	26.9	23.7	30.3
EMPLOYMENT					
Employed	1,860	680	36.7	33.4	40.1
Unemployed/Unable to Work	405	127	31.2	24.8	38.4
Homemaker/Student	635	240	37.7	32.2	43.6
Retired	868	155	16.2	13.5	19.3
Geographic Region✿					
Northwest	980	324	32.5	28.4	36.9
Northeast	683	215	33.3	28.4	38.6
Bernalillo County	645	182	30.9	25.9	36.3
Southeast	690	228	34.9	30.5	39.5
Southwest	778	254	35.7	31.1	40.6

§ 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 6,227 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.

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by NM, Region, and U.S., NM 2008 BRFSS

Legend: NM, Region, US

No Flu Shot Past 12 Months: 30.3, 27.8, 30.1
Never Pneumonia Vaccination: 33.9, 32.8, 34.2

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Age, NM, 2008 BRFSS

Legend: 65-74, 75+

No Flu Shot Past 12 Months: 37.2, 22.3
Never Pneumonia Vaccination: 43.1, 23.6

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Race/Ethnicity, NM, 2008 BRFSS

Legend: White, non-Hispanic; Hispanic; Native American**

No Flu Shot Past 12 Months: 28.9, 34.1, 27.9
Never Pneumonia Vaccination: 30.4, 44.4, 32.8

No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Education, NM, 2008 BRFSS

Legend: < HS, HS_GED, Some College, College Grad

No Flu Shot Past 12 Months: 39.1, 28.4, 32.0, 26.9
Never Pneumonia Vaccination: 48.4, 33.2, 30.0, 31.7

It is recommended that people 65 years of age and older receive a yearly influenza vaccination as part of routine health maintenance.[6,7] 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.[6,7]

IN NEW MEXICO,

❖ 30.3% of New Mexico adults ages 65 years and older had not been immunized against seasonal influenza during the past 12 months and 33.9% 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 Hispanic adults.

❖ Adults age 65+ with less than a high school education were less likely to have ever received either the pneumonia vaccine or the seasonal flu vaccine.
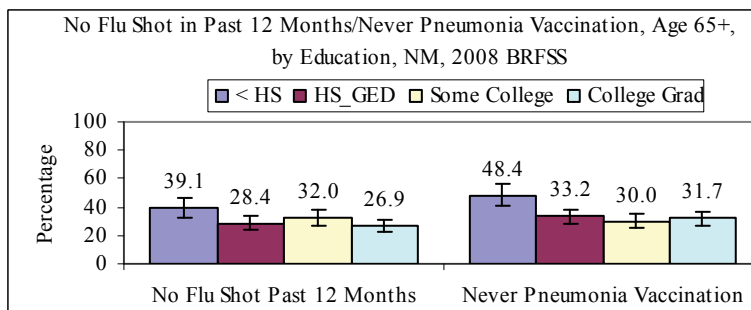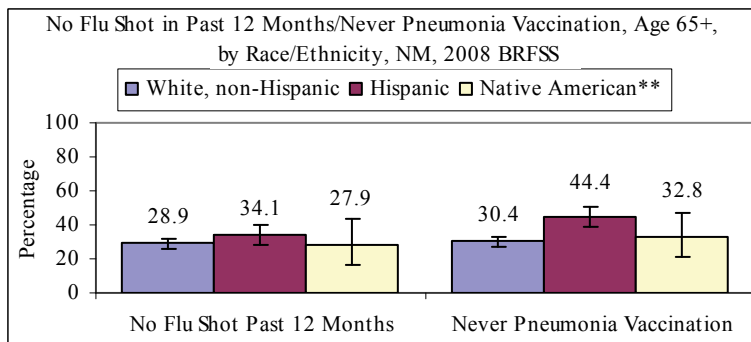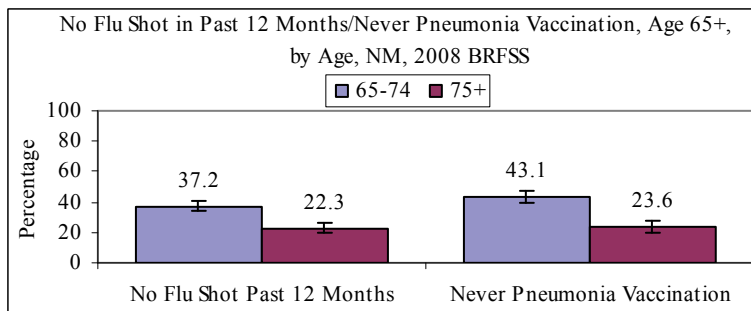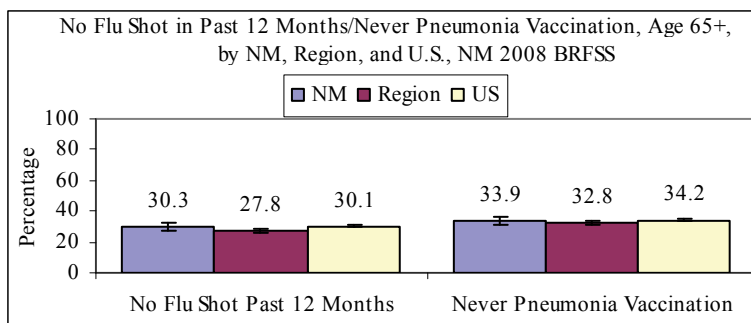
❖ The percentage of New Mexican adults ages 65 years and older not immunized against influenza during the past 12 months was similar across annual household income levels.

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

IMMUNIZATION, INFLUENZA VACCINATION

Table 18. Percentage of New Mexicans ages 65 years and older who did not get a flu shot during the past 12 months, New Mexico, 2008.

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	1,736	561	30.3	27.8	32.8
GENDER					
Male	677	222	31.2	27.3	35.4
Female	1,059	339	29.5	26.4	32.9
AGE					
65-74	1,005	375	37.2	33.7	40.9
75+	731	186	22.3	19.1	25.8
RACE/ETHNICITY					
White, non-Hispanic	1,233	395	28.9	26.1	31.8
Hispanic	400	133	34.1	28.5	40.1
Native American**	67	22	27.9	16.5	43.0
Other Race**	18	-	-	-	-
EDUCATION					
Less than High School Graduate	265	101	39.1	31.9	46.8
High School Graduate or G.E.D.	489	149	28.4	23.9	33.3
Some College	417	139	32.0	27.0	37.4
College Graduate	562	170	26.9	23.0	31.2
INCOME					
Less than $10,000**	95	40	43.9	31.8	56.7
$10-19,999	327	105	28.9	23.6	34.8
$20-49,999	644	202	29.9	25.9	34.3
$50,000 or more	376	108	26.7	21.9	32.1
EMPLOYMENT					
Employed	275	113	38.4	31.6	45.7
Unemployed/Unable to Work**	100	50	48.2	36.3	60.2
Homemaker/Student	164	48	28.4	20.9	37
Retired	1,195	349	27.4	24.6	30
Geographic Region✿					
Northwest	342	122	32.2	26.3	38.8
Northeast	339	109	29.7	24.7	35.2
Bernalillo County	321	82	25.4	20.4	31.1
Southeast	330	112	36.2	30.8	42.1
Southwest	404	136	32.2	27.5	37.4

§ 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 6,227 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 19. Percentage of New Mexicans ages 65 years and older who have never had a pneumococcal vaccination, New Mexico, 2008.

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	1,678	614	33.9	31.3	36.6
GENDER					
Male	643	255	38.0	33.8	42.5
Female	1,035	359	30.8	27.7	34.2
AGE					
65-74	968	423	43.1	39.4	46.9
75+	710	191	23.6	20.2	27.3
RACE/ETHNICITY					
White, non-Hispanic	1,199	407	30.4	27.5	33.4
Hispanic	383	166	44.4	38.4	50.6
Native American**	61	30	32.8	20.9	47.4
Other Race**	17	-	-	-	-
EDUCATION					
Less than High School Graduate	253	125	48.4	40.9	56.1
High School Graduate or G.E.D.	472	168	33.2	28.4	38.4
Some College	409	135	30.0	25.1	35.4
College Graduate	542	186	31.7	27.4	36.4
INCOME					
Less than $10,000**	91	43	46.8	34.5	59.5
$10-19,999	312	106	32.4	26.4	39.1
$20-49,999	627	219	33.2	29.0	37.7
$50,000 or more	368	133	33.5	28.3	39.2
EMPLOYMENT					
Employed	264	142	53.3	45.9	60.7
Unemployed/Unable to Work**	92	45	47.1	34.7	59.8
Homemaker/Student	162	63	31.9	24.5	40.2
Retired	1158	362	29.0	26.1	32.1
Geographic Region✿					
Northwest	330	124	30.5	24.8	36.9
Northeast	326	132	39.9	34.2	45.8
Bernalillo County	314	88	28.6	23.3	34.5
Southeast	323	134	41.8	36.2	47.7
Southwest	385	136	34.9	29.9	40.3

§ 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 6,227 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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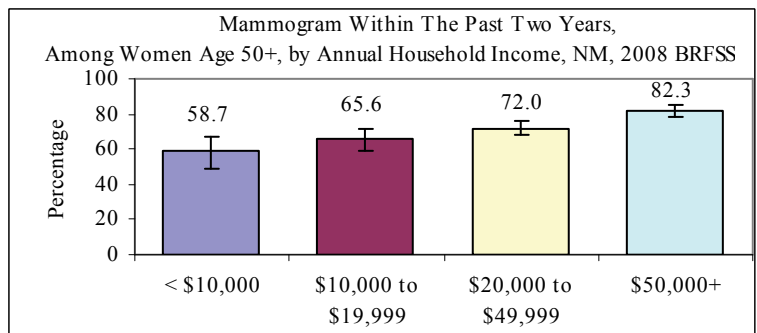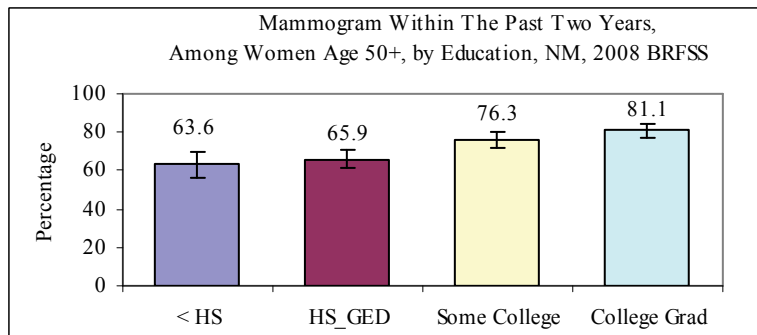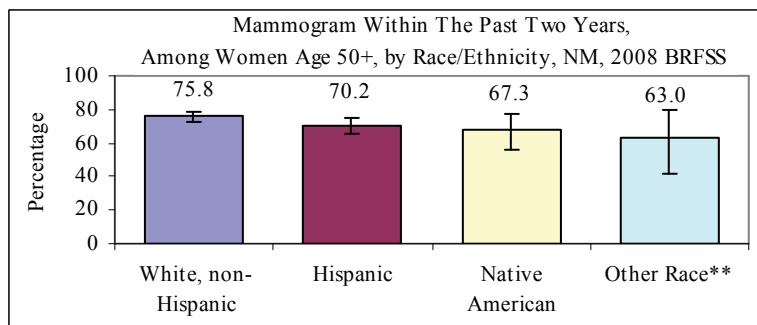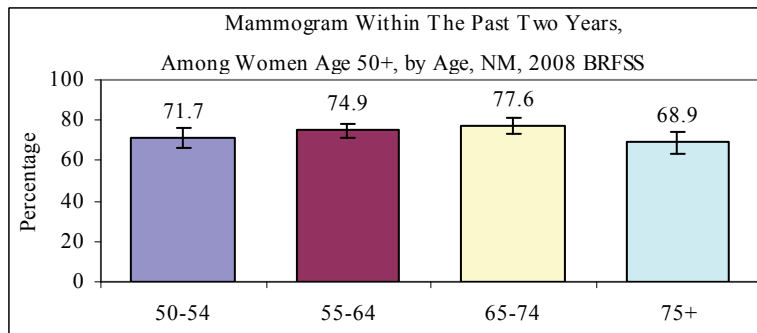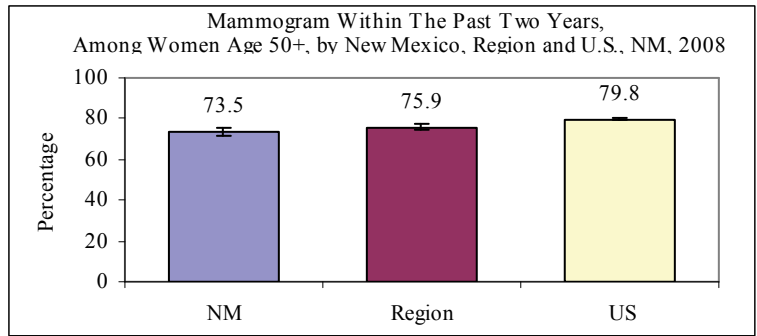# MAMMOGRAM W/IN PAST TWO YEARS—WOMEN AGE 50+

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

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

Breast cancer is the most commonly diagnosed cancer among women in New Mexico across all racial/ethnic groups. Breast cancer accounts for one-third of all cancer cases in women, but less than 20 percent of the cancer deaths. The most effective method of detecting early-stage breast cancer is annual or bi-annual mammography.[35]

IN NEW MEXICO,

◈ 73.5% of women aged 50 or more had a mammogram in the previous 2 years. This percentage was similar to the Region (75.9%) but was lower than the US (79.8%).

◈ There was no significant difference in history of mammogram by age, race/ethnicity, marital status, employment status, or region of residence, even after adjusting for age differences across groups.

◈ Women age 50+ who reported some college education or were a college graduate were more likely to report having had a mammogram in the past 2 years.

◈ Women age 50+ living in a household with an annual income of $50,000 or more were more likely to report having had a mammogram in the past 2 years.

◈ Women age 50+ with health care coverage were more likely to report having had a mammogram in the past 2 years.

Mammogram Within The Past Two Years, Among Women Age 50+, by New Mexico, Region and U.S., NM, 2008 — NM 73.5, Region 75.9, US 79.8

Mammogram Within The Past Two Years, Among Women Age 50+, by Age, NM, 2008 BRFSS — 50-54: 71.7, 55-64: 74.9, 65-74: 77.6, 75+: 68.9

Mammogram Within The Past Two Years, Among Women Age 50+, by Race/Ethnicity, NM, 2008 BRFSS — White, non-Hispanic: 75.8, Hispanic: 70.2, Native American: 67.3, Other Race**: 63.0

Mammogram Within The Past Two Years, Among Women Age 50+, by Education, NM, 2008 BRFSS — < HS: 63.6, HS_GED: 65.9, Some College: 76.3, College Grad: 81.1

Mammogram Within The Past Two Years, Among Women Age 50+, by Annual Household Income, NM, 2008 BRFSS — < $10,000: 58.7, $10,000 to $19,999: 65.6, $20,000 to $49,999: 72.0, $50,000+: 82.3

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MAMMOGRAM W/IN PAST TWO YEARS—WOMEN AGE 50+

Table 20. Percentage of Women Age 50+ Who Have Had a Mammogram in the Past 2 Years, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Mammogram within Past Two Years Among Women Age 50+			
		Total Number Reporting Mammogram W/in Past 2 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,282	1,659	73.5	71.2	75.7
AGE					
50-54	435	313	71.7	66.2	76.6
55-64	807	585	74.9	70.9	78.5
65-74	601	462	77.6	73.2	81.4
75+	439	299	68.9	63.5	73.8
RACE/ETHNICITY					
White, non-Hispanic	1,476	1099	75.8	73.1	78.4
Hispanic	616	433	70.2	65.4	74.6
Native American	135	88	67.3	55.7	77.2
Other Race**	32	22	63.0	41.7	80.2
EDUCATION					
Less than High School Graduate	302	190	63.6	56.5	70.2
High School Graduate or G.E.D.	599	401	65.9	61.1	70.5
Some College	629	465	76.3	71.9	80.2
College Graduate	751	602	81.1	77.4	84.4
INCOME					
Less than $10,000	175	102	58.7	49.2	67.6
$10-19,999	380	242	65.6	59.3	71.4
$20-49,999	795	582	72.0	67.7	75.8
$50,000 or more	617	503	82.3	78.4	85.6
EMPLOYMENT					
Employed	873	637	74.9	71.1	78.3
Unemployed/Unable to Work	260	170	66.1	58.3	73.1
Homemaker/Student	292	202	69.7	62.9	75.8
Retired	854	648	75.8	72.2	79.2
Geographic Region✿					
Northwest	523	373	72.2	66.6	77.2
Northeast	462	331	70.1	65.1	74.7
Bernalillo County	379	301	78.5	73.4	82.9
Southeast	429	308	71.5	66.4	76.0
Southwest	489	346	71.3	66.5	75.5

§ 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 are male are excluded. Consequently, the sample sizes may not add to 6,227 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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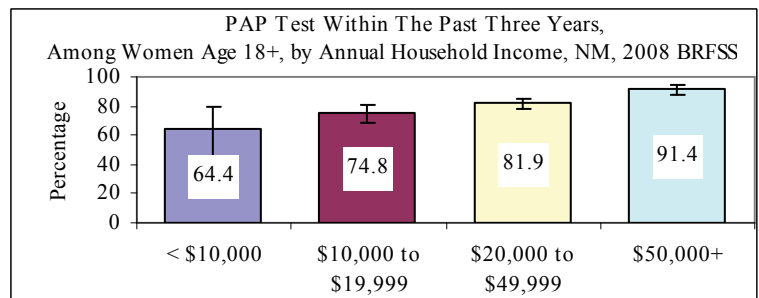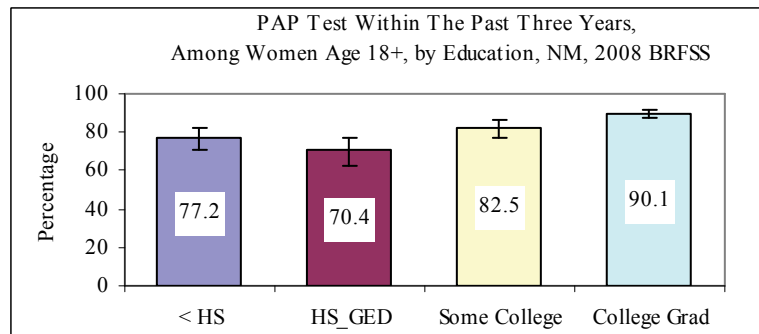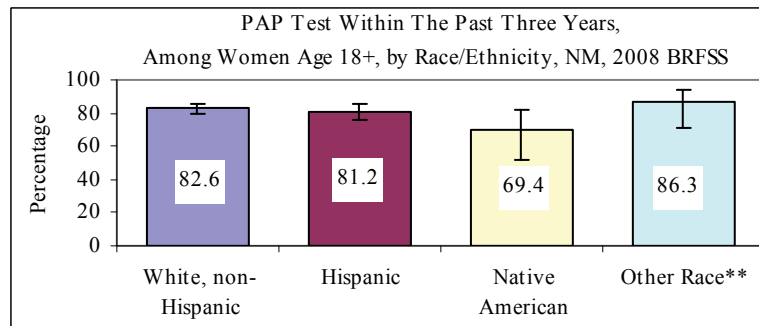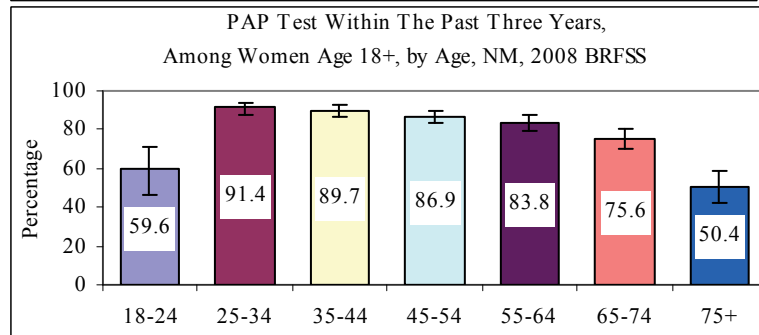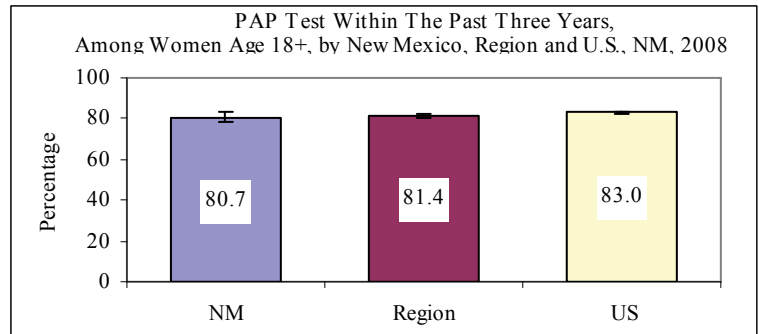# PAP TEST W/IN PAST THREE YEARS—WOMEN AGE 18+

QUESTION:

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

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

The human papillomavirus (HPV) is the primary cause of cervical cancer. HPV infections are sexually transmitted and risk of infection increases with the number of sexual partners. The Pap test, which detects cellular changes in the cervix, is used to identify women at higher risk for developing cervical cancer.[35]

IN NEW MEXICO,

◈ 80.7% of women aged 18 or more had a PAP Test in the previous 3 years. This percentage was similar to the Region (81.4%) and to the US (83.0%).

◈ Women in the youngest and oldest age groups were less likely to report a PAP Test in the past three years than women in the middle age groups.

◈ Women who reported some college education or were a college graduate were more likely to report having had a PAP test in the past 3 years.

◈ Women living in a household with an annual income of $50,000 or more were more likely to report having had a PAP test in the past 3 years.

◈ There was no significant difference by race/ethnicity or region of residence, even after adjusting for age differences across groups.

◈ Apparent differences by employment status were explained by differences in age across the employment categories.

◈ Women with health care coverage were not more likely to report having had a PAP test in the past 3 years.

PAP Test Within The Past Three Years, Among Women Age 18+, by New Mexico, Region and U.S., NM, 2008

NM: 80.7, Region: 81.4, US: 83.0

PAP Test Within The Past Three Years, Among Women Age 18+, by Age, NM, 2008 BRFSS

18-24: 59.6, 25-34: 91.4, 35-44: 89.7, 45-54: 86.9, 55-64: 83.8, 65-74: 75.6, 75+: 50.4

PAP Test Within The Past Three Years, Among Women Age 18+, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic: 82.6, Hispanic: 81.2, Native American: 69.4, Other Race**: 86.3

PAP Test Within The Past Three Years, Among Women Age 18+, by Education, NM, 2008 BRFSS

< HS: 77.2, HS_GED: 70.4, Some College: 82.5, College Grad: 90.1

PAP Test Within The Past Three Years, Among Women Age 18+, by Annual Household Income, NM, 2008 BRFSS

< $10,000: 64.4, $10,000 to $19,999: 74.8, $20,000 to $49,999: 81.9, $50,000+: 91.4

Table 21. Percentage of Women Age 18+ Who Have Had a PAP Test in the Past 3 Years, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	PAP Test within Past Three Years Among Women Age 18+			
		Total Number Reporting PAP Test W/in Past 3 Years	Weighted Percent (%)[§]	95% Confidence Interval[‡]	
				Lower	Upper
TOTAL	2,631	2,102	80.7	77.6	83.5
AGE					
18-24	132	93	59.6	46.5	71.4
25-34	392	354	91.4	87.6	94.0
35-44	483	421	89.7	86.4	92.3
45-54	599	499	86.9	83.6	89.6
55-64	495	399	83.8	79.4	87.4
65-74	323	237	75.6	69.6	80.8
75+	207	99	50.4	42.2	58.5
RACE/ETHNICITY					
White, non-Hispanic	1,357	1077	82.6	79.2	85.5
Hispanic	918	757	81.2	76.2	85.4
Native American	275	206	69.4	52.1	82.5
Other Race**	52	41	86.3	71.4	94.1
EDUCATION					
Less than High School Graduate	360	265	77.2	71.1	82.3
High School Graduate or G.E.D.	648	482	70.4	62.3	77.4
Some College	720	578	82.5	77.2	86.9
College Graduate	902	776	90.1	87.5	92.1
INCOME					
Less than $10,000	182	125	64.4	44.9	80.1
$10-19,999	396	277	74.8	68.3	80.3
$20-49,999	932	740	81.9	77.6	85.6
$50,000 or more	837	762	91.4	87.5	94.1
EMPLOYMENT					
Employed	1,438	1201	83.3	78.7	87.1
Unemployed/Unable to Work	256	191	76.5	66.1	84.4
Homemaker/Student	483	393	80.6	73.9	85.9
Retired	447	313	72.2	67.0	76.9
Geographic Region✿					
Northwest	732	581	78.9	73.7	83.3
Northeast	507	413	82.8	76.6	87.7
Bernalillo County	460	395	83.1	75.2	88.9
Southeast	513	318	80.1	75.2	84.2
Southwest	513	395	77.1	70.6	82.6

§ 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 male are excluded. Consequently, the sample sizes may not add to 6,227 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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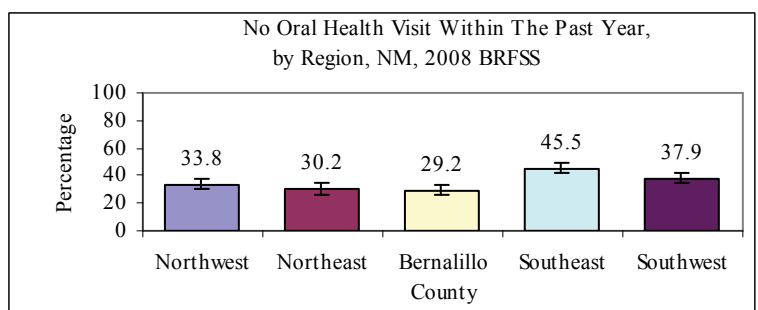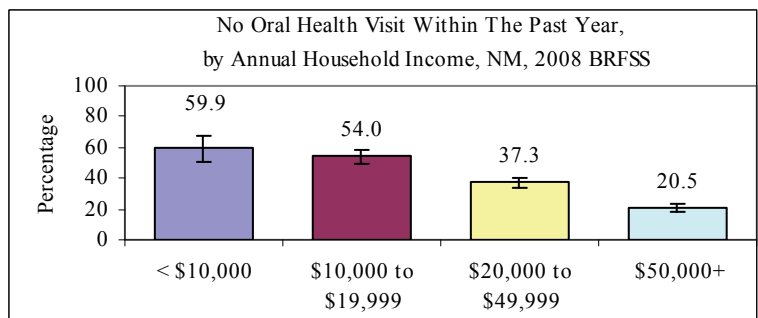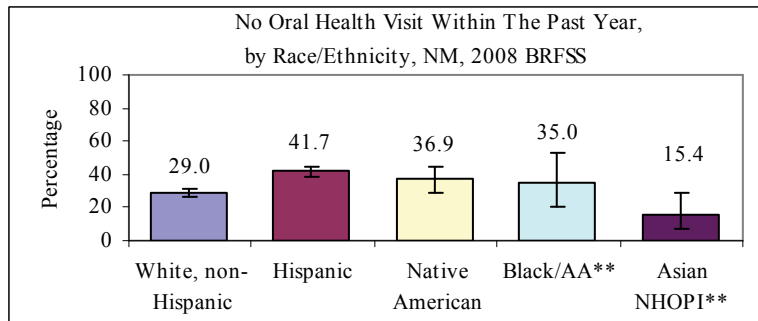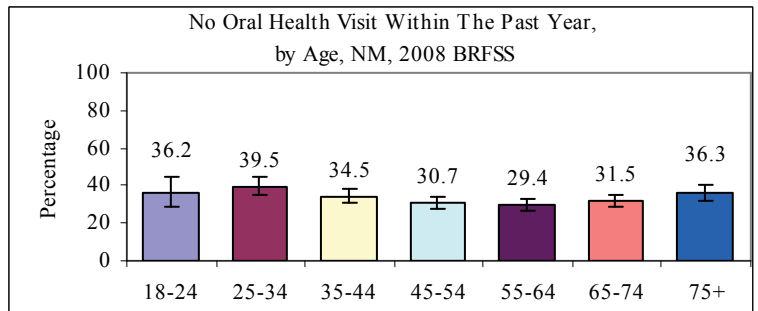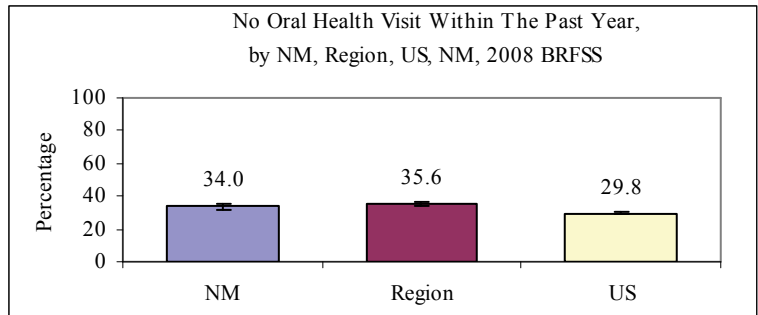
QUESTION:

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

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

IN NEW MEXICO,

◈ 34.0% of adult New Mexicans had not visited a dentist in the past year. This percentage was not statistically different from the Region (35.6%) but was higher than the U.S. (29.8%).

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

◈ White, non-Hispanic adults were more likely to have visited a dentist in the past year than Hispanic adults and Asian/NHOPI adults were more likely to have visited a dentist in the past year than Native American adults. Comparison of other groups was limited by small sample size. Group differences in income and education status may explain some of the differences by race/ethnicity.

◈ Income was associated with dental visits. Over 50% of adults living in households with an annual income less than $20,000 per year had not visited a dentist in the past year.

◈ Education was also associated with dental visits. 50.7% of adults with less than a high school education had not visited a dentist in the past year while 22.4% of adults with a college degree had not visited a dentist in the past year.

◈ Adults living in the Southeast and Southwest regions of NM were less likely to have visited a dentist in the past year.

No Oral Health Visit Within The Past Year, by NM, Region, US, NM, 2008 BRFSS

No Oral Health Visit Within The Past Year, by Age, NM, 2008 BRFSS

No Oral Health Visit Within The Past Year, by Race/Ethnicity, NM, 2008 BRFSS

No Oral Health Visit Within The Past Year, by Annual Household Income, NM, 2008 BRFSS

No Oral Health Visit Within The Past Year, by Region, NM, 2008 BRFSS

ORAL HEALTH — NO VISIT IN PAST YEAR

Table 22. No Oral Health Care Visit Within the Past Year, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Oral Health Visit Within Past Year		
		Total # Reporting No Oral Health Visit in Past Year	Weighted Percent (%)§	95% Confidence Interval‡
				Lower	Upper
TOTAL	6,211	2,122	34.0	32.2	35.9
GENDER					
Male	2,403	891	35.8	33.0	38.6
Female	3,808	1231	32.4	30.0	34.8
AGE					
18-24	232	85	36.2	28.3	44.8
25-34	655	256	39.5	34.8	44.4
35-44	898	313	34.5	30.6	38.5
45-54	1,277	398	30.7	27.5	34.0
55-64	1,385	450	29.4	26.5	32.5
65-74	1,012	337	31.5	28.2	35.0
75+	735	279	36.3	32.3	40.5
RACE/ETHNICITY					
White, non-Hispanic	3,528	1052	29.0	26.8	31.4
Hispanic	1,952	820	41.7	38.5	45.0
Native American	546	196	36.9	29.5	44.9
Black/AA**	60	28	35.0	20.0	53.6
Asian NHOPI**	62	12	15.4	7.4	29.3
EDUCATION					
Less than High School Graduate	838	460	50.7	45.5	55.8
High School Graduate or G.E.D.	1,673	694	39.7	35.9	43.6
Some College	1,639	562	32.7	29.4	36.2
College Graduate	2,055	402	22.4	19.7	25.3
INCOME					
Less than $10,000	372	215	59.9	51.0	68.1
$10-19,999	923	487	54.0	49.1	58.7
$20-49,999	2,203	806	37.3	34.4	40.4
$50,000 or more	2,073	414	20.5	18.1	23.2
EMPLOYMENT					
Employed	3,278	1020	32.5	30.1	35.0
Unemployed/Unable to Work	695	360	48.3	42.3	54.4
Homemaker/Student	691	239	31.8	26.5	37.7
Retired	1534	498	29.8	27.1	32.6
Geographic Region✿					
Northwest	1,554	548	33.8	30.2	37.6
Northeast	1,152	312	30.2	26.5	34.2
Bernalillo County	1,052	291	29.2	25.4	33.3
Southeast	1,170	503	45.5	41.5	49.5
Southwest	1,283	468	37.9	34.3	41.7

§ 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 6,227 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. No Oral Health Care Visit Within the Past Year Among Adult Males, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Oral Health Visit Within Past Year Among Adult Men			
		Total # Reporting No Oral Health Visit in Past Year	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	2,403	891	35.8	33.0	38.6
AGE					
18-24**	97	38	35.4	25.0	47.5
25-34	245	107	41.9	34.5	49.7
35-44	339	139	38.9	32.8	45.4
45-54	468	168	33.6	28.5	39.1
55-64	565	185	28.9	24.6	33.5
65-74	402	130	30.6	25.6	36.2
75+	281	122	38.8	32.4	45.6
RACE/ETHNICITY					
White, non-Hispanic	1,421	466	31.5	27.9	35.4
Hispanic	694	319	43.1	38.0	48.4
Native American	207	85	38.3	29.5	47.9
Other Race**	53	15	29.8	16.5	47.6
EDUCATION					
Less than High School Graduate	313	187	53.6	44.8	62.1
High School Graduate or G.E.D.	686	303	39.5	34.3	45.1
Some College	576	220	34.1	28.7	40.0
College Graduate	823	177	25.4	21.3	30.1
INCOME					
Less than $10,000**	95	58	50.4	36.5	64.3
$10-19,999	334	195	57.9	50.0	65.3
$20-49,999	851	356	41.2	36.5	46.2
$50,000 or more	931	216	23.7	19.9	27.9
EMPLOYMENT					
Employed	1,408	497	36.2	32.8	39.8
Unemployed/Unable to Work	281	153	44.2	35.5	53.2
Homemaker/Student**	50	11	22.4	9.5	44.3
Retired	659	228	30.9	26.9	35.3
Geographic Region✿					
Northwest	567	233	39.7	33.7	46.0
Northeast	461	138	32.9	27.1	39.3
Bernalillo County	405	114	27.7	22.3	33.8
Southeast	467	206	48.9	42.5	55.3
Southwest	503	200	38.7	33.4	44.3

§ 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 females were excluded. Consequently, the sample sizes may not add to 6,227 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.

ORAL HEALTH — FEMALES, NO VISIT IN PAST YEAR

Table 24. No Oral Health Care Visit Within the Past Year Among Adult Females, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Oral Health Visit Within Past Year Among Adult Women			
		Total # Reporting No Oral Health Visit in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,808	1,231	32.4	30.0	34.8
AGE					
18-24**	135	47	37.0	25.9	49.6
25-34	410	149	37.1	31.5	43.1
35-44	559	174	30.1	25.6	35.1
45-54	809	230	27.9	24.3	31.8
55-64	820	265	29.9	26.0	34.1
65-74	610	207	32.3	28.0	36.9
75+	454	157	34.5	29.5	39.8
RACE/ETHNICITY					
White, non-Hispanic	2,107	586	26.4	23.9	29.2
Hispanic	1,258	501	40.6	36.6	44.7
Native American	339	111	35.4	23.8	49.1
Other Race**	69	25	17.1	9.7	28.3
EDUCATION					
Less than High School Graduate	525	273	47.8	42.1	53.6
High School Graduate or G.E.D.	987	391	39.8	34.5	45.5
Some College	1,063	342	31.6	27.6	35.8
College Graduate	1,232	225	19.3	16.1	22.9
INCOME					
Less than $10,000	277	157	64.6	54.5	73.5
$10-19,999	589	292	50.5	44.6	56.3
$20-49,999	1,352	450	33.6	30.1	37.4
$50,000 or more	1,142	198	16.8	14.1	19.8
EMPLOYMENT					
Employed	1,870	523	28.1	24.9	31.6
Unemployed/Unable to Work	414	207	53.4	46.1	60.6
Homemaker/Student	641	228	34.2	28.9	39.8
Retired	875	270	28.7	25.2	32.4
Geographic Region✿					
Northwest	987	315	28.2	24.4	32.4
Northeast	691	174	27.5	23.2	32.4
Bernalillo County	647	177	30.6	25.5	36.3
Southeast	703	297	42.3	37.7	46.9
Southwest	780	268	37.1	32.3	42.2

§ 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 males were excluded. Consequently, the sample sizes may not add to 6,227 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.

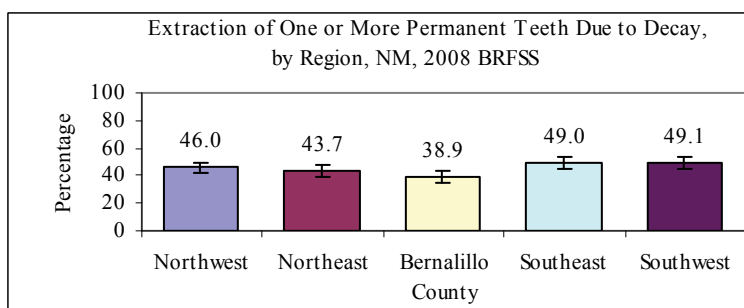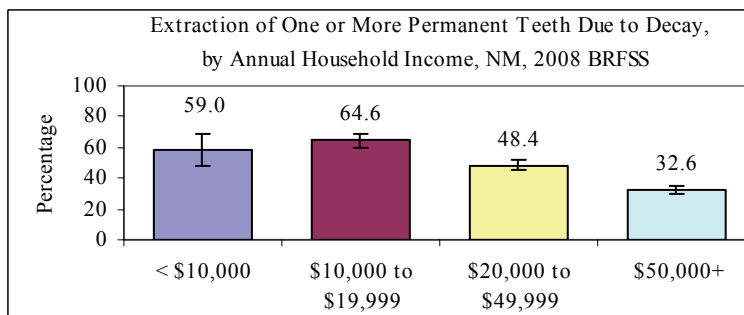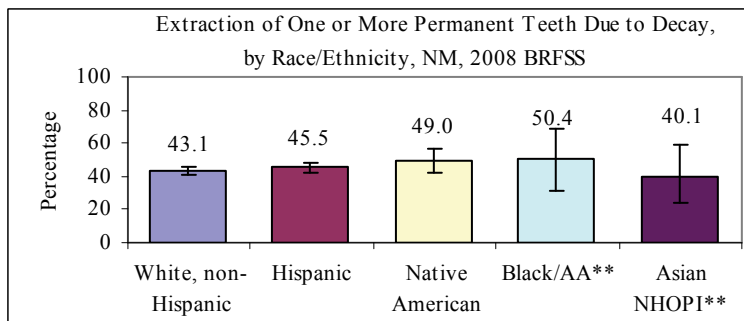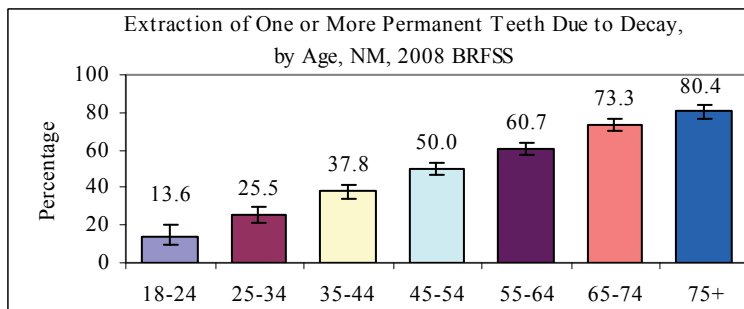** Estimates based on small sample size may not be reliable and may change significantly from year to year.

QUESTION:

"How many of your permanent teeth have been re-moved because of tooth decay or gum disease? In-clude teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics. (If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth) "

IN NEW MEXICO,

❖ 44.4% of adult New Mexicans had experi-enced the extraction of at least one tooth due to decay or gum disease. This percent-age was not statistically different from the Region (42.8%) or that of the U.S. (45.1%).

❖ There was not a statistically significant dif-ference between men and women.

❖ Perhaps not surprising was a strong asso-ciation between age and history of extrac-tion.

❖ There was no measurable difference by race/ethnicity.

❖ Income was associated with extraction of one or more teeth. Just over 60% of adults living in households with an annual income less than $20,000 per year had lost at least one tooth to decay or gum disease while 33% living in households with income of $50,000+ had lost one or more teeth.

❖ Education was also associated with extrac-tion of one or more teeth. 61% of adults with less than a high school education had lost at least one tooth while 34% of adults graduating from college had lost one or more teeth.

❖ The Northwest and Northeast regions of the state and Bernalillo County were all similar, while a greater percentage of adults living in the Southwest and Southeast re-gions had lost at least one tooth than adults living in Bernalillo County.

Extraction of One or More Permanent Teeth Due to Decay, by NM, Region, US, NM, 2008 BRFSS

NM 44.4 | Region 42.8 | US 45.1

Extraction of One or More Permanent Teeth Due to Decay, by Age, NM, 2008 BRFSS

18-24: 13.6 | 25-34: 25.5 | 35-44: 37.8 | 45-54: 50.0 | 55-64: 60.7 | 65-74: 73.3 | 75+: 80.4

Extraction of One or More Permanent Teeth Due to Decay, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic: 43.1 | Hispanic: 45.5 | Native American: 49.0 | Black/AA**: 50.4 | Asian NHOPI**: 40.1

Extraction of One or More Permanent Teeth Due to Decay, by Annual Household Income, NM, 2008 BRFSS

< $10,000: 59.0 | $10,000 to $19,999: 64.6 | $20,000 to $49,999: 48.4 | $50,000+: 32.6

Extraction of One or More Permanent Teeth Due to Decay, by Region, NM, 2008 BRFSS

Northwest: 46.0 | Northeast: 43.7 | Bernalillo County: 38.9 | Southeast: 49.0 | Southwest: 49.1

ORAL HEALTH — ONE OR MORE EXTRACTIONS DUE TO DECAY

Table 25. One or more teeth extracted due to decay, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Extraction of One or More Permanent Teeth Due to Decay			
		Total # Reporting Extraction of One or More Permanent Teeth	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,169	3,371	44.4	42.5	46.2
GENDER					
Male	2,392	1308	42.9	40.1	45.8
Female	3,777	2063	45.8	43.4	48.1
AGE					
18-24	232	40	13.6	9.1	19.8
25-34	658	192	25.5	21.7	29.8
35-44	897	346	37.8	33.9	41.9
45-54	1,266	630	50.0	46.5	53.5
55-64	1,371	833	60.7	57.4	63.9
65-74	1,008	740	73.3	70.0	76.4
75+	721	584	80.4	76.7	83.6
RACE/ETHNICITY					
White, non-Hispanic	3,500	1870	43.1	40.7	45.5
Hispanic	1,943	1101	45.5	42.3	48.7
Native American	539	308	49.0	41.8	56.3
Black/AA**	60	36	50.4	31.5	69.2
Asian NHOPI**	63	26	40.1	24.1	58.6
EDUCATION					
Less than High School Graduate	831	597	60.9	55.4	66.2
High School Graduate or G.E.D.	1,660	1023	48.1	44.2	52.1
Some College	1,628	890	43.7	40.1	47.3
College Graduate	2,045	857	34.0	31.5	36.7
INCOME					
Less than $10,000	371	266	59.0	48.4	68.9
$10-19,999	920	663	64.6	59.5	69.3
$20-49,999	2,185	1254	48.4	45.3	51.5
$50,000 or more	2,063	829	32.6	30.0	35.3
EMPLOYMENT					
Employed	3,262	1466	37.9	35.6	40.3
Unemployed/Unable to Work	692	453	51.0	44.8	57.2
Homemaker/Student	688	340	34.2	29.4	39.5
Retired	1515	1109	72.7	69.9	75.3
Geographic Region✿					
Northwest	1,545	850	46.0	42.3	49.8
Northeast	1,140	577	43.7	39.8	47.7
Bernalillo County	1,045	517	38.9	35.1	42.8
Southeast	1,163	680	49.0	45.1	52.9
Southwest	1,276	747	49.1	45.4	52.9

§ 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 6,227 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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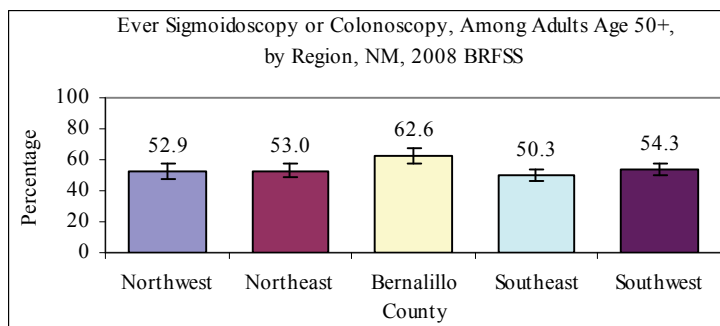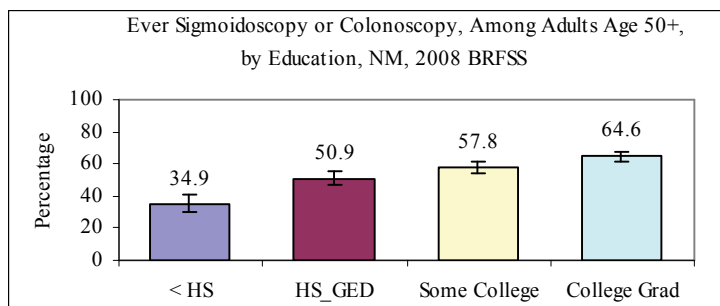
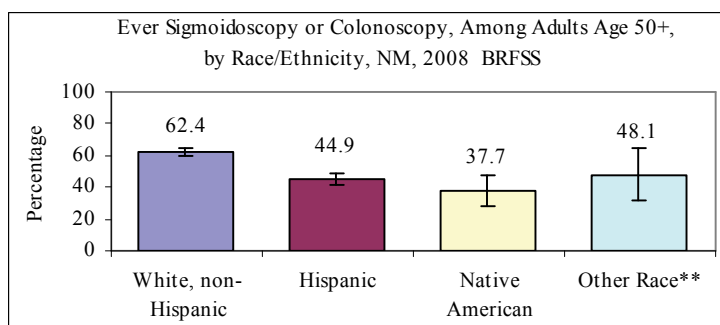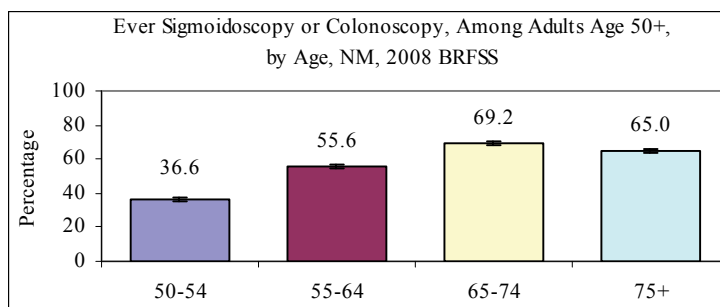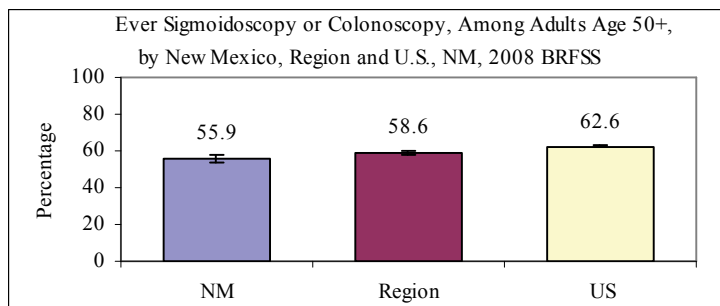# COLORECTAL CANCER SCREENING, ADULTS AGE 50+

QUESTION:

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

"For a SIGMOIDOSCOPY, a flexible tube is inserted into the rectum to look for problems. A COLONOSCOPY is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT exam a sigmoidoscopy or a colonoscopy? "

Colorectal cancer is the fourth most frequently diagnosed form of cancer but the second leading cause of cancer deaths among New Mexico adults. Screening can reduce mortality from this disease. Additionally, colorectal cancer screening can prevent this cancer from occurring through the removal of pre-cancerous polyps.[35]

IN NEW MEXICO,

◆ 55.9% of New Mexico adults age 50+ have had either a sigmoidoscopy or colonoscopy, at least once, which was similar to the region (58.6%). NM and the region were lower than the U.S. (62.6%).

◆ White, non-Hispanic adults (62.4%) were more likely than Hispanic adults (44.9%) and Native American adults (37.7%). Adjusting for differences in age across the groups did not change this relationship.

◆ Though recommended for adults age 50 or older, adults age 50 - 64 were less likely to have had a colorectal cancer test than those age 65+, nearly all of whom are covered by Medicare.

◆ Adults with a higher level of education or who lived in households with higher annual household income were more likely to have had a sigmoidoscopy or colonoscopy.

◆ Health care coverage was a determining factor in whether an adult age 50+ had either procedure. While 60.0% of those with health care coverage reported a sigmoidoscopy or colonoscopy, only 17.7% of those who did not have coverage reported either procedure.

◆ 90.0% of those reporting a procedure indicated that it was a colonoscopy. However, among adults age 50 to 64, those without health care coverage were more likely to have had a sigmoidoscopy.

Ever Sigmoidoscopy or Colonoscopy, Among Adults Age 50+, by New Mexico, Region and U.S., NM, 2008 BRFSS

Ever Sigmoidoscopy or Colonoscopy, Among Adults Age 50+, by Age, NM, 2008 BRFSS

Ever Sigmoidoscopy or Colonoscopy, Among Adults Age 50+, by Race/Ethnicity, NM, 2008 BRFSS

Ever Sigmoidoscopy or Colonoscopy, Among Adults Age 50+, by Education, NM, 2008 BRFSS

Ever Sigmoidoscopy or Colonoscopy, Among Adults Age 50+, by Region, NM, 2008 BRFSS

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COLORECTAL CANCER SCREENING, ADULTS AGE 50+

Table 26. History of EVER having had a sigmoidoscopy or colonoscopy, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Sigmoidoscopy or Colonoscopy Among Adults Age 50+			
		Total Number Reporting Sigmoid/Colonoscopy	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,726	2,044	55.9	53.8	57.9
GENDER					
Male	1,437	799	56.5	53.2	59.7
Female	2,289	1245	55.3	52.8	57.9
AGE					
50-54	655	232	36.6	31.9	41.5
55-64	1,362	710	55.6	52.2	58.9
65-74	990	658	69.2	65.6	72.5
75+	719	444	65.0	60.8	68.9
RACE/ETHNICITY					
White, non-Hispanic	2,447	1470	62.4	59.9	64.7
Hispanic	970	452	44.9	41.0	48.9
Native American	219	70	37.7	28.5	47.9
Other Race**	52	26	48.1	31.8	64.9
EDUCATION					
Less than High School Graduate	472	179	34.9	29.7	40.6
High School Graduate or G.E.D.	955	487	50.9	46.9	55.0
Some College	969	536	57.8	53.9	61.7
College Graduate	1,326	839	64.6	61.2	67.8
INCOME					
Less than $10,000	231	103	40.8	32.9	49.3
$10-19,999	579	243	42.0	36.8	47.3
$20-49,999	1,285	694	54.1	50.6	57.6
$50,000 or more	1,195	759	63.8	60.3	67.2
EMPLOYMENT					
Employed	1,531	704	48.1	44.8	51.3
Unemployed/Unable to Work	404	187	42.9	36.8	49.2
Homemaker/Student	296	153	49.4	42.4	56.4
Retired	1492	997	70.1	67.2	72.7
Geographic Region✿					
Northwest	842	414	52.9	48.1	57.5
Northeast	748	410	53.0	48.7	57.1
Bernalillo County	630	408	62.6	58.0	66.9
Southeast	711	366	50.3	46.2	54.3
Southwest	795	446	54.3	50.4	58.1

§ 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 are excluded. Consequently, the sample sizes may not add to 6,227 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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HIV TEST HISTORY
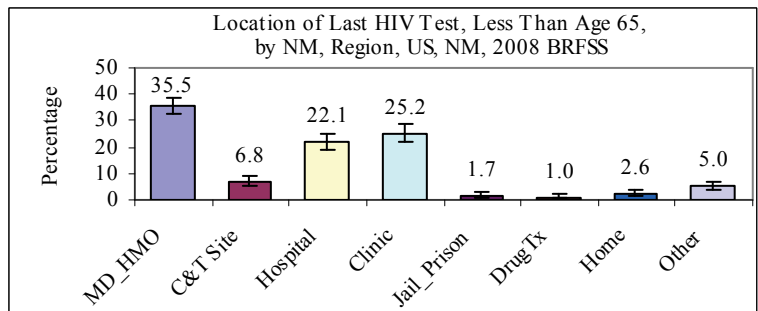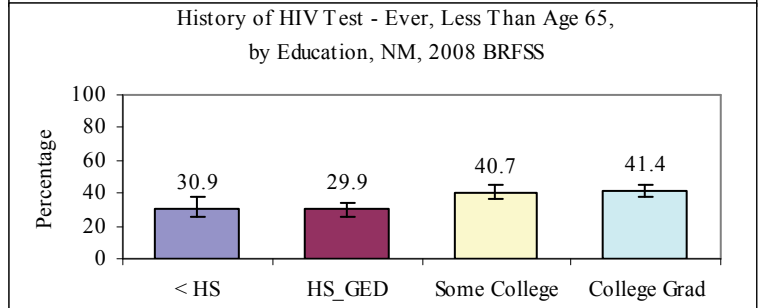
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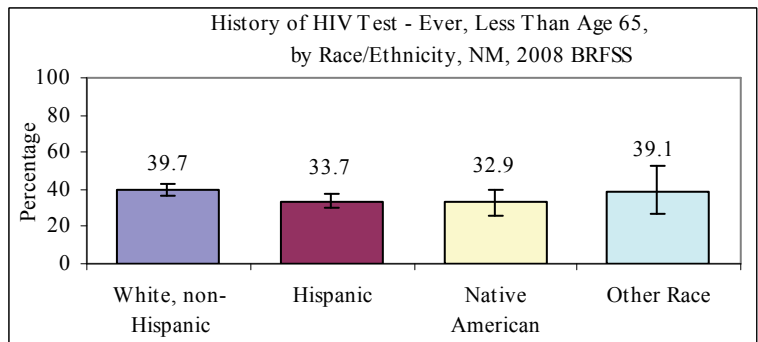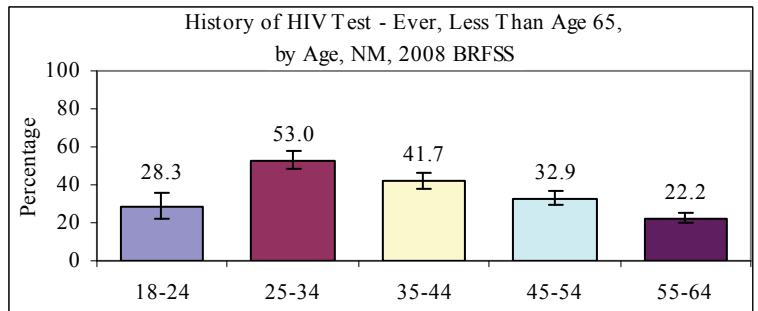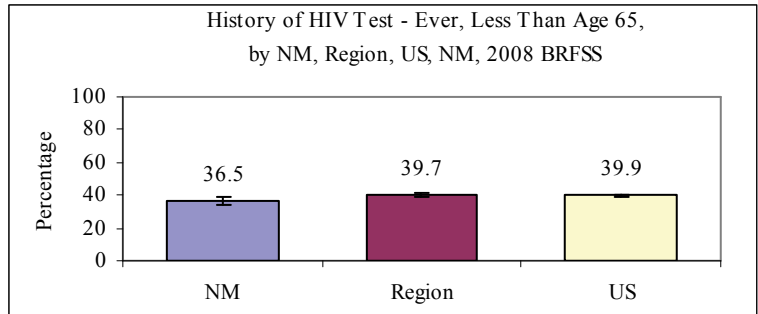"Have you EVER been tested for HIV? "

"Where did you have your last HIV test,...? "

"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 2008, a total of 3,775 cases of HIV infection had ever been reported in the state.[10] 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.[10]

IN NEW MEXICO,

◈ 36.8% of adults age 18 to 64 reported a history of at least one test for HIV infection, which was slightly lower than the region (39.7%) and the U.S. (39.9%).

◈ History of HIV testing was most likely among those 25 to 34 years of age. 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 that young adults perceive themselves to be at low risk of HIV infection should be explored.

◈ History of HIV testing was more common among adults with more education.

◈ Hispanic and Native American adults were less likely to have been tested than White, non-Hispanics. The sample sizes of other groups were too small in 2008 to report separate estimates. In 2007, Black/African American adults were most likely to report having been tested for HIV.

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

◈ Of HIV tests obtained in the previous year, 17.7% were performed using a 'rapid' HIV test.

History of HIV Test - Ever, Less Than Age 65, by NM, Region, US, NM, 2008 BRFSS

NM	Region	US
36.5	39.7	39.9

History of HIV Test - Ever, Less Than Age 65, by Age, NM, 2008 BRFSS

18-24	25-34	35-44	45-54	55-64
28.3	53.0	41.7	32.9	22.2

History of HIV Test - Ever, Less Than Age 65, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic	Hispanic	Native American	Other Race
39.7	33.7	32.9	39.1

History of HIV Test - Ever, Less Than Age 65, by Education, NM, 2008 BRFSS

< HS	HS_GED	Some College	College Grad
30.9	29.9	40.7	41.4

Location of Last HIV Test, Less Than Age 65, by NM, Region, US, NM, 2008 BRFSS

MD_HMO	C&T Site	Hospital	Clinic	Jail_Prison	DrugTx	Home	Other
35.5	6.8	22.1	25.2	1.7	1.0	2.6	5.0

HIV TEST HISTORY

Table 27. Percentage of New Mexicans ages 64 years and younger who reported a history of HIV testing, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Tested for HIV Among Adults Less Than Age 65			
		Total # Reporting History of HIV Test, Ever	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,274	1,475	36.5	34.3	38.6
GENDER					
Male	1,642	537	34.4	31.2	37.8
Female	2,632	938	38.5	35.7	41.3
AGE					
18-24	225	78	28.3	21.6	36.1
25-34	639	334	53.0	48.0	57.9
35-44	864	364	41.7	37.6	45.9
45-54	1,221	391	32.9	29.6	36.5
55-64	1,325	308	22.2	19.5	25.2
RACE/ETHNICITY					
White, non-Hispanic	2,180	810	39.7	36.7	42.8
Hispanic	1,491	470	33.7	30.3	37.2
Native American	458	137	32.9	26.3	40.3
Other Race	106	44	39.1	27.0	52.7
EDUCATION					
Less than High School Graduate	548	158	30.9	25.2	37.3
High School Graduate or G.E.D.	1,112	302	29.9	26.0	34.1
Some College	1,185	455	40.7	36.5	45.0
College Graduate	1,428	560	41.4	37.9	45.0
INCOME					
Less than $10,000	265	98	31.1	23.0	40.5
$10-19,999	570	218	39.1	33.5	45.0
$20-49,999	1,500	519	37.8	34.3	41.5
$50,000 or more	1,635	554	36.9	33.6	40.4
EMPLOYMENT					
Employed	2,876	985	37.2	34.7	39.8
Unemployed/Unable to Work	574	236	40.5	34.2	47.0
Homemaker/Student	503	188	34.7	29.0	40.9
Retired	314	65	21.5	16.3	27.8
Geographic Region✿					
Northwest	1,155	384	36.1	32.0	40.3
Northeast	774	272	36.7	32.1	41.6
Bernalillo County	703	267	37.0	32.5	41.9
Southeast	798	244	32.1	27.8	36.6
Southwest	844	308	38.4	34.1	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" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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 28. Percentage of Adult Male New Mexicans ages 64 years and younger who reported a history of HIV testing, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Tested for HIV Among Adult Men Less Than Age 65			
		Total # Reporting History of HIV Test, Ever	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	1,642	537	34.4	31.2	37.8
AGE					
18-24**	95	21	20.1	12.0	31.5
25-34	241	101	45.7	38.0	53.5
35-44	330	121	39.9	33.6	46.6
45-54	439	156	36.3	30.8	42.2
55-64	537	138	25.3	21.0	30.3
RACE/ETHNICITY					
White, non-Hispanic	879	312	36.3	31.8	41.0
Hispanic	523	156	32.1	26.8	38.0
Native American	172	42	31.2	22.0	42.2
Other Race**	50	21	44.4	27.6	62.5
EDUCATION					
Less than High School Graduate	204	51	29.9	20.9	40.8
High School Graduate or G.E.D.	484	129	29.8	24.3	36.0
Some College	421	161	36.3	30.1	43.1
College Graduate	532	196	39.7	34.2	45.5
INCOME					
Less than $10,000**	72	21	24.1	12.9	40.4
$10-19,999	213	72	33.8	25.7	42.9
$20-49,999	569	180	35.2	29.7	41.1
$50,000 or more	692	236	35.9	31.0	41.1
EMPLOYMENT					
Employed	1,222	401	36.2	32.5	40.0
Unemployed/Unable to Work	235	92	38.7	29.6	48.6
Homemaker/Student**	49	-	-	-	-
Retired	134	31	22.2	14.9	31.8
Geographic Region✿					
Northwest	415	121	31.5	25.4	38.3
Northeast	314	109	34.8	27.8	42.4
Bernalillo County	273	96	36.8	29.8	44.3
Southeast	308	91	28.7	22.6	35.7
Southwest	332	120	36.9	30.6	43.7

§ 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 females were excluded. Consequently, the sample sizes may not add to 6,227 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.
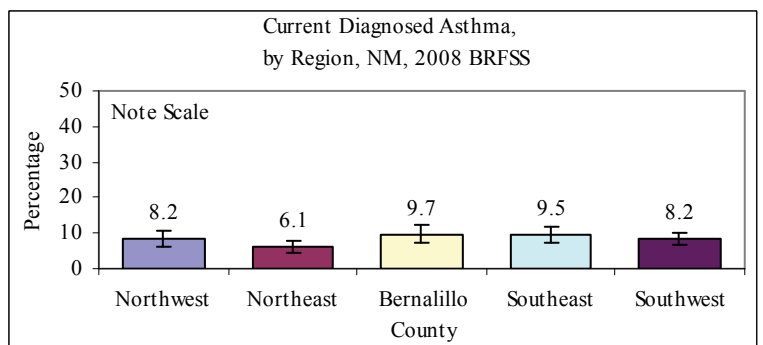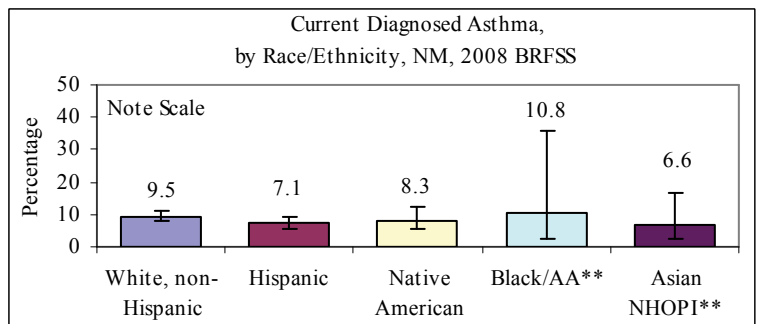
HIV TEST HISTORY — FEMALES

Table 29. Percentage of Adult Female New Mexicans ages 64 years and younger who reported a history of HIV testing, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Tested for HIV Among Adult Women Less Than Age 65			
		Total # Reporting History of HIV Test, Ever	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,632	938	38.5	35.7	41.3
AGE					
18-24**	130	57	37.0	26.9	48.4
25-34	398	233	60.7	54.6	66.4
35-44	534	243	43.4	38.4	48.6
45-54	782	235	29.9	26.1	33.9
55-64	788	170	19.3	16.2	22.9
RACE/ETHNICITY					
White, non-Hispanic	1,301	498	43.6	39.8	47.5
Hispanic	968	314	35.0	30.8	39.4
Native American	286	95	34.7	25.4	45.3
Other Race**	56	23	33.1	18.3	52.2
EDUCATION					
Less than High School Graduate	344	107	32.0	25.8	38.9
High School Graduate or G.E.D.	628	173	30.1	24.8	35.9
Some College	764	294	44.5	39.1	49.9
College Graduate	896	364	43.0	38.8	47.3
INCOME					
Less than $10,000	193	77	34.9	24.1	47.6
$10-19,999	357	146	44.2	36.9	51.7
$20-49,999	931	339	40.4	36.0	45.0
$50,000 or more	943	318	38.1	33.9	42.5
EMPLOYMENT					
Employed	1,654	584	38.4	35.0	42.0
Unemployed/Unable to Work	339	144	42.8	35.2	50.7
Homemaker/Student	454	175	40.3	34.1	46.8
Retired	180	34	20.7	14.0	29.4
Geographic Region✿					
Northwest	740	263	40.6	35.6	45.8
Northeast	460	163	38.6	32.7	44.9
Bernalillo County	430	171	37.3	31.5	43.6
Southeast	490	153	35.4	29.9	41.3
Southwest	512	188	39.8	34.2	45.6

§ 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 6,227 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.
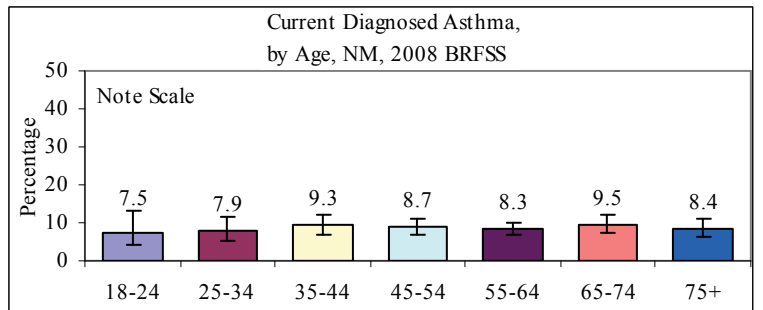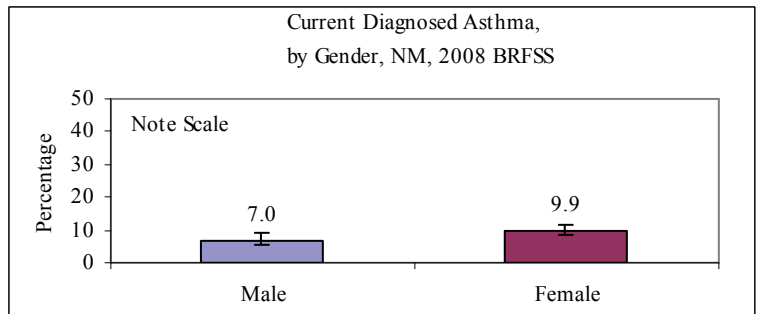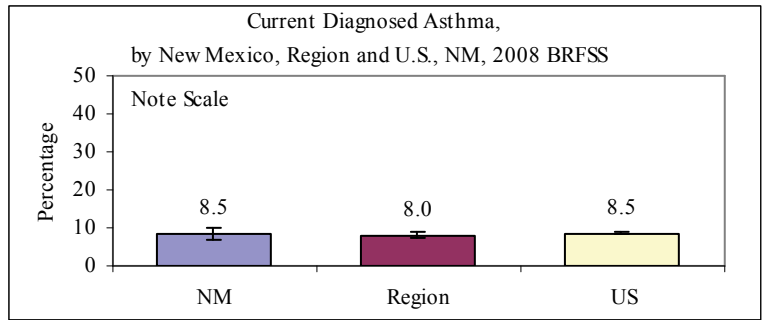
CURRENT DIAGNOSED ASTHMA

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 2008, an estimated 16,380,000 adults had asthma.[11]

IN NEW MEXICO,

◈ 8.5% of New Mexicans currently had asthma at the time of the interview. This percentage was not statistically different from the Region (8.0%) or the U.S. (8.5%).

◈ The percentage of women who currently had asthma (9.9%) was higher than that of men who currently had asthma (7.0%).

◈ Adults who were unable to work were more likely to report current asthma than those who were employed, retired, homemaker, or a student.

◈ The prevalence of current asthma did not vary by age, 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.

◈ Adults with current asthma were nearly two and half times more likely than adults without asthma to report their general health to be fair or poor.

◈ Adults with current asthma were more than two times more likely than adults without asthma to report a disability.

Current Diagnosed Asthma, by New Mexico, Region and U.S., NM, 2008 BRFSS

Note Scale

NM	Region	US
8.5	8.0	8.5

Current Diagnosed Asthma, by Gender, NM, 2008 BRFSS

Note Scale

Male	Female
7.0	9.9

Current Diagnosed Asthma, by Age, NM, 2008 BRFSS

Note Scale

18-24	25-34	35-44	45-54	55-64	65-74	75+
7.5	7.9	9.3	8.7	8.3	9.5	8.4

Current Diagnosed Asthma, by Race/Ethnicity, NM, 2008 BRFSS

Note Scale

White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
9.5	7.1	8.3	10.8	6.6

Current Diagnosed Asthma, by Region, NM, 2008 BRFSS

Note Scale

Northwest	Northeast	Bernalillo County	Southeast	Southwest
8.2	6.1	9.7	9.5	8.2

CURRENT ASTHMA

Table 30. Percentage of Adults who currently have asthma, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Total Number Reporting Current Diagnosed Asthma	Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,205	555	8.5	7.5	9.6
GENDER					
Male	2,402	153	7.0	5.4	8.9
Female	3,803	402	9.9	8.8	11.3
AGE					
18-24	231	21	7.5	4.3	13.0
25-34	657	48	7.9	5.5	11.4
35-44	896	77	9.3	7.0	12.2
45-54	1,277	113	8.7	7.0	10.9
55-64	1,379	127	8.3	6.7	10.2
65-74	1,012	104	9.5	7.6	11.9
75+	736	63	8.4	6.3	11.0
RACE/ETHNICITY					
White, non-Hispanic	3,520	355	9.5	8.1	10.9
Hispanic	1,954	139	7.1	5.5	9.2
Native American	544	43	8.3	5.5	12.3
Black/AA**	61	5	10.8	2.6	35.6
Asian NHOPI**	62	5	6.6	2.5	16.7
EDUCATION					
Less than High School Graduate	840	59	5.5	4.0	7.7
High School Graduate or G.E.D.	1,669	147	8.2	6.5	10.4
Some College	1,640	165	9.6	7.5	12.0
College Graduate	2,050	183	9.2	7.4	11.3
INCOME					
Less than $10,000	374	48	9.4	6.3	13.7
$10-19,999	921	99	9.8	7.5	12.8
$20-49,999	2,194	179	7.7	6.3	9.4
$50,000 or more	2,071	173	8.3	6.6	10.3
EMPLOYMENT					
Employed	3,273	260	7.7	6.4	9.2
Unemployed/Unable to Work	695	105	12.1	9.1	15.9
Homemaker/Student	690	47	8.1	5.3	12
Retired	1,534	141	9.1	7.5	11
Geographic Region✿					
Northwest	1,553	127	8.2	6.3	10.6
Northeast	1,149	82	6.1	4.6	8.1
Bernalillo County	1,052	105	9.7	7.4	12.4
Southeast	1,171	116	9.5	7.5	12.0
Southwest	1,280	125	8.2	6.6	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 6,227 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 — MALES

Table 31. Percentage of Adult Male New Mexicans who currently have asthma, New Mexico, 2008.

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	2,402	153	7.0	5.4	8.9
AGE					
18-24	96	7	8.1	3.2	18.7
25-34	246	15	7.3	3.7	13.8
35-44	339	18	6.9	3.9	12.0
45-54	468	31	7.3	4.7	11.0
55-64	564	34	5.7	3.8	8.3
65-74	403	26	6.5	4.1	10.2
75+	280	22	6.9	4.3	11.0
RACE/ETHNICITY					
White, non-Hispanic	1,418	98	6.6	4.8	9.0
Hispanic	695	37	7.2	4.5	11.5
Native American	207	11	6.3	2.9	13.0
Other Race	53	5	12.5	4.1	32.3
EDUCATION					
Less than High School Graduate	315	15	3.3	1.7	6.4
High School Graduate or G.E.D.	684	43	7.3	4.7	11.0
Some College	575	36	7.2	4.2	12.3
College Graduate	823	58	8.1	5.4	11.9
INCOME					
Less than $10,000	96	7	4.9	1.7	13.2
$10-19,999	332	24	7.3	4.1	12.7
$20-49,999	848	53	6.6	4.6	9.5
$50,000 or more	931	57	6.9	4.5	10.3
EMPLOYMENT					
Employed	1,407	82	6.6	4.8	9.0
Unemployed/Unable to Work	281	24	8.2	4.6	14.2
Homemaker/Student**	50	4	11.4	3.3	32.7
Retired	659	42	5.9	4.2	8.3
Geographic Region✿					
Northwest	567	33	6.1	3.5	10.2
Northeast	460	21	4.5	2.4	8.4
Bernalillo County	404	33	9.7	6.1	15.1
Southeast	467	34	6.7	4.4	10.1
Southwest	504	32	5.7	3.8	8.4

§ 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 6,227 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 32. Percentage of Adult Female New Mexicans who currently have asthma, New Mexico, 2008.

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	3,803	402	9.9	8.8	11.3
AGE					
18-24	135	14	7.0	3.7	12.6
25-34	411	33	8.6	5.9	12.4
35-44	557	59	11.6	8.6	15.5
45-54	809	82	10.1	7.9	12.9
55-64	815	93	10.8	8.5	13.7
65-74	609	78	12.2	9.5	15.5
75+	456	41	9.4	6.6	13.1
RACE/ETHNICITY					
White, non-Hispanic	2,102	257	12.4	10.7	14.4
Hispanic	1,259	102	7.0	5.4	9.0
Native American	337	32	10.4	6.5	16.2
Other Race	70	5	4.1	1.3	12.0
EDUCATION					
Less than High School Graduate	525	44	7.7	5.3	11.1
High School Graduate or G.E.D.	985	104	9.2	7.1	11.9
Some College	1,065	129	11.4	9.1	14.3
College Graduate	1,227	125	10.2	8.3	12.6
INCOME					
Less than $10,000	278	41	11.6	7.5	17.5
$10-19,999	589	75	12.1	9.0	15.9
$20-49,999	1,346	126	8.7	6.9	11.0
$50,000 or more	1,140	116	9.9	7.9	12.4
EMPLOYMENT					
Employed	1,866	178	9.0	7.5	10.8
Unemployed/Unable to Work	414	81	16.8	12.6	22.2
Homemaker/Student	640	43	7.3	5.0	10.6
Retired	875	99	12.0	9.5	15
Geographic Region✿					
Northwest	986	94	10.3	7.8	13.4
Northeast	689	61	7.7	5.8	10.1
Bernalillo County	648	72	9.6	7.3	12.5
Southeast	704	82	12.2	9.2	16.0
Southwest	776	93	10.6	8.3	13.3

§ 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 are male are excluded. Consequently, the sample sizes may not add to 6,227 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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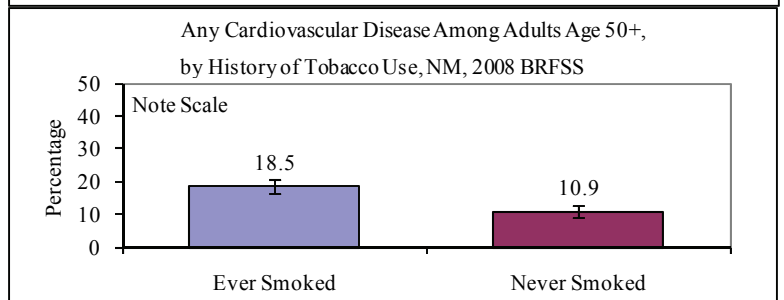
CARDIOVASCULAR DISEASE — ADULTS AGE 50+

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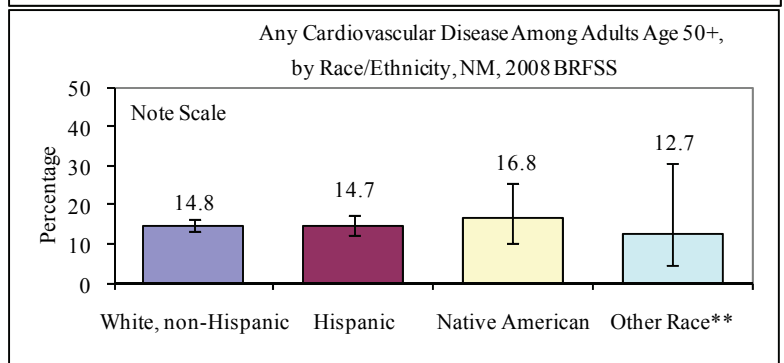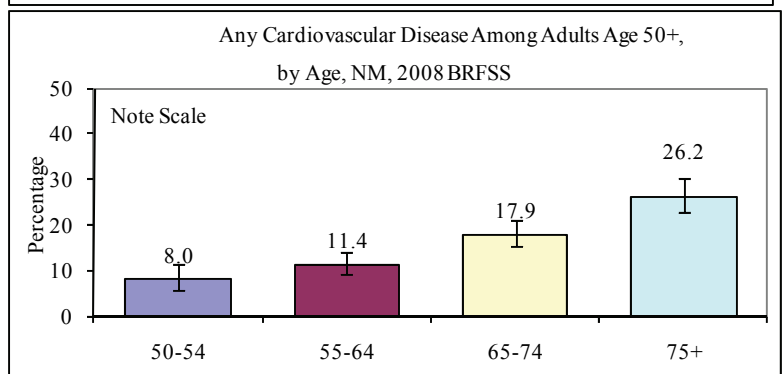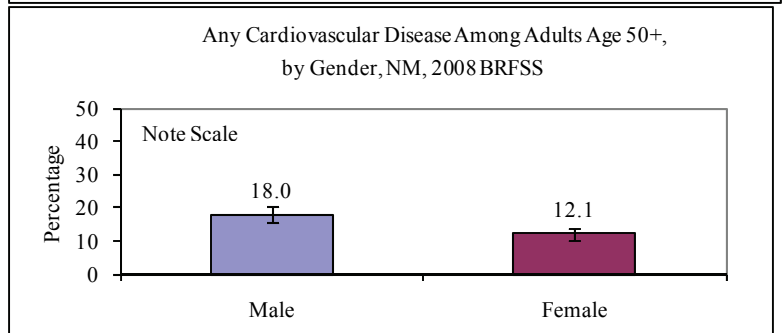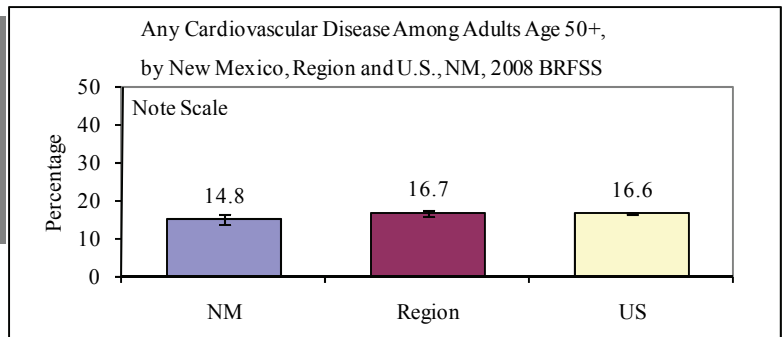"Has a doctor, nurse, or other health professional ever told you that you had any of the following:

...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.[12] 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.[13]

Health conditions such as high blood cholesterol levels, high blood pressure, obesity, and diabetes mellitus can increase the risk of cardiovascular disease. Behavioral factors, including tobacco and alcohol use, diet high in saturated fat and cholesterol, and physical inactivity, may also increase the risk of development of cardiovascular disease.[14]

IN NEW MEXICO AMONG ADULTS AGE 50+,

◈ 14.8% report history of either myocardial infarction, coronary heart disease, or stroke. The NM estimate of cardiovascular disease was statistically lower than that of the Region (16.7%) and that of the U.S (16.6%).

◈ There was no measurable difference by race/ethnicity. Small sample size combined with the generally low prevalence of cardiovascular disease prohibited presentation of estimates for some race groups.

◈ Adults with less education or income were more likely to report cardiovascular disease.

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

◈ Adults reporting cardiovascular disease were three times more likely to report that they were unable to work.

◈ Current and former smokers were more likely to report cardiovascular disease, particularly MI and stroke, than adults who never smoked.

Any Cardiovascular Disease Among Adults Age 50+, by New Mexico, Region and U.S., NM, 2008 BRFSS

Any Cardiovascular Disease Among Adults Age 50+, by Gender, NM, 2008 BRFSS

Any Cardiovascular Disease Among Adults Age 50+, by Age, NM, 2008 BRFSS

Any Cardiovascular Disease Among Adults Age 50+, by Race/Ethnicity, NM, 2008 BRFSS

Any Cardiovascular Disease Among Adults Age 50+, by History of Tobacco Use, NM, 2008 BRFSS

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CARDIOVASCULAR DISEASE — ADULTS AGE 50+

Table 33. Percentage of Adults age 50+ who had EVER been told that they'd had either a myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease Among Adults Age 50+			
		Total Diagnosed Any Cardiovascular Disease	Weighted Percent (%)[§]	95% Confidence Interval[‡]	
				Lower	Upper
TOTAL	3,763	562	14.8	13.5	16.3
GENDER					
Male	1,454	272	18.0	15.7	20.6
Female	2,309	290	12.1	10.5	13.8
AGE					
50-54	658	41	8.0	5.5	11.5
55-64	1,375	138	11.4	9.3	13.9
65-74	1,002	185	17.9	15.3	20.9
75+	728	198	26.2	22.6	30.1
RACE/ETHNICITY					
White, non-Hispanic	2,458	367	14.8	13.1	16.6
Hispanic	993	152	14.7	12.2	17.6
Native American	222	31	16.8	10.5	25.8
Other Race**	52	6	12.7	4.5	30.9
EDUCATION					
Less than High School Graduate	483	94	18.9	15.0	23.6
High School Graduate or G.E.D.	967	166	18.2	15.2	21.6
Some College	976	137	13.4	11.1	16.2
College Graduate	1,333	165	12.1	10.1	14.5
INCOME					
Less than $10,000	232	48	20.1	14.2	27.7
$10-19,999	587	107	19.9	15.9	24.7
$20-49,999	1,285	221	18.2	15.7	21.1
$50,000 or more	1,204	117	9.0	7.3	11.1
EMPLOYMENT					
Employed	1,547	115	8.0	6.4	10.0
Unemployed/Unable to Work	404	90	24.2	18.9	30.3
Homemaker/Student	300	30	9.2	5.9	13.9
Retired	1508	326	21.6	19.2	24.2
Geographic Region✪					
Northwest	845	122	14.4	11.5	18.0
Northeast	760	84	11.4	9.0	14.2
Bernalillo County	636	100	15.3	12.4	18.8
Southeast	718	124	16.3	13.6	19.5
Southwest	804	132	16.4	13.8	19.5

§ 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 are excluded. Consequently, the sample sizes may not add to 6,227 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.

CARDIOVASCULAR DISEASE — MALES AGE 50+

Table 34. Percentage of Adult Males age 50+ who had EVER been told that they'd had either a myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease Among Adult Men Age 50+			
		Total Diagnosed Any Cardiovascular Disease	Weighted Percent (%)[§]	95% Confidence Interval[‡]	
				Lower	Upper
TOTAL	1,454	272	18.0	15.7	20.6
AGE					
50-54	223	19	11.4	6.9	18.2
55-64	560	77	15.3	11.8	19.5
65-74	394	92	21.5	17.3	26.5
75+	277	84	29.2	23.3	35.7
RACE/ETHNICITY					
White, non-Hispanic	968	176	17.2	14.5	20.4
Hispanic	365	75	19.7	15.3	25.1
Native American**	86	13	17.6	8.4	33.0
Other Race**	20	-	-	-	-
EDUCATION					
Less than High School Graduate	177	53	29.3	21.7	38.3
High School Graduate or G.E.D.	361	73	20.6	15.7	26.6
Some College	341	62	16.5	12.4	21.7
College Graduate	572	84	14.5	11.3	18.4
INCOME					
Less than $10,000**	53	14	21.2	11.0	36.7
$10-19,999	205	54	28.1	20.6	37.0
$20-49,999	487	109	23.9	19.4	29.1
$50,000 or more	580	74	11.0	8.5	14.2
EMPLOYMENT					
Employed	664	61	9.6	7.0	13.0
Unemployed/Unable to Work	142	41	29.7	20.8	40.5
Homemaker/Student**	4	-	-	-	-
Retired	643	170	26.4	22.6	30.7
Geographic Region✿					
Northwest	317	55	17.1	12.3	23.2
Northeast	286	45	15.0	10.9	20.2
Bernalillo County	252	47	18.2	13.3	24.3
Southeast	288	64	19.3	15.0	24.3
Southwest	311	61	20.5	15.9	25.9

§ 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 6,227 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.

CARDIOVASCULAR DISEASE — FEMALES AGE 50+

Table 35. Percentage of Adult Females age 50+ who had EVER been told that they'd had either a myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease Among Adult Women Age 50+			
		Total Diagnosed Any Cardiovascular Disease	Weighted Percent (%)[§]	95% Confidence Interval[‡]	
				Lower	Upper
TOTAL	2,309	290	12.1	10.5	13.8
AGE					
50-54	435	22	4.8	3.0	7.7
55-64	815	61	7.7	5.7	10.5
65-74	608	93	14.8	11.7	18.5
75+	451	114	24.2	19.8	29.1
RACE/ETHNICITY					
White, non-Hispanic	1,490	191	12.6	10.7	14.8
Hispanic	628	77	10.6	8.2	13.7
Native American	136	18	16.1	9.0	27.3
Other Race**	32	-	-	-	-
EDUCATION					
Less than High School Graduate	306	41	12.0	8.4	17.0
High School Graduate or G.E.D.	606	93	16.2	12.9	20.2
Some College	635	75	11.1	8.6	14.4
College Graduate	761	81	9.6	7.3	12.5
INCOME					
Less than $10,000	179	34	19.7	13.0	28.8
$10-19,999	382	53	13.6	9.9	18.5
$20-49,999	798	112	13.7	11.1	16.8
$50,000 or more	624	43	6.5	4.6	9.1
EMPLOYMENT					
Employed	883	54	6.1	4.5	8.3
Unemployed/Unable to Work	262	49	19.9	14.3	27.1
Homemaker/Student	296	30	9.3	6.0	14.1
Retired	865	156	17.0	14.2	20.1
Geographic Region✿					
Northwest	528	67	12.1	8.8	16.5
Northeast	474	39	8.3	5.9	11.5
Bernalillo County	384	53	12.8	9.6	16.8
Southeast	430	60	13.9	10.6	17.9
Southwest	493	71	12.9	10.1	16.3

§ 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 are male are excluded. Consequently, the sample sizes may not add to 6,227 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.
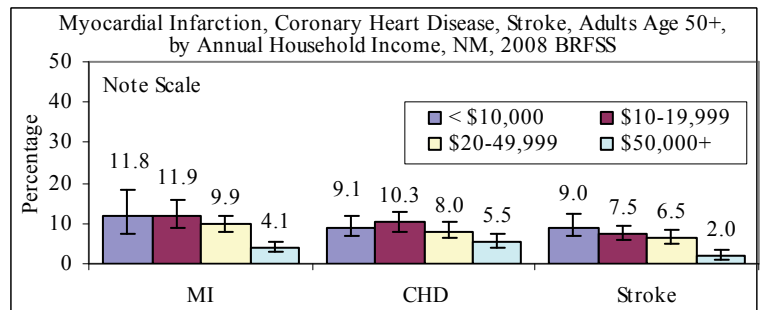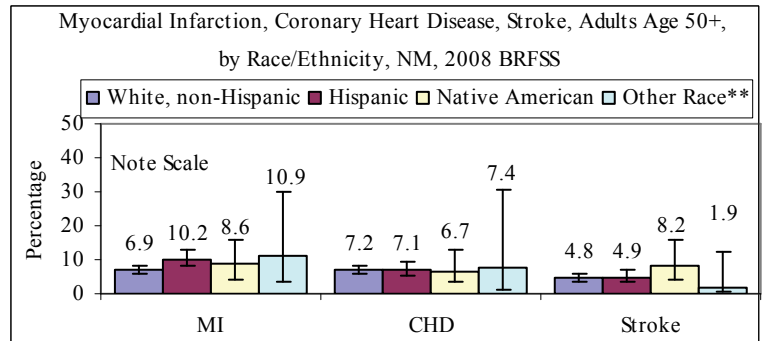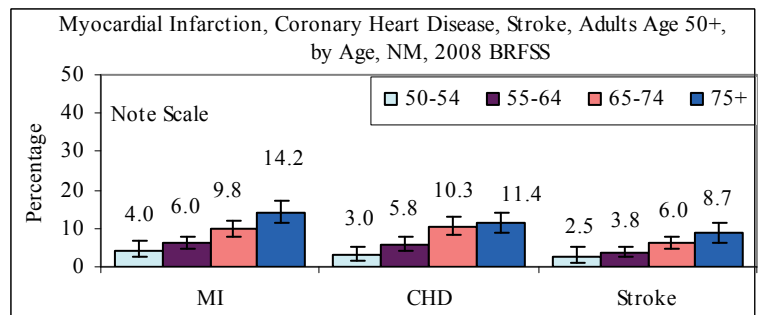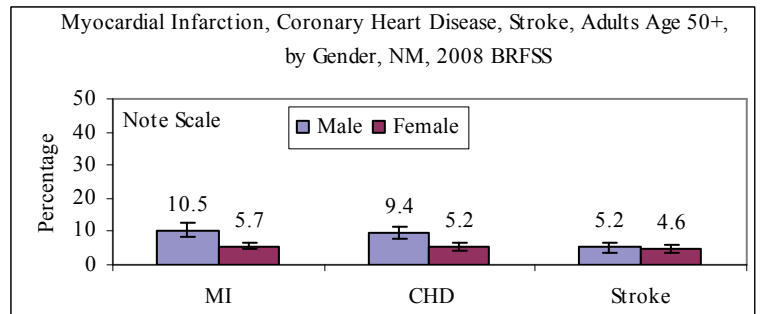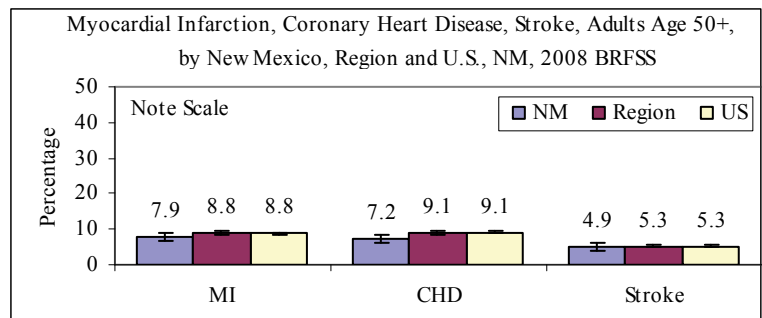
✿ For a list of the counties in each geographic region, see Appendix II at the end of this report.

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

IN NEW MEXICO AMONG ADULTS AGE 50+,

◈ 7.9% in NM report history of myocardial infarction, 9.1% history of coronary heart disease, and 4.9% history of stroke. The NM estimate of coronary heart disease was statistically lower than that of the Region and that of the U.S.

◈ 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.

◈ There was a clear association between age and cardiovascular disease. Adults age 65 or more were more likely to report each form of cardiovascular disease than adults age 50-64.

◈ There was no measurable difference by race/ethnicity. Small sample size combined with the generally low prevalence of cardiovascular disease prohibited presentation of estimates for other race groups.

◈ Adults with less education and lower annual household income were more likely to report one or more forms of cardiovascular disease.

◈ Adults with diabetes were more likely to report history of CHD.

◈ **Ability to work and cardiovascular disease**: Adults with history of myocardial infarction alone were more than two times as likely to be unable to work as those with no history of cardiovascular disease. Adults with history of stroke alone were five times as likely to be unable to work as those with no history of cardiovascular disease. Adults with history of multiple cardiovascular disease outcomes were four times as likely to be unable to work as those with no history of cardiovascular disease.

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by New Mexico, Region and U.S., NM, 2008 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Gender, NM, 2008 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Age, NM, 2008 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Race/Ethnicity, NM, 2008 BRFSS

Myocardial Infarction, Coronary Heart Disease, Stroke, Adults Age 50+, by Annual Household Income, NM, 2008 BRFSS

MYOCARDIAL INFARCTION — AGE 50+

Table 36. Percentage of Adults age 50+ who have EVER been told that they'd had a myocardial infarction, New Mexico, 2008.

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	3,777	302	7.9	6.9	9.1
GENDER					
Male	1,460	165	10.5	8.7	12.6
Female	2,317	137	5.7	4.6	6.9
AGE					
50-54	659	22	4.0	2.4	6.7
55-64	1,378	76	6.0	4.5	8.0
65-74	1,008	99	9.8	7.8	12.2
75+	732	105	14.2	11.4	17.4
RACE/ETHNICITY					
White, non-Hispanic	2,472	181	6.9	5.8	8.2
Hispanic	992	97	10.2	8.0	12.8
Native American	222	17	8.6	4.4	15.9
Other Race**	52	5	10.9	3.4	30.0
EDUCATION					
Less than High School Graduate	483	62	12.7	9.5	16.9
High School Graduate or G.E.D.	972	90	10.6	8.3	13.6
Some College	978	72	7.0	5.3	9.2
College Graduate	1,340	78	5.2	3.9	6.7
INCOME					
Less than $10,000	233	28	11.8	7.4	18.4
$10-19,999	586	67	11.9	8.9	15.8
$20-49,999	1,296	114	9.9	8.0	12.1
$50,000 or more	1,205	57	4.1	3.0	5.4
EMPLOYMENT					
Employed	1,549	60	4.2	3.0	5.8
Unemployed/Unable to Work	409	56	14.1	10.2	19.2
Homemaker/Student	301	14	4.0	2.1	7.6
Retired	1514	172	11.5	9.7	13.5
Geographic Region✿					
Northwest	850	65	7.3	5.4	9.9
Northeast	761	48	6.7	4.9	9.1
Bernalillo County	638	56	8.2	6.1	11.0
Southeast	722	76	10.3	8.1	13.0
Southwest	806	57	7.6	5.7	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 were excluded. Consequently, the sample sizes may not add to 6,227 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 37. Percentage of Adults age 50+ who have EVER been told that they'd had angina or coronary heart disease, New Mexico, 2008.

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	3,760	278	7.2	6.2	8.3
GENDER					
Male	1,450	151	9.4	7.8	11.4
Female	2,310	127	5.2	4.3	6.4
AGE					
50-54	659	19	3.0	1.7	5.4
55-64	1,378	63	5.8	4.3	7.8
65-74	1,003	104	10.3	8.3	12.8
75+	720	92	11.4	9.1	14.2
RACE/ETHNICITY					
White, non-Hispanic	2,452	182	7.2	6.0	8.5
Hispanic	993	78	7.1	5.4	9.4
Native American	225	12	6.7	3.3	12.9
Other Race**	52	2	7.4	1.4	30.6
EDUCATION					
Less than High School Graduate	480	46	7.3	5.1	10.3
High School Graduate or G.E.D.	971	82	9.3	7.1	12.0
Some College	976	60	6.3	4.7	8.5
College Graduate	1,329	90	6.3	4.9	8.1
INCOME					
Less than $10,000	231	22	9.1	5.4	15.1
$10-19,999	588	56	10.3	7.5	13.9
$20-49,999	1,284	102	8.0	6.2	10.1
$50,000 or more	1,203	71	5.5	4.2	7.2
EMPLOYMENT					
Employed	1,549	55	4.1	2.9	5.7
Unemployed/Unable to Work	406	39	8.4	5.7	12.2
Homemaker/Student	299	14	3.6	1.8	7
Retired	1,502	169	11.2	9.5	13
Geographic Region✿					
Northwest	846	60	6.7	4.8	9.3
Northeast	759	41	5.5	3.9	7.6
Bernalillo County	633	51	7.7	5.7	10.4
Southeast	717	65	8.9	6.9	11.5
Southwest	805	61	7.2	5.6	9.4

§ 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.

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** 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 38. Percentage of Adult Males age 50+ who have EVER been told that they'd had angina or coronary heart disease, New Mexico, 2008.

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	1,450	151	9.4	7.8	11.4
AGE					
50-54	224	7	3.8	1.6	9.0
55-64	560	40	8.3	5.7	11.8
65-74	394	59	14.1	10.6	18.6
75+	272	45	14.2	10.3	19.2
RACE/ETHNICITY					
White, non-Hispanic	964	102	9.4	7.5	11.8
Hispanic	363	38	10.0	6.8	14.5
Native American	88	7	5.2	2.2	11.6
Other Race**	20	-	-	-	-
EDUCATION					
Less than High School Graduate	173	25	9.1	5.8	14.2
High School Graduate or G.E.D.	364	43	12.3	8.5	17.4
Some College	341	32	8.6	5.7	12.7
College Graduate	569	51	8.3	6.0	11.4
INCOME					
Less than $10,000**	54	8	9.1	3.8	20.2
$10-19,999	202	26	12.2	7.6	18.9
$20-49,999	488	61	12.4	9.1	16.7
$50,000 or more	579	46	7.0	5.0	9.7
EMPLOYMENT					
Employed	664	31	5.2	3.3	8.1
Unemployed/Unable to Work	143	19	9.7	5.7	16.1
Homemaker/Student**	4	-	-	-	-
Retired	638	101	15.1	12.2	19
Geographic Region✿					
Northwest	321	34	9.2	6.0	13.8
Northeast	284	23	7.5	4.8	11.7
Bernalillo County	250	27	10.1	6.6	15.1
Southeast	285	36	11.0	7.8	15.2
Southwest	310	31	9.3	6.5	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 6,227 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.

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CORONARY HEART DISEASE — FEMALES AGE 50+

Table 39. Percentage of Adult Females age 50+ who have EVER been told that they'd had angina or coronary heart disease, New Mexico, 2008.

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	2,310	127	5.2	4.3	6.4
AGE					
50-54	435	12	2.3	1.2	4.3
55-64	818	23	3.5	2.1	5.7
65-74	609	45	7.0	5.0	9.8
75+	448	47	9.5	6.8	13.1
RACE/ETHNICITY					
White, non-Hispanic	1,488	80	5.1	4.0	6.6
Hispanic	630	40	4.9	3.4	7.0
Native American	137	5	8.1	3.0	20.3
Other Race**	32	-	-	-	-
EDUCATION					
Less than High School Graduate	307	21	6.1	3.6	10.3
High School Graduate or G.E.D.	607	39	6.7	4.7	9.7
Some College	635	28	4.6	3.0	7.1
College Graduate	760	39	4.2	2.9	6.0
INCOME					
Less than $10,000	177	14	9.1	4.7	17.0
$10-19,999	386	30	8.9	5.8	13.4
$20-49,999	796	41	4.4	3.1	6.2
$50,000 or more	624	25	3.7	2.4	5.8
EMPLOYMENT					
Employed	885	24	2.8	1.8	4.5
Unemployed/Unable to Work	263	20	7.4	4.3	12.7
Homemaker/Student	295	14	3.6	1.8	7
Retired	864	68	7.6	5.8	10
Geographic Region✿					
Northwest	525	26	4.5	2.6	7.6
Northeast	475	18	3.7	2.3	6.0
Bernalillo County	383	24	5.6	3.6	8.6
Southeast	432	29	7.3	4.9	10.6
Southwest	495	30	5.4	3.7	7.8

* 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 6,227 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.

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Table 40. Percentage of Adults age 50+ who had EVER been told that they'd had a stroke, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke Among Adults Age 50+			
		Total Number Reporting Stroke	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,793	189	4.9	4.1	5.9
GENDER					
Male	1,472	72	5.2	3.9	6.9
Female	2,321	117	4.6	3.7	5.8
AGE					
50-54	661	11	2.5	1.2	5.0
55-64	1,382	46	3.8	2.6	5.4
65-74	1,011	67	6.0	4.5	7.9
75+	739	65	8.7	6.5	11.5
RACE/ETHNICITY					
White, non-Hispanic	2,479	123	4.8	3.8	5.9
Hispanic	1,001	47	4.9	3.5	6.8
Native American	225	17	8.2	4.1	15.6
Other Race**	51	1	1.9	0.3	12.4
EDUCATION					
Less than High School Graduate	490	27	6.0	3.8	9.5
High School Graduate or G.E.D.	977	59	5.7	4.2	7.7
Some College	984	49	4.9	3.5	6.8
College Graduate	1,338	54	4.0	2.8	5.7
INCOME					
Less than $10,000	233	21	9.0	5.1	15.5
$10-19,999	596	38	7.5	4.8	11.3
$20-49,999	1,300	82	6.5	5.0	8.4
$50,000 or more	1,205	26	2.0	1.2	3.2
EMPLOYMENT					
Employed	1,553	32	1.9	1.2	2.8
Unemployed/Unable to Work	410	42	12.6	8.6	18.0
Homemaker/Student	303	10	3.2	1.6	6
Retired	1,523	105	6.8	5.4	9
Geographic Region✿					
Northwest	856	44	5.7	3.8	8.5
Northeast	762	29	3.4	2.3	5.1
Bernalillo County	639	30	4.8	3.2	7.0
Southeast	723	36	4.1	2.9	5.8
Southwest	813	50	6.0	4.4	8.2

§ 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" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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.
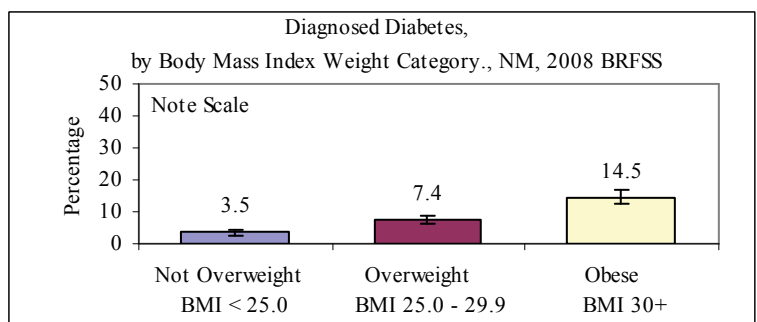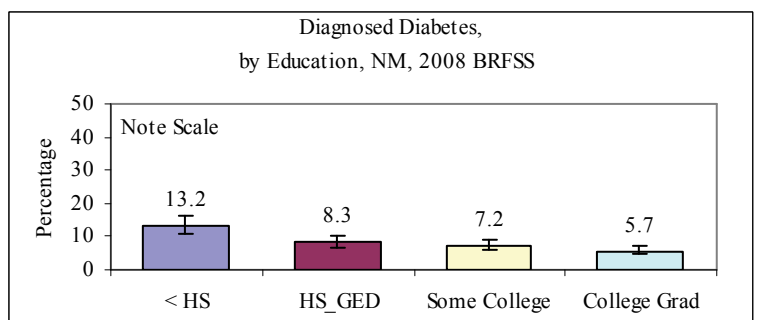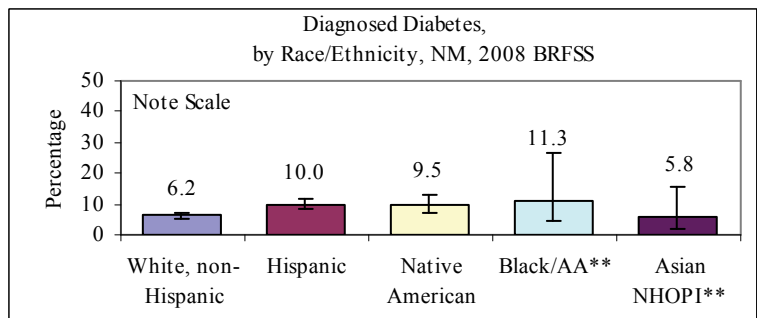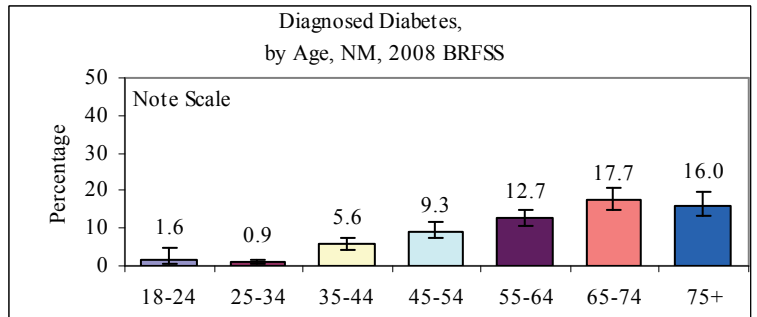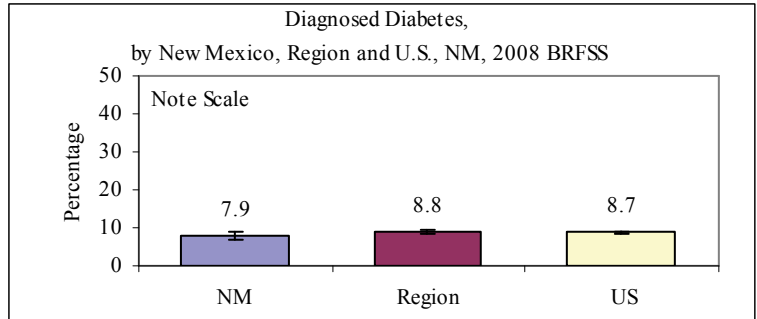
DIABETES

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.[15]

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 7.9%. After adjusting for differences in age distribution, the NM rate was lower than that of the Region (8.8%) but similar to that of the U.S. (8.7%).

◈ After adjusting for differences in age distribution, 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 (14.5%), followed by overweight but not obese individuals (7.4%), and then followed by those who were not overweight or obese (3.5%).

◈ 52.0% of adults with DM had received all recommended prevention services in the past year. However, adults with DM who did not have health care coverage were nearly two and a half times more likely to report not having received all prevention services than those who had health care coverage.

Diagnosed Diabetes, by New Mexico, Region and U.S., NM, 2008 BRFSS

Diagnosed Diabetes, by Age, NM, 2008 BRFSS

Diagnosed Diabetes, by Race/Ethnicity, NM, 2008 BRFSS

Diagnosed Diabetes, by Education, NM, 2008 BRFSS

Diagnosed Diabetes, by Body Mass Index Weight Category., NM, 2008 BRFSS

DIABETES

Table 41. Percentage of Adults who have been told by a doctor that they have diabetes, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Total Number Reporting Diagnosed Diabetes	Diabetes Weighted Percent (%)§	95% Confidence Interval‡ Lower	Upper
TOTAL	6,220	648	7.9	7.1	8.7
GENDER					
Male	2,409	289	8.2	7.0	9.5
Female	3,811	359	7.5	6.6	8.7
AGE					
18-24	232	4	1.6	0.5	4.9
25-34	658	11	0.9	0.5	1.7
35-44	899	56	5.6	4.1	7.5
45-54	1,276	104	9.3	7.3	11.9
55-64	1,383	184	12.7	10.6	15.1
65-74	1,016	168	17.7	14.9	20.9
75+	739	119	16.0	13.1	19.5
RACE/ETHNICITY					
White, non-Hispanic	3,533	278	6.2	5.3	7.1
Hispanic	1,954	275	10.0	8.5	11.8
Native American	545	78	9.5	7.0	12.7
Black/AA**	61	9	11.3	4.4	26.3
Asian NHOPI**	63	4	5.8	2.0	15.7
EDUCATION					
Less than High School Graduate	838	152	13.2	10.7	16.2
High School Graduate or G.E.D.	1,674	193	8.3	6.8	10.0
Some College	1,646	162	7.2	5.9	8.8
College Graduate	2,056	141	5.7	4.6	7.0
INCOME					
Less than $10,000	372	62	13.0	9.3	17.8
$10-19,999	927	128	11.1	8.6	14.2
$20-49,999	2,201	259	8.8	7.5	10.3
$50,000 or more	2,075	129	5.3	4.3	6.6
EMPLOYMENT					
Employed	3,280	218	5.4	4.5	6.4
Unemployed/Unable to Work	696	118	12.3	9.6	15.6
Homemaker/Student	689	48	4.1	2.9	6
Retired	1,542	263	16.4	14.3	19
Geographic Region✿					
Northwest	1,557	183	9.5	7.7	11.7
Northeast	1,152	87	6.4	4.9	8.3
Bernalillo County	1,055	96	6.6	5.2	8.4
Southeast	1,172	156	10.2	8.6	12.2
Southwest	1,284	126	7.8	6.3	9.6

§ 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 are excluded. Consequently, the sample sizes may not add to 6,227 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.
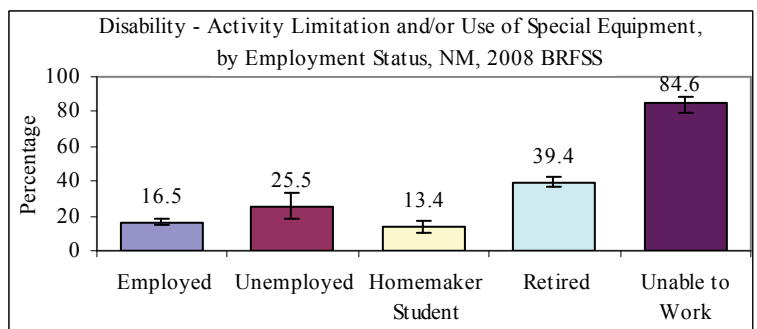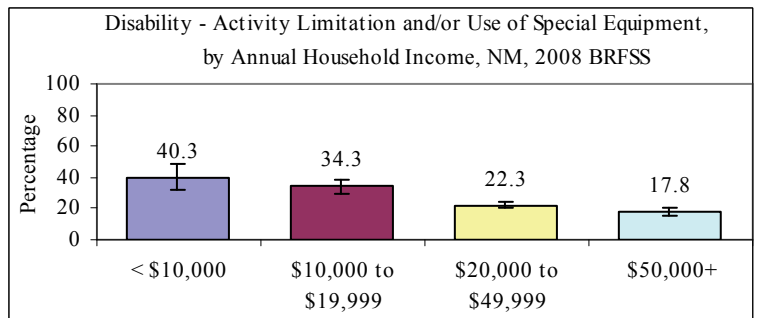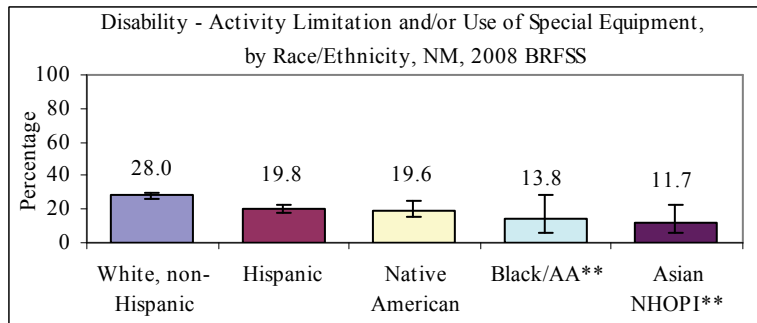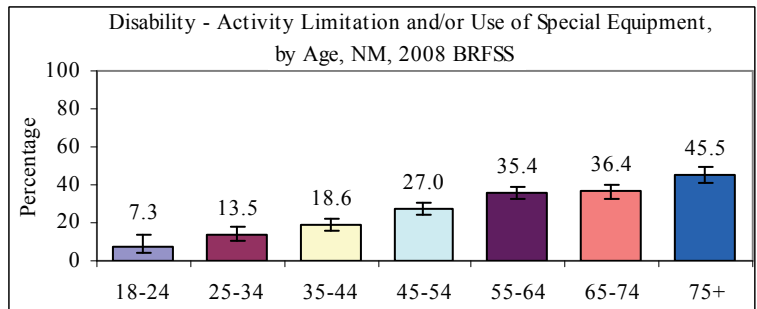
DISABILITY

Here, respondents answering "Yes" to either or both of the above questions were considered to have a disability.

IN NEW MEXICO,

◈ 23.9% of New Mexicans indicated having a disability. This was similar than that of the Region (22.0%) and the U.S. (22.2%).

◈ There was no difference between men and women.

◈ Adults in older age groups were more likely to report having a disability. Over 45% 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 was highest among those living in a household with an annual income below $20,000.

◈ There was no difference in the prevalence of disability by education status.

◈ Nearly 85% of adults who were unable to work had some form of disability. After controlling for age and annual household income, the odds of being unable to work were seventeen times greater for adults with a disability than for those without a disability.

Disability - Activity Limitation and/or Use of Special Equipment, by New Mexico, Region and U.S., NM, 2008 BRFSS

Disability - Activity Limitation and/or Use of Special Equipment, by Age, NM, 2008 BRFSS

Disability - Activity Limitation and/or Use of Special Equipment, by Race/Ethnicity, NM, 2008 BRFSS

Disability - Activity Limitation and/or Use of Special Equipment, by Annual Household Income, NM, 2008 BRFSS

Disability - Activity Limitation and/or Use of Special Equipment, by Employment Status, NM, 2008 BRFSS

DISABILITY

Table 42. Percentage of Adults who have a disability, New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | Disability - Activity Limitation and/or Use of Special Equipment | | |
| | | Total Number Reporting Disability | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	6,205	1,811	23.9	22.4	25.4
GENDER					
Male	2,399	691	23.5	21.3	25.9
Female	3,806	1120	24.3	22.4	26.2
AGE					
18-24	231	16	7.3	3.8	13.9
25-34	657	79	13.5	10.3	17.7
35-44	899	162	18.6	15.5	22.2
45-54	1,274	334	27.0	23.9	30.2
55-64	1,382	497	35.4	32.2	38.7
65-74	1,012	379	36.4	32.9	40.0
75+	733	341	45.5	41.3	49.8
RACE/ETHNICITY					
White, non-Hispanic	3,525	1,154	28.0	26.0	30.2
Hispanic	1,950	498	19.8	17.4	22.3
Native American	544	115	19.6	15.0	25.3
Black/AA**	60	14	13.8	6.0	28.7
Asian NHOPI**	62	9	11.7	5.4	23.2
EDUCATION					
Less than High School Graduate	836	243	22.5	19.0	26.5
High School Graduate or G.E.D.	1,668	475	22.5	19.6	25.7
Some College	1,644	533	26.3	23.4	29.4
College Graduate	2,051	557	23.7	21.3	26.2
INCOME					
Less than $10,000	373	198	40.3	32.4	48.7
$10-19,999	921	371	34.3	30.0	38.9
$20-49,999	2,199	610	22.3	20.1	24.6
$50,000 or more	2,072	432	17.8	15.8	20.0
EMPLOYMENT					
Employed	3,276	600	16.5	14.7	18.4
Unemployed/Unable to Work	696	464	51.7	45.5	57.9
Homemaker/Student	691	132	13.4	10.1	17
Retired	1,529	614	39.4	36.5	42
Geographic Region✿					
Northwest	1,555	418	22.4	19.6	25.5
Northeast	1,145	321	22.7	19.7	25.9
Bernalillo County	1,053	320	26.1	22.7	29.7
Southeast	1,168	363	23.4	20.7	26.3
Southwest	1,284	389	23.2	20.5	26.0

§ 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 6,227 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.
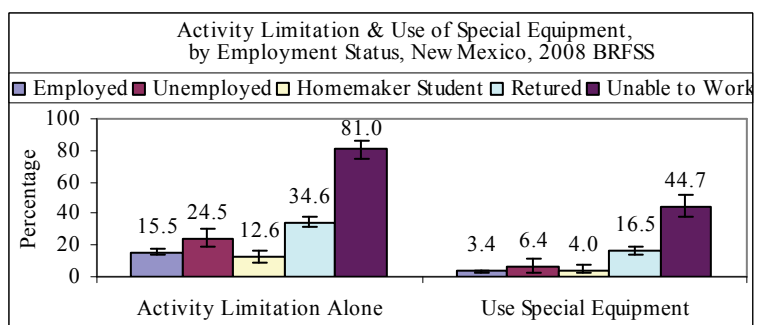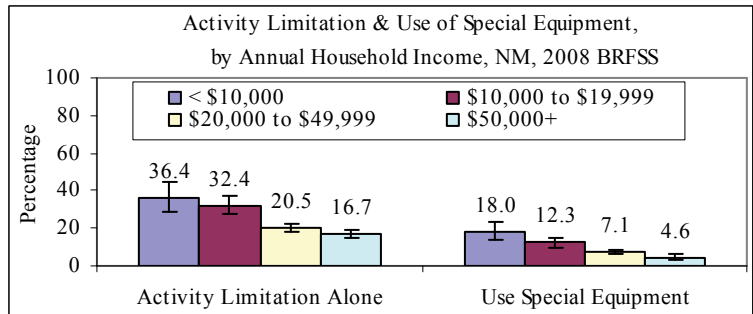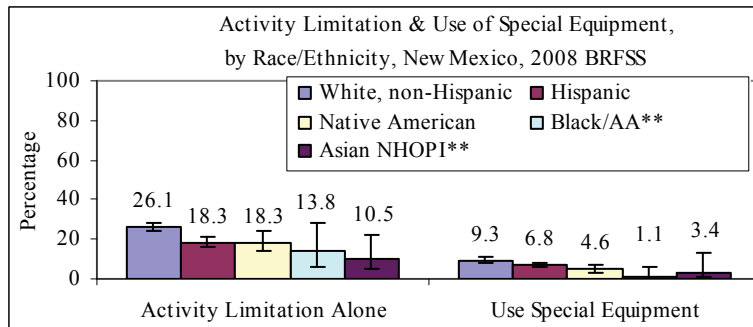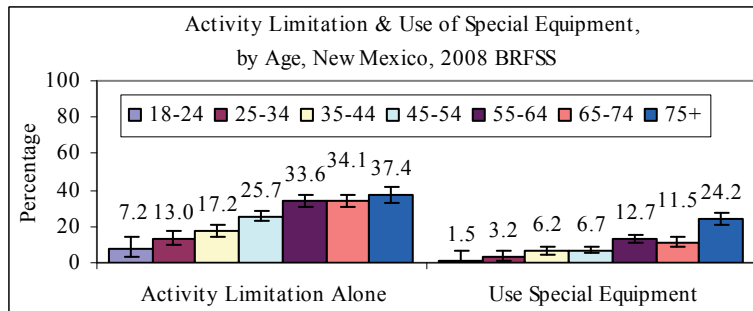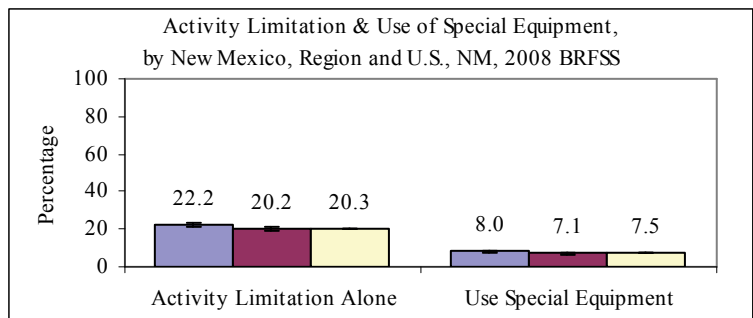
DISABILITY

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

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

Here, responses to the two questions are presented separately.

IN NEW MEXICO,

◆ 22.2% of adult New Mexicans were limited in activities due to some physical, mental, or emotional problem. This was statistically similar to that of the Region (20.2%) but slightly lower than that of the U.S. (20.3%).

◆ 8.0% of adult New Mexicans had a health problem requiring the use of special equipment. This was similar to that of the region (7.1%) and the U.S. (7.5%).

◆ There was no difference between men and women for either measure.

◆ Adults in older age groups were more likely to report having a disability or needing special equipment.

◆ After adjustment for age, there was no difference by race/ethnicity for either activity limitation or need for special equipment.

◆ Adults who lived in a household with an annual income of $20,000 or likely to limited in their activities or to need special equipment than those living in household with an annual income less than $20,000. Both measures did not vary by education status.

◆ Adults reporting an activity limitation or needing special equipment were considerably more likely to report being unable to work.

Activity Limitation & Use of Special Equipment, by New Mexico, Region and U.S., NM, 2008 BRFSS

Activity Limitation & Use of Special Equipment, by Age, New Mexico, 2008 BRFSS

Activity Limitation & Use of Special Equipment, by Race/Ethnicity, New Mexico, 2008 BRFSS

Activity Limitation & Use of Special Equipment, by Annual Household Income, NM, 2008 BRFSS

Activity Limitation & Use of Special Equipment, by Employment Status, New Mexico, 2008 BRFSS

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DISABILITY — ACTIVITY LIMITATION

Table 43. Percentage of Adults who are limited in activities, New Mexico, 2008.

| 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	6,202	1,667	22.2	20.8	23.7
GENDER					
Male	2,398	635	21.7	19.5	24.0
Female	3,804	1032	22.7	20.8	24.6
AGE					
18-24	231	15	7.2	3.6	13.8
25-34	657	76	13.0	9.8	17.1
35-44	899	152	17.2	14.2	20.7
45-54	1,274	322	25.7	22.7	29.0
55-64	1,382	467	33.6	30.4	36.9
65-74	1,011	353	34.1	30.6	37.7
75+	731	279	37.4	33.4	41.6
RACE/ETHNICITY					
White, non-Hispanic	3,524	1,074	26.1	24.1	28.2
Hispanic	1,949	448	18.3	16.0	20.8
Native American	543	106	18.3	13.8	23.9
Black/AA**	60	14	13.8	6.0	29
Asian NHOPI**	62	8	10.5	4.7	21.9
EDUCATION					
Less than High School Graduate	835	210	20.3	16.9	24.2
High School Graduate or G.E.D.	1,667	432	20.9	18.1	24.0
Some College	1,644	504	24.7	21.9	27.8
College Graduate	2,050	519	21.9	19.6	24.4
INCOME					
Less than $10,000	373	181	36.4	29.0	44.4
$10-19,999	920	343	32.4	28.1	36.9
$20-49,999	2,198	569	20.5	18.4	22.8
$50,000 or more	2,072	403	16.7	14.8	18.8
EMPLOYMENT					
Employed	3,276	566	15.5	13.8	17.4
Unemployed/Unable to Work	695	443	49.6	43.5	55.7
Homemaker/Student	691	119	12.6	9.4	17
Retired	1,527	538	34.6	31.8	38
Geographic Region✿					
Northwest	1,554	385	20.7	18.0	23.6
Northeast	1,144	296	20.8	18.0	24.0
Bernalillo County	1,052	295	24.5	21.2	28.1
Southeast	1,168	335	21.7	19.1	24.5
Southwest	1,284	356	21.4	18.9	24.2

§ 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" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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 44. Percentage of Adults Using Special Equipment, New Mexico, 2008.

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	6,224	627	8.0	7.1	8.9
GENDER					
Male	2,408	244	8.2	6.9	9.8
Female	3,816	383	7.7	6.7	8.9
AGE					
18-24	232	3	1.5	0.3	7.1
25-34	658	14	3.2	1.5	6.6
35-44	901	44	6.2	4.3	8.8
45-54	1,278	82	6.7	5.1	8.8
55-64	1,384	168	12.7	10.5	15.2
65-74	1,016	126	11.5	9.3	14.1
75+	738	189	24.2	20.8	28.0
RACE/ETHNICITY					
White, non-Hispanic	3,532	392	9.3	8.0	10.8
Hispanic	1,957	184	6.8	5.6	8.3
Native American	547	36	4.6	2.8	7.3
Black/AA**	61	2	1.1	0.2	6
Asian NHOPI**	63	2	3.4	0.8	13.6
EDUCATION					
Less than High School Graduate	841	107	7.9	6.2	10.0
High School Graduate or G.E.D.	1,676	175	7.5	6.1	9.1
Some College	1,646	169	8.5	6.7	10.8
College Graduate	2,055	174	7.9	6.3	9.9
INCOME					
Less than $10,000	373	86	18.0	13.3	23.9
$10-19,999	928	158	12.3	10.1	15.0
$20-49,999	2,205	189	7.1	5.9	8.7
$50,000 or more	2,074	110	4.6	3.6	5.9
EMPLOYMENT					
Employed	3,282	116	3.4	2.6	4.4
Unemployed/Unable to Work	698	211	23.4	19.3	27.9
Homemaker/Student	691	39	4.0	2.0	8
Retired	1,540	261	16.5	14.4	19
Geographic Region✿					
Northwest	1,558	142	7.2	5.7	9.0
Northeast	1,152	108	7.3	5.8	9.1
Bernalillo County	1,055	112	9.0	7.0	11.5
Southeast	1,173	125	7.4	6.0	9.0
Southwest	1,286	140	8.0	6.6	9.7

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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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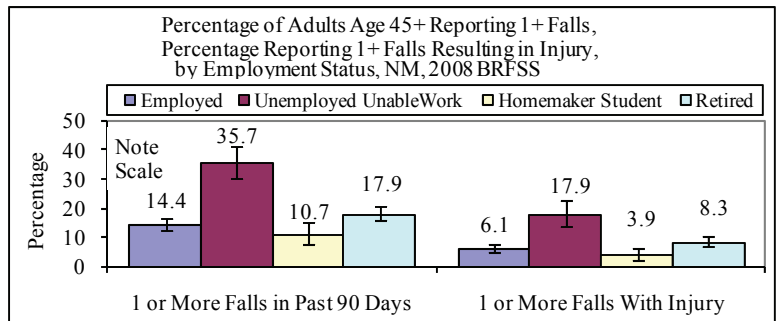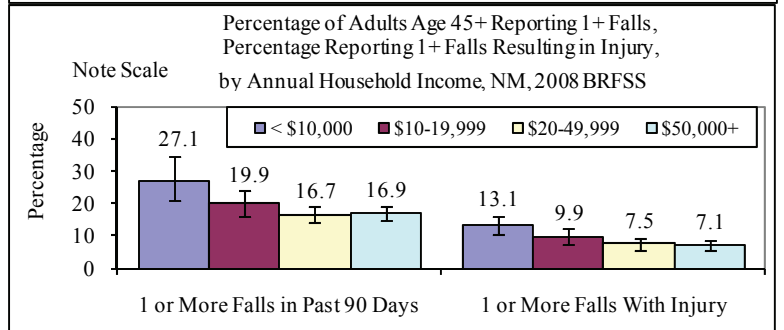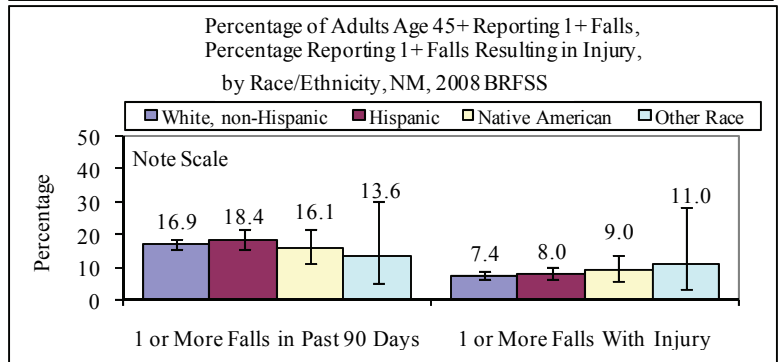
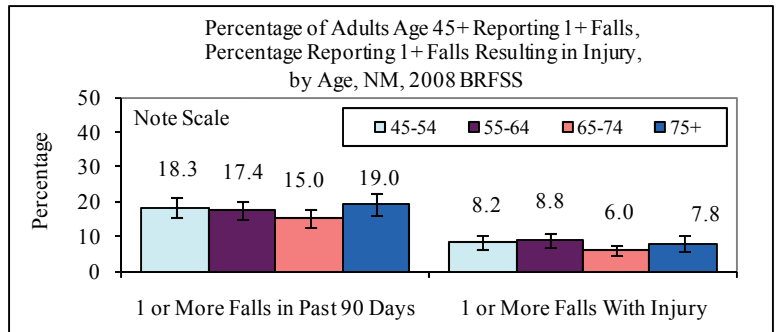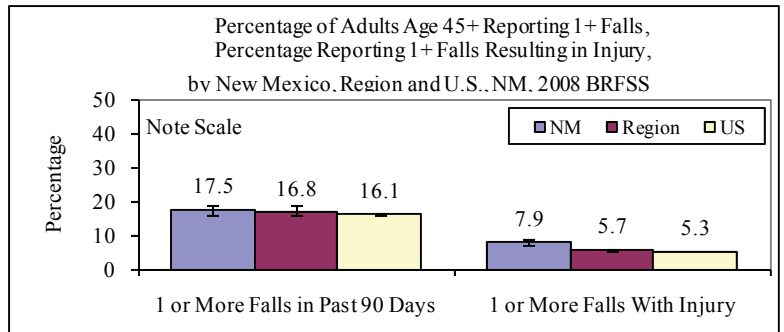# FALLS & FALLS WITH INJURY — ADULTS AGE 45+

QUESTION:

"In the past 3 months, how many times have you fallen?"

"How many of these falls caused an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor."

The two questions about falls were asked only of adults age 45 or more.

IN NEW MEXICO,

❖ 17.5% of adults in New Mexico had fallen at least once in the previous 90 days.. This percentage was similar to the percentages for the Region (16.8%) and the U.S. (16.1%).

❖ Just under 8% of adults in New Mexico had suffered at least one fall with an injury in the previous 90 days. This was higher than both the region (5.7%) and the U.S. (5.3%). Though New Mexico adults were not more likely to fall than adults elsewhere, New Mexico adults were more likely to be injured in a fall.

❖ Adults in older age groups were not more likely to fall or to be injured in a fall than adults in younger 45+ age groups..

❖ There was no clear difference in risk of falls or risk of injury across race/ethnic groups.

❖ Adults age 45+ who lived in households earning less than $10,000 per year were more likely to fall and were more likely to be injured in a fall than those living in households earning $20,000 or more per year.

❖ History of falls and falls with injury did not vary with education level.

❖ Adults who were unemployed or were unable to work were more likely to report a fall and a fall with injury than other adults.

❖ There was no difference in history of falls or falls with injury by region within NM.

Percentage of Adults Age 45+ Reporting 1+ Falls, Percentage Reporting 1+ Falls Resulting in Injury, by New Mexico, Region and U.S., NM, 2008 BRFSS

Percentage of Adults Age 45+ Reporting 1+ Falls, Percentage Reporting 1+ Falls Resulting in Injury, by Age, NM, 2008 BRFSS

Percentage of Adults Age 45+ Reporting 1+ Falls, Percentage Reporting 1+ Falls Resulting in Injury, by Race/Ethnicity, NM, 2008 BRFSS

Percentage of Adults Age 45+ Reporting 1+ Falls, Percentage Reporting 1+ Falls Resulting in Injury, by Annual Household Income, NM, 2008 BRFSS

Percentage of Adults Age 45+ Reporting 1+ Falls, Percentage Reporting 1+ Falls Resulting in Injury, by Employment Status, NM, 2008 BRFSS

ONE OR MORE FALLS IN PAST 90 DAYS — AGE 45+

Table 45. Percentage of Adults age 45+ reporting one or more falls in previous 90 days, New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | 1+ Falls in Past 90 Days - Adults Age 45+ | | | |
| | | Total Number Reporting One or More Falls | Weighted Percent (%)§ | 95% Confidence Interval‡ | |
				Lower	Upper
TOTAL	4,370	806	17.5	16.1	18.9
GENDER					
Male	1,689	293	16.3	14.2	18.7
Female	2,681	513	18.5	16.7	20.4
AGE					
45-54	1,255	237	18.3	15.8	21.1
55-64	1,370	249	17.4	14.9	20.2
65-74	1,001	171	15.0	12.7	17.7
75+	728	147	19.0	15.9	22.6
RACE/ETHNICITY					
White, non-Hispanic	2,802	513	16.9	15.3	18.6
Hispanic	1,174	214	18.4	15.7	21.5
Native American	278	60	16.1	11.6	21.9
Other Race	63	7	13.6	5.4	30.3
EDUCATION					
Less than High School Graduate	562	117	17.6	14.2	21.6
High School Graduate or G.E.D.	1,139	190	17.7	14.9	20.9
Some College	1,116	216	17.6	15.0	20.5
College Graduate	1,548	282	17.2	15.0	19.7
INCOME					
Less than $10,000	264	76	27.1	20.8	34.5
$10-19,999	653	137	19.9	16.1	24.4
$20-49,999	1,493	262	16.7	14.5	19.2
$50,000 or more	1,469	251	16.9	14.6	19.4
EMPLOYMENT					
Employed	2,012	314	14.4	12.6	16.4
Unemployed/Unable to Work	481	170	35.7	30.2	41.6
Homemaker/Student	352	42	10.7	7.6	15
Retired	1520	280	17.9	15.6	20.4
Geographic RegionR					
Northwest	1,011	193	17.6	14.7	20.9
Northeast	867	180	20.1	17.1	23.6
Bernalillo County	749	120	16.3	13.5	19.6
Southeast	822	149	17.2	14.6	20.2
Southwest	921	164	17.1	14.5	20.1

§ 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 6,227 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.

ONE OR MORE FALLS WITH INJURY IN PAST 90 DAYS — AGE 45+

Table 46. Percentage of Adults age 45+ reporting one or more falls with injury in previous 90 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	1+ Falls with Injury in Past 90 Days - Adults Age 45+			
		Total Number Reporting One or more Falls with Injury	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,366	356	7.9	6.9	9.0
GENDER					
Male	1,688	110	7.0	5.5	8.8
Female	2,678	246	8.7	7.5	10.0
AGE					
45-54	1,253	104	8.2	6.5	10.2
55-64	1,370	114	8.8	6.9	11.1
65-74	1,000	71	6.0	4.6	7.8
75+	727	66	7.8	5.8	10.5
RACE/ETHNICITY					
White, non-Hispanic	2,801	222	7.4	6.3	8.7
Hispanic	1,173	95	8.0	6.2	10.3
Native American	276	30	9.0	5.8	13.8
Other Race	63	5	11.0	3.7	28.3
EDUCATION					
Less than High School Graduate	560	52	8.0	5.7	11.0
High School Graduate or G.E.D.	1,139	99	9.7	7.5	12.5
Some College	1,115	96	7.5	5.9	9.4
College Graduate	1,547	109	6.8	5.4	8.6
INCOME					
Less than $10,000	264	40	13.1	8.7	19.3
$10-19,999	652	68	9.9	7.3	13.3
$20-49,999	1,490	113	7.5	5.9	9.5
$50,000 or more	1,469	98	7.1	5.6	9.0
EMPLOYMENT					
Employed	2,011	121	6.1	4.9	7.6
Unemployed/Unable to Work	479	82	17.9	13.7	23.0
Homemaker/Student	352	20	3.9	2.4	6
Retired	1,519	133	8.3	6.7	10
Geographic RegionR					
Northwest	1,009	81	7.9	5.9	10.4
Northeast	867	82	9.6	7.3	12.5
Bernalillo County	748	50	7.0	5.1	9.5
Southeast	821	71	8.3	6.5	10.6
Southwest	921	72	7.4	5.7	9.6

§ 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 6,227 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.

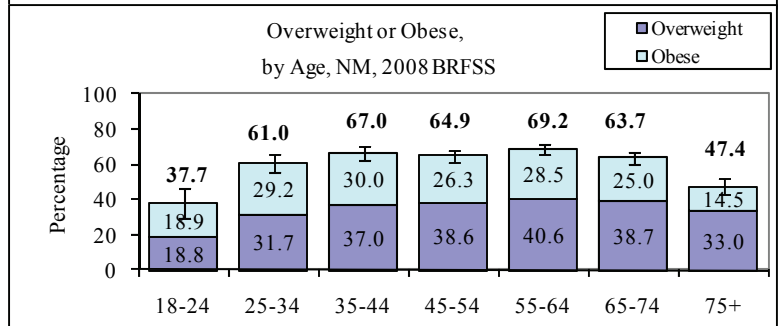# OVERWEIGHT AND OBESITY

Being overweight or obese is a known risk factor for diabetes, heart disease and stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, and some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder).[20]

Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is based on height and weight and is not gender-specific. BMI = weight in pounds x 704.5/(height in inches)^2. Overweight is defined as a BMI of 25-29.9, and obesity as a BMI of 30 or greater.[20] The confidence intervals presented in these charts are associated with the over-all Overweight/Obese measure in bold text above each bar.

IN NEW MEXICO,

◈ 59.9% of the adults were either overweight or obese: 34.2% of adults were overweight and an additional 25.7% were obese, based on Body Mass Index (BMI). These percentages were not statistically different from those of the Region (36.6% and 27.0%) or the U.S. (36.3% and 26.7%).

◈ Men were more likely to be overweight than women, 40.7% versus 27.8%, but men and women were similar in terms of obesity.

◈ High rates of overweight and obesity were common to all racial/ethnic groups. Hispanics and Native Americans were more likely to be obese than White non-Hispanics and Asian/NHOPI. Asian/NHOPI adults were less likely to be overweight or obese than adults of any other group.

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

Overweight or Obese, by NM, Region, US, NM, 2008 BRFSS

Overweight or Obese, by Gender, NM, 2008 BRFSS

Overweight or Obese, by Age, NM, 2008 BRFSS

Overweight or Obese, by Race/Ethnicity, NM, 2008 BRFSS

Overweight or Obese, by Region, NM, 2008 BRFSS
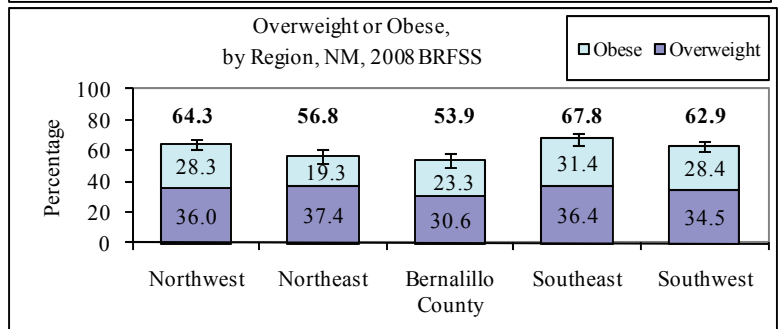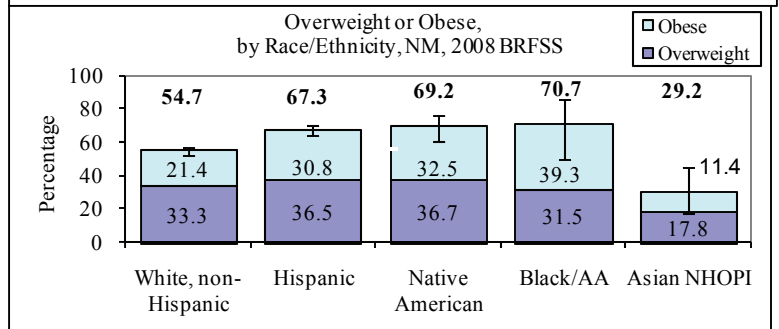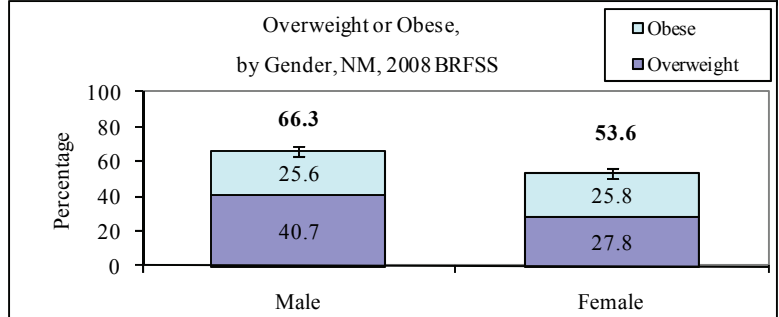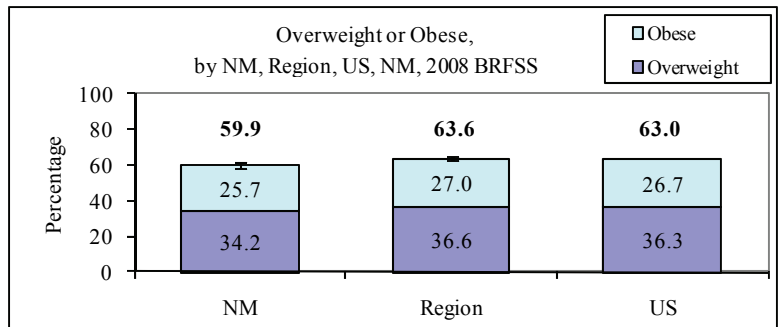
◈ Adults with a college education were less likely to be obese.

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OVERWEIGHT

Table 47. Percentage of New Mexicans who were overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight - BMI 25.0 - 29.9			
		Total # Classified as Overweight BMI 25.0 to 29.9	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,993	2,154	34.2	32.5	36.0
GENDER					
Male	2,371	1048	40.7	37.9	43.6
Female	3,622	1106	27.8	25.9	29.9
AGE					
18-24	223	62	18.8	13.7	25.1
25-34	632	185	31.7	27.1	36.7
35-44	865	306	37.0	33.0	41.2
45-54	1,220	455	38.6	35.2	42.1
55-64	1,342	517	40.6	37.3	44.1
65-74	984	379	38.7	35.1	42.5
75+	713	245	33.0	29.0	37.1
RACE/ETHNICITY					
White, non-Hispanic	3,447	1210	33.3	31.1	35.6
Hispanic	1,837	703	36.5	33.5	39.6
Native American	529	186	36.7	30.1	43.8
Black/AA**	59	23	31.5	16.6	51.3
Asian NHOPI**	62	13	17.8	9.2	31.8
EDUCATION					
Less than High School Graduate	766	306	38.0	33.1	43.2
High School Graduate or G.E.D.	1,609	581	33.0	29.7	36.6
Some College	1,601	548	31.6	28.4	35.0
College Graduate	2,012	717	36.0	33.2	38.9
INCOME					
Less than $10,000	347	113	30.4	23.0	38.9
$10-19,999	882	300	31.6	27.4	36.2
$20-49,999	2,138	766	34.9	32.1	37.9
$50,000 or more	2,040	787	36.6	33.8	39.5
EMPLOYMENT					
Employed	3,162	1173	35.2	32.9	37.6
Unemployed/Unable to Work	669	209	32.1	26.8	37.9
Homemaker/Student	657	199	26.6	22.0	31.8
Retired	1496	570	39.0	36.0	42.1
Geographic Region✿					
Northwest	1,511	557	36.0	32.5	39.7
Northeast	1,111	411	37.4	33.6	41.4
Bernalillo County	1,024	329	30.6	27.1	34.4
Southeast	1,129	421	36.4	32.7	40.2
Southwest	1,218	436	34.5	31.1	38.0

§ 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 were excluded. Consequently, the sample sizes may not add to 6,227 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 48. Percentage of New Mexicans who were obese based on Body Mass Index (BMI ≥ 30), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI 30+			
		Total # Classified as Obese BMI 30.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,993	1,580	25.7	24.1	27.4
GENDER					
Male	2,371	617	25.6	23.2	28.2
Female	3,622	963	25.8	23.7	28.0
AGE					
18-24	223	44	18.9	12.9	26.8
25-34	632	182	29.2	25.0	33.9
35-44	865	274	30.0	26.3	33.9
45-54	1,220	332	26.3	23.2	29.7
55-64	1,342	404	28.5	25.5	31.7
65-74	984	241	25.0	21.9	28.4
75+	713	101	14.5	11.7	17.8
RACE/ETHNICITY					
White, non-Hispanic	3,447	763	21.4	19.4	23.4
Hispanic	1,837	573	30.8	27.7	34.0
Native American	529	198	32.5	26.8	38.9
Black/AA**	59	20	39.3	22.1	59.6
Asian NHOPI**	62	10	11.4	5.3	22.7
EDUCATION					
Less than High School Graduate	766	237	28.5	24.1	33.4
High School Graduate or G.E.D.	1,609	462	28.2	24.8	31.9
Some College	1,601	482	29.0	25.8	32.4
College Graduate	2,012	398	19.4	17.1	22.0
INCOME					
Less than $10,000	347	120	32.0	24.6	40.3
$10-19,999	882	293	35.5	30.9	40.5
$20-49,999	2,138	588	27.1	24.4	29.9
$50,000 or more	2,040	468	22.6	20.1	25.3
EMPLOYMENT					
Employed	3,162	848	26.7	24.4	29.0
Unemployed/Unable to Work	669	231	29.4	24.6	34.8
Homemaker/Student	657	175	23.9	19.4	29.2
Retired	1496	325	21.1	18.7	23.7
Geographic Region✿					
Northwest	1,511	429	28.3	25.0	31.9
Northeast	1,111	217	19.3	16.4	22.6
Bernalillo County	1,024	245	23.3	19.9	27.0
Southeast	1,129	360	31.4	27.8	35.4
Southwest	1,218	329	28.4	25.2	31.9

§ 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 6,227 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 49. Percentage of New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweigh or Obeset - BMI 25.0+			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,993	3,734	59.9	57.9	61.9
GENDER					
Male	2,371	1665	66.3	63.2	69.3
Female	3,622	2069	53.6	51.1	56.1
AGE					
18-24	223	106	37.7	29.8	46.2
25-34	632	367	61.0	56.0	65.7
35-44	865	580	67.0	62.9	70.8
45-54	1,220	787	64.9	61.4	68.2
55-64	1,342	921	69.2	66.0	72.2
65-74	984	620	63.7	60.1	67.2
75+	713	346	47.4	43.1	51.8
RACE/ETHNICITY					
White, non-Hispanic	3,447	1973	54.7	52.1	57.3
Hispanic	1,837	1276	67.3	63.8	70.5
Native American	529	384	69.2	60.4	76.8
Black/AA**	59	43	70.7	50.3	85.2
Asian NHOPI**	62	23	29.2	17.5	44.6
EDUCATION					
Less than High School Graduate	766	543	66.5	60.7	71.9
High School Graduate or G.E.D.	1,609	1043	61.2	57.0	65.3
Some College	1,601	1030	60.6	56.6	64.5
College Graduate	2,012	1115	55.4	52.4	58.4
INCOME					
Less than $10,000	347	233	62.4	51.0	72.5
$10-19,999	882	593	67.1	62.1	71.8
$20-49,999	2,138	1354	62.0	58.8	65.2
$50,000 or more	2,040	1255	59.2	56.0	62.3
EMPLOYMENT					
Employed	3,162	2021	61.9	59.3	64.4
Unemployed/Unable to Work	669	440	61.5	55.0	67.7
Homemaker/Student	657	374	50.6	44.3	56.8
Retired	1496	895	60.1	57.1	63.1
Geographic Region✿					
Northwest	1,511	986	64.3	60.5	67.9
Northeast	1,111	628	56.8	52.6	60.9
Bernalillo County	1,024	574	53.9	49.5	58.3
Southeast	1,129	781	67.8	63.9	71.6
Southwest	1,218	765	62.9	59.1	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 6,227 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 50. Percentage of Adult Male New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweigh or Obeset - BMI 25.0+ Among Adult Men			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,371	1,665	66.3	63.2	69.3
AGE					
18-24**	92	42	37.2	26.2	49.6
25-34	243	167	69.7	62.0	76.4
35-44	334	242	72.9	66.5	78.4
45-54	459	347	73.7	68.2	78.5
55-64	560	414	74.0	69.3	78.2
65-74	399	295	73.5	68.2	78.3
75+	279	154	54.1	47.1	60.9
RACE/ETHNICITY					
White, non-Hispanic	1,410	945	63.1	58.9	67.1
Hispanic	676	508	70.1	64.1	75.5
Native American	204	161	76.6	66.7	84.2
Other Race**	53	33	61.5	43.7	76.7
EDUCATION					
Less than High School Graduate	301	218	64.9	55.4	73.4
High School Graduate or G.E.D.	675	483	64.3	57.9	70.2
Some College	571	420	68.0	61.3	74.1
College Graduate	820	541	67.5	62.9	71.7
INCOME					
Less than $10,000**	91	64	69.5	54.5	81.3
$10-19,999	328	226	68.2	60.1	75.4
$20-49,999	837	593	67.5	62.1	72.4
$50,000 or more	929	674	68.9	64.0	73.5
EMPLOYMENT					
Employed	1,388	1003	69.7	66.1	73.1
Unemployed/Unable to Work	277	194	59.6	49.4	69.0
Homemaker/Student**	50	27	43.6	26.0	62.9
Retired	653	439	67.1	62.6	71.3
Geographic Region✿					
Northwest	559	407	70.4	64.0	76.0
Northeast	454	290	63.2	56.7	69.3
Bernalillo County	405	264	60.8	53.8	67.5
Southeast	462	360	76.1	69.8	81.4
Southwest	491	344	67.5	61.5	73.0

§ 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 females were excluded. Consequently, the sample sizes may not add to 6,227 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 51. Percentage of Adult Female New Mexicans who were overweight or obese based on Body Mass Index (BMI ≥ 25.0), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweigh or Obeset - BMI 25.0+ Among Adult Women			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,622	2,069	53.6	51.1	56.1
AGE					
18-24**	131	64	38.2	27.6	50.2
25-34	389	200	51.5	45.4	57.5
35-44	531	338	61.0	55.7	66.0
45-54	761	440	56.4	52.0	60.6
55-64	782	507	64.4	60.0	68.6
65-74	585	325	54.8	49.8	59.7
75+	434	192	42.6	37.3	48.2
RACE/ETHNICITY					
White, non-Hispanic	2,037	1028	45.7	42.7	48.7
Hispanic	1,161	768	64.9	60.8	68.8
Native American	325	223	61.2	47.6	73.2
Other Race**	68	33	30.2	17.5	46.8
EDUCATION					
Less than High School Graduate	465	325	68.2	61.5	74.2
High School Graduate or G.E.D.	934	560	57.9	52.2	63.4
Some College	1,030	610	54.4	49.7	59.1
College Graduate	1,192	574	43.2	39.6	46.9
INCOME					
Less than $10,000	256	169	58.8	44.2	72.0
$10-19,999	554	367	66.1	59.9	71.8
$20-49,999	1,301	761	56.9	52.9	60.8
$50,000 or more	1,111	581	47.4	43.5	51.4
EMPLOYMENT					
Employed	1,774	1018	52.3	48.6	55.9
Unemployed/Unable to Work	392	246	64.1	57.5	70.2
Homemaker/Student	607	347	52.4	46.4	58.3
Retired	843	456	53.3	49.2	57.4
Geographic Region✿					
Northwest	952	579	58.5	53.9	62.9
Northeast	657	338	50.3	45.0	55.5
Bernalillo County	619	310	47.1	41.6	52.7
Southeast	667	421	59.7	54.7	64.5
Southwest	727	421	58.3	53.5	63.0

§ 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 6,227 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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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,

◈ 19.4% of New Mexico adults were current smokers, which was not statistically different from the Region (18.0%) or the U.S. (18.5%).

◈ The prevalence of current smoking was fairly stable through age 54 but was lower within each successive age group above age 54.

◈ There was no measurable difference in the prevalence of smoking between the different racial/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.

◈ 58.4% 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 (58.6%) and the U.S. (58.2%), even after adjusting for differences in age distribution.

◈ Current smokers were more likely than non-smokers to describe their general health as Fair or Poor, to report a history of cardiovascular disease (among adults age 50+), or to have been unable to do their usual activities in the past 30 days due to poor physical or mental health.

Current Smokers, by New Mexico, Region and U.S., NM, 2008 BRFSS

Category	Percentage
NM	19.4
Region	18.0
US	18.5

Current Smokers, by Gender, NM, 2008 BRFSS

Category	Percentage
Male	22.0
Female	16.8

Current Smokers, by Age, NM, 2008 BRFSS

Age	Percentage
18-24	22.6
25-34	25.2
35-44	19.2
45-54	22.4
55-64	17.0
65-74	11.8
75+	7.1

Current Smokers, by Race/Ethnicity, NM, 2008

Category	Percentage
White, non-Hispanic	19.4
Hispanic	19.7
Native American	17.1
Black/AA**	29.1
Asian NHOPI**	21.9

Current Smokers, by Education, NM, 2008 BRFSS

Category	Percentage
< HS	27.3
HS_GED	24.8
Some College	20.5
College Grad	9.7

TOBACCO USE

Table 52. Percentage of New Mexicans who were current smokers, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,210	1,112	19.4	17.9	20.9
GENDER					
Male	2,404	471	22.0	19.6	24.6
Female	3,806	641	16.8	15.1	18.7
AGE					
18-24	231	58	22.6	16.7	29.9
25-34	657	157	25.2	21.2	29.6
35-44	899	161	19.2	16.0	22.9
45-54	1,275	287	22.4	19.6	25.6
55-64	1,385	259	17.0	14.6	19.6
65-74	1,012	136	11.8	9.7	14.3
75+	735	53	7.1	5.1	9.7
RACE/ETHNICITY					
White, non-Hispanic	3,524	622	19.4	17.4	21.5
Hispanic	1,952	372	19.7	17.3	22.4
Native American	546	88	17.1	12.8	22.5
Black/AA**	61	14	29.1	13.5	52.0
Asian NHOPI**	63	10	21.9	10.5	40.1
EDUCATION					
Less than High School Graduate	839	203	27.3	22.7	32.3
High School Graduate or G.E.D.	1,672	380	24.8	21.7	28.3
Some College	1,644	334	20.5	17.7	23.5
College Graduate	2,050	194	9.7	8.1	11.6
INCOME					
Less than $10,000	373	103	27.3	20.4	35.5
$10-19,999	925	259	33.0	28.3	38.0
$20-49,999	2,203	418	20.4	18.0	23.0
$50,000 or more	2,070	245	13.8	11.7	16.2
EMPLOYMENT					
Employed	3,273	603	19.8	17.9	21.9
Unemployed/Unable to Work	696	215	29.6	24.5	35.2
Homemaker/Student	690	107	17.1	13.1	22.1
Retired	1538	185	11.5	9.7	13.6
Geographic Region✿					
Northwest	1,552	290	21.5	18.3	25.1
Northeast	1,150	173	18.4	15.1	22.3
Bernalillo County	1,054	159	15.7	13.1	18.7
Southeast	1,170	253	24.4	20.8	28.5
Southwest	1,284	237	20.7	17.5	24.2

§ 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" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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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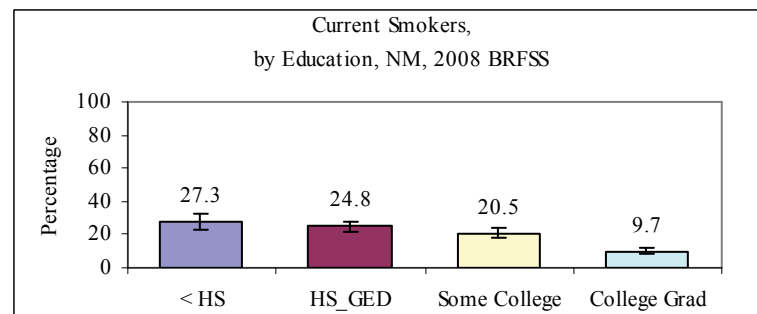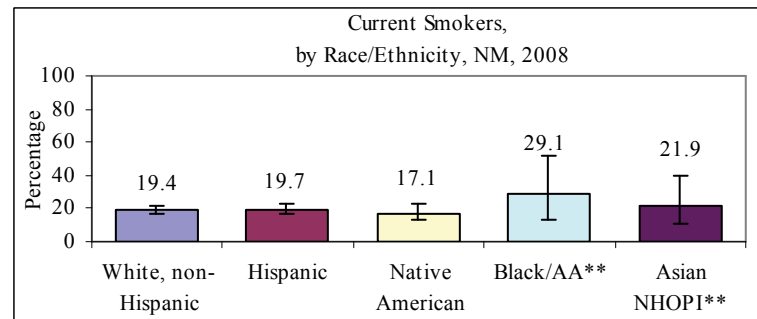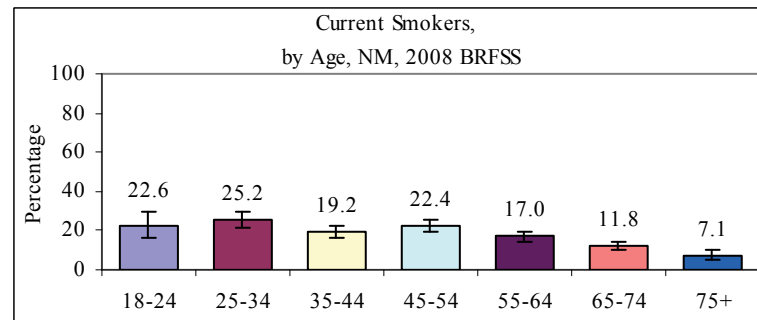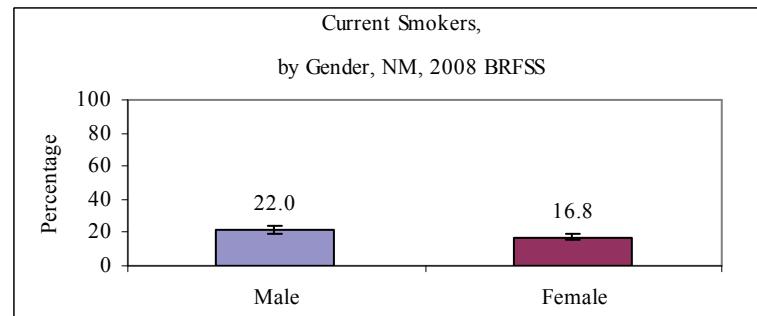
TOBACCO USE — MALES

Table 53. Percentage of Adult Male New Mexicans who were current smokers, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use Among Adult Men			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,404	471	22.0	19.6	24.6
AGE					
18-24**	97	31	27.9	18.8	39.2
25-34	247	69	27.2	21.2	34.3
35-44	340	62	20.7	15.7	26.9
45-54	468	123	25.3	20.6	30.6
55-64	566	119	20.0	16.2	24.5
65-74	402	43	10.2	7.3	14.0
75+	279	24	8.9	5.7	13.8
RACE/ETHNICITY					
White, non-Hispanic	1,419	262	21.8	18.6	25.4
Hispanic	694	155	22.3	18.3	26.8
Native American	208	39	19.0	12.8	27.5
Other Race**	54	11	31.8	17.0	51.5
EDUCATION					
Less than High School Graduate	314	98	33.9	26.3	42.5
High School Graduate or G.E.D.	687	177	29.0	24.1	34.4
Some College	577	125	22.5	17.9	27.8
College Graduate	822	70	9.6	7.2	12.7
INCOME					
Less than $10,000**	96	27	28.6	17.5	42.9
$10-19,999	334	106	38.1	30.5	46.3
$20-49,999	851	190	24.8	20.8	29.3
$50,000 or more	930	119	15.3	12.2	19.1
EMPLOYMENT					
Employed	1,409	276	21.7	18.8	24.9
Unemployed/Unable to Work	282	97	34.0	26.0	43.0
Homemaker/Student**	50	13	17.5	8.5	32.5
Retired	658	83	13.4	10.4	17
Geographic Region✿					
Northwest	567	117	24.3	19.0	30.5
Northeast	460	69	18.8	14.2	24.6
Bernalillo County	406	72	17.7	13.6	22.7
Southeast	468	108	29.1	22.9	36.2
Southwest	503	105	24.5	19.5	30.2

§ 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 female were excluded. Consequently, the sample sizes may not add to 6,227 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 54. Percentage of Adult Female New Mexicans who were current smokers, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use Among Adult Women			
		Total Number Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,806	641	16.8	15.1	18.7
AGE					
18-24	134	27	17.0	10.5	26.5
25-34	410	88	23.1	18.3	28.7
35-44	559	99	17.6	14.0	22.0
45-54	807	164	19.8	16.6	23.4
55-64	819	140	14.1	11.5	17.1
65-74	610	93	13.2	10.3	16.7
75+	456	29	5.8	3.7	9.0
RACE/ETHNICITY					
White, non-Hispanic	2,105	360	16.8	14.6	19.2
Hispanic	1,258	217	17.7	14.9	20.9
Native American	338	49	15.0	9.9	22.2
Other Race**	70	13	17.6	6.9	38.2
EDUCATION					
Less than High School Graduate	525	105	20.7	16.1	26.2
High School Graduate or G.E.D.	985	203	20.5	16.8	24.8
Some College	1,067	209	18.8	15.6	22.5
College Graduate	1,228	124	9.8	7.8	12.3
INCOME					
Less than $10,000	277	76	26.7	18.4	36.9
$10-19,999	591	153	28.4	23.1	34.4
$20-49,999	1,352	228	16.2	13.7	19.1
$50,000 or more	1,140	126	12.0	9.6	14.8
EMPLOYMENT					
Employed	1,864	327	17.6	15.2	20.1
Unemployed/Unable to Work	414	118	24.2	19.0	30.3
Homemaker/Student	640	94	17.0	12.8	22.3
Retired	880	102	9.7	7.7	12.1
Geographic Region✿					
Northwest	985	173	18.9	15.4	22.9
Northeast	690	104	18.0	13.6	23.5
Bernalillo County	648	87	13.8	10.8	17.4
Southeast	702	145	19.9	16.4	23.9
Southwest	781	132	17.0	13.4	21.2

§ 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 6,227 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.

ALCOHOL CONSUMPTION

QUESTIONS:

A drink of alcohol is 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor.

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

"During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?"

"Considering all types of alcoholic beverages, how many times during the past 30 days did you have (5 (men) or 4 (women)) or more drinks on an occasion?"

"During the past 30 days, how many times have you driven when you've had perhaps too much to drink?"

Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.[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 the rate of binge drinking was lower in NM than the region and the nation and chronic drinking was lower in NM than the nation, over the past 20 years, New Mexico has consistently had among the highest alcohol-related death rates in the United States.

IN NEW MEXICO,

◈ 11.4% of New Mexico adults reported binge drinking in the past 30 days which was lower than the Region (14.4%) and the nation (15.2%).

◈ 4.4% of New Mexico adults reported heavy drinking, which was similar to that of the region (4.8%) but lower than that of the U.S. (5.2%).

◈ The percentage of males who reported binge drinking (16.4%) was higher than the percentage for females (6.6%).

1+ Binge in Past 30 Days or Heavy Drinking, by New Mexico, Region and U.S., NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Gender, New Mexico, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Age, New Mexico, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, by Race/Ethnicity, NM, 2008 BRFSS
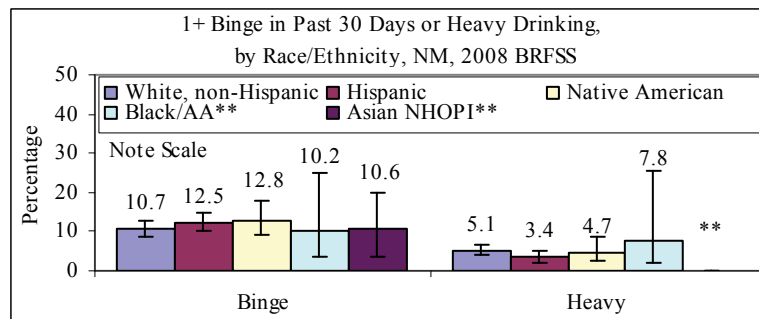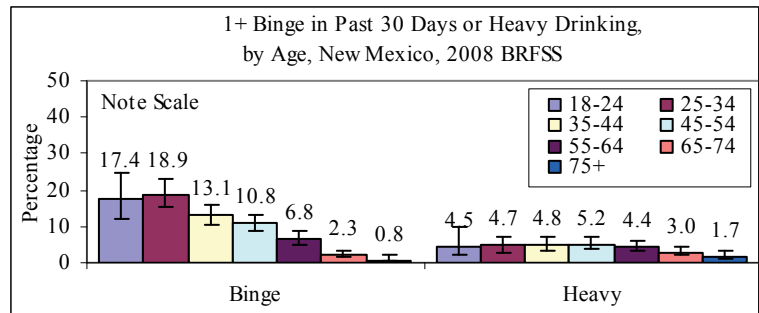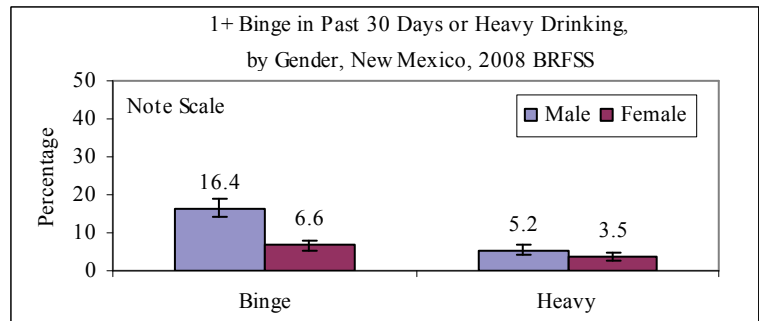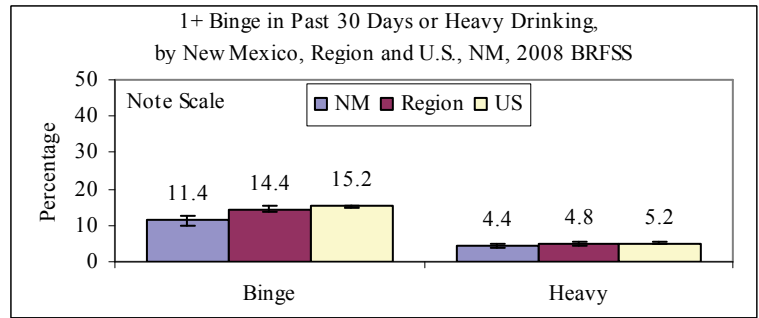
◈ Binge drinking and heavy drinking were lower among older adults.

◈ 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 55. Percentage of Adults who binged at least once in the past 30 days (males ≥ 5 drinks on one occasion or females ≥4 drinks), New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,149	497	11.4	10.1	12.8
GENDER					
Male	2,368	301	16.4	14.2	18.9
Female	3,781	196	6.6	5.4	8.0
AGE					
18-24	230	38	17.4	12.0	24.5
25-34	651	115	18.9	15.4	23.1
35-44	891	108	13.1	10.5	16.1
45-54	1,259	113	10.8	8.7	13.4
55-64	1,373	90	6.8	5.2	8.8
65-74	1,005	27	2.3	1.5	3.5
75+	725	6	0.8	0.3	2.0
RACE/ETHNICITY					
White, non-Hispanic	3,494	259	10.7	8.9	12.7
Hispanic	1,931	173	12.5	10.4	15.0
Native American	538	53	12.8	9.1	17.8
Black/AA**	75	6	10.2	3.8	24
Asian NHOPI**	62	7	10.6	4.3	23.9
EDUCATION					
Less than High School Graduate	833	57	10.5	7.4	14.6
High School Graduate or G.E.D.	1,648	150	12.1	9.8	15.0
Some College	1,628	151	13.0	10.4	16.2
College Graduate	2,036	139	9.7	7.9	12.0
INCOME					
Less than $10,000	369	18	6.6	3.0	13.7
$10-19,999	919	83	16.9	12.8	22.0
$20-49,999	2,181	182	10.3	8.6	12.4
$50,000 or more	2,061	193	13.3	11.0	15.9
EMPLOYMENT					
Employed	3,241	354	14.0	12.3	16.0
Unemployed/Unable to Work	689	51	9.9	6.9	14.1
Homemaker/Student	687	47	11.6	7.9	16.8
Retired	1,519	45	3.1	2.1	4
Geographic Region✿					
Northwest	1,533	118	11.4	8.7	14.7
Northeast	1,141	78	9.2	7.0	12.0
Bernalillo County	1,043	75	9.9	7.5	13.0
Southeast	1,162	91	11.0	8.5	14.2
Southwest	1,270	135	15.8	12.9	19.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,227 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 56. Percentage of Adults who reported heavy drinking (3 or more drinks per day (men) or 2 or more drinks per day (women) on average in past month), New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | Heavy Alcohol Consumption : 3+ Drinks/Day Among Males or 2+ Drinks/Day Among Females | | | |
| | | Total Number Who Reported Heavy Drinking | Weighted Percent (%)[§] | 95% Confidence Interval[‡] | |
				Lower	Upper
TOTAL	6,123	222	4.4	3.6	5.2
GENDER					
Male	2,361	108	5.2	4.1	6.7
Female	3,762	114	3.5	2.7	4.6
AGE					
18-24	229	10	4.5	2.0	9.7
25-34	652	30	4.7	3.0	7.3
35-44	889	34	4.8	3.2	7.2
45-54	1,254	59	5.2	3.9	6.9
55-64	1,369	47	4.4	3.1	6.3
65-74	995	31	3.0	2.0	4.5
75+	719	11	1.7	0.9	3.2
RACE/ETHNICITY					
White, non-Hispanic	3,468	153	5.1	4.1	6.4
Hispanic	1,933	47	3.4	2.2	5.1
Native American	536	16	4.7	2.5	8.6
Black/AA**	61	4	7.8	2.0	26
Asian NHOPI**	63	-	-	-	-
EDUCATION					
Less than High School Graduate	829	22	5.0	2.8	8.9
High School Graduate or G.E.D.	1,649	57	4.2	2.9	5.9
Some College	1,624	57	4.0	2.6	6.0
College Graduate	2,018	86	4.5	3.5	5.9
INCOME					
Less than $10,000	370	11	2.3	1.2	4.5
$10-19,999	916	30	5.2	2.9	9.1
$20-49,999	2,174	67	3.8	2.7	5.1
$50,000 or more	2,052	91	5.3	4.0	7.1
EMPLOYMENT					
Employed	3,232	135	5.1	4.0	6.5
Unemployed/Unable to Work	689	24	4.6	2.7	7.7
Homemaker/Student	682	13	2.3	1.1	5
Retired	1,507	50	3.5	2.5	5
Geographic Region✿					
Northwest	1,534	50	4.6	3.0	7.1
Northeast	1,137	46	5.0	3.4	7.4
Bernalillo County	1,033	42	4.1	2.8	6.0
Southeast	1,157	31	3.3	2.1	4.9
Southwest	1,262	53	4.6	3.2	6.7

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,227 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 2008, 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,

◈ 16.4% of New Mexico adult males reported binge drinking in the past 30 days which was less than bordering states (Region, 20.3%) and the U.S. (21.0%).

◈ 5.2% of New Mexico adult males reported heavy drinking, which was similar to the region (5.7%) and the U.S. (6.0%).

◈ Among males, binge drinking was highest among those 18-34 years old and was much lower among older adults. For heavy drinking there was no clear association with age.

◈ Apparent differences in binge and heavy drinking by race/ethnicity were not statistically significant.

◈ Adjusting for age, adult males who were divorced or separated were more likely to report binge drinking than those who were married. 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, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Age, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Race/Ethnicity, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Education, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Men, by Region, NM, 2008 BRFSS

BINGE DRINKING — MALES

Table 57. Percentage of adult male New Mexicans who binged (≥ 5 drinks on an occasion) at least once in the past 30 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days Among Adult Men			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,368	301	16.4	14.2	18.9
AGE					
18-24**	97	26	24.6	15.9	36.0
25-34	245	69	26.3	20.2	33.4
35-44	336	56	17.2	12.8	22.6
45-54	457	75	16.8	12.9	21.4
55-64	557	52	8.8	6.2	12.4
65-74	398	20	4.0	2.4	6.5
75+	274	3	0.9	0.3	3.2
RACE/ETHNICITY					
White, non-Hispanic	1,400	159	16.0	12.9	19.7
Hispanic	683	106	17.6	14.0	21.8
Native American	204	29	17.8	11.6	26.3
Other Race**	54	5	11.2	3.3	32.1
EDUCATION					
Less than High School Graduate	311	33	14.2	9.0	21.7
High School Graduate or G.E.D.	673	106	18.9	14.7	23.9
Some College	565	84	17.6	13.2	23.0
College Graduate	816	78	14.2	10.9	18.2
INCOME					
Less than $10,000**	95	7	7.4	3.0	16.9
$10-19,999	328	55	27.1	19.7	36.1
$20-49,999	840	106	15.0	11.8	18.8
$50,000 or more	926	121	17.1	13.7	21.2
EMPLOYMENT					
Employed	1,388	221	19.0	16.2	22.2
Unemployed/Unable to Work	279	35	13.1	8.4	19.8
Homemaker/Student**Ψ	50	15	30.0	15.8	49
Retired	646	30	4.4	2.8	7
Geographic Region✪					
Northwest	556	69	16.7	12.0	22.8
Northeast	455	53	14.1	10.2	19.3
Bernalillo County	401	42	13.2	9.3	18.6
Southeast	461	57	16.3	11.7	22.1
Southwest	495	80	23.1	18.3	28.8

* 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 6,227 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 males, 90% were students.

HEAVY DRINKING — MALES

Table 58. Percentage of Adult Males who reported heavy drinking (3 or more drinks per day on average in past month), New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | Heavy Alcohol Consumption Among Adult Men: 3+ Drinks/Day | | |
| | | Total Number Who Reported Heavy Drinking | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	2,361	108	5.2	4.1	6.7
AGE					
18-24	97	4	4.2	1.4	12.3
25-34	245	15	5.4	2.9	10.0
35-44	334	25	8.0	5.0	12.6
45-54	457	28	6.0	4.0	9.1
55-64	557	20	4.8	2.7	8.3
65-74	393	9	2.2	1.1	4.5
75+	273	7	2.4	1.1	5.3
RACE/ETHNICITY					
White, non-Hispanic	1,395	67	5.7	4.0	7.9
Hispanic	682	29	4.4	2.8	7.1
Native American	203	10	7.6	3.7	14.9
Other Race/Ethnicity**	54	1	1.2	0.2	8.5
EDUCATION					
Less than High School Graduate	309	13	7.8	3.8	15.4
High School Graduate or G.E.D.	671	36	6.1	3.9	9.2
Some College	569	26	3.7	2.3	5.9
College Graduate	810	33	4.5	3.0	6.8
INCOME					
Less than $10,000**	95	5	4.0	1.6	9.7
$10-19,999	327	18	8.2	4.0	16.1
$20-49,999	837	38	5.7	3.8	8.4
$50,000 or more	926	42	4.9	3.4	7.1
EMPLOYMENT					
Employed	1,388	74	6.1	4.5	8.2
Unemployed/Unable to Work	277	14	4.9	2.3	9.9
Homemaker/Student**	50	2	2.5	0.5	11
Retired	641	18	3.0	1.8	5
Geographic Region✿					
Northwest	559	26	6.2	3.4	10.8
Northeast	453	21	6.3	3.5	11.1
Bernalillo County	396	16	3.8	2.2	6.4
Southeast	460	18	4.5	2.6	7.7
Southwest	493	27	6.2	3.8	10.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,227 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 Males, 90% were students.
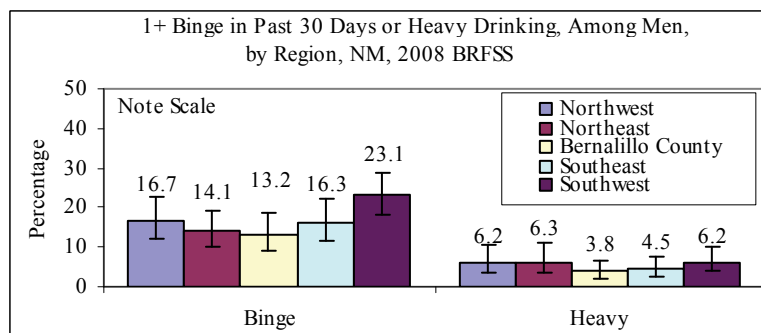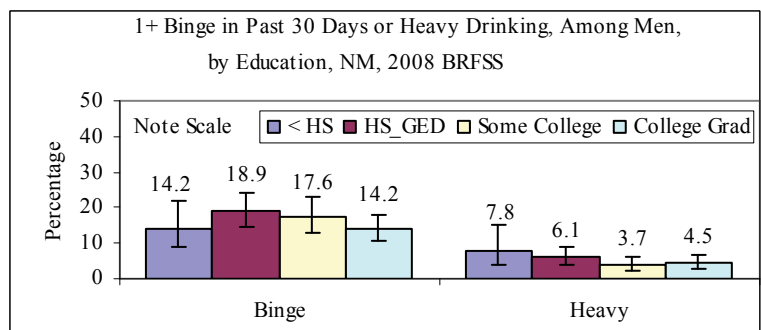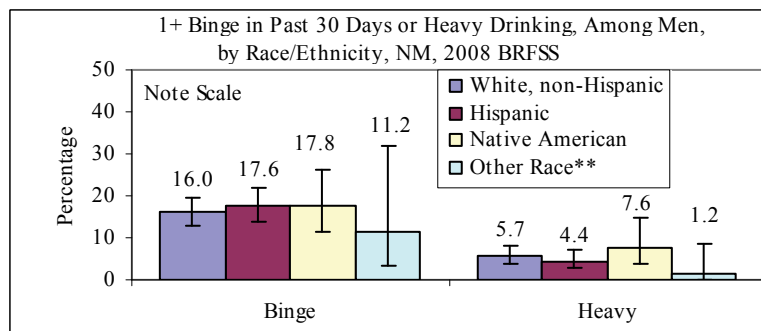
Among females, binge drinking is defined as 4 or more drinks on at least one occasion during the past month; and heavy drinking is defined as drinking more than 1 drink per day on average during the past month.

IN NEW MEXICO,

❖ 6.6% of New Mexico adult females reported binge drinking in the past 30 days which was similar to bordering states (Region, 8.7%) but lower than the U.S. (9.7%).

❖ 3.5% of New Mexico adult females reported heavy drinking, which was similar to bordering states (Region, 3.8%) but lower than the U.S. (4.4%).

❖ Binge 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.

❖ There were no differences by region of residence within the state for either binge or heavy drinking.

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by New Mexico, Region and U.S., NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Race/Ethnicity, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Race/Ethnicity, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Education, NM, 2008 BRFSS

1+ Binge in Past 30 Days or Heavy Drinking, Among Women, by Region, NM, 2008 BRFSS

BINGE DRINKING — FEMALES

Table 59. Percentage of adult female New Mexicans who binged (≥ 4 drinks on an occasion) at least once in the past 30 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days Among Adult Women			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,781	196	6.6	5.4	8.0
AGE					
18-24	133	12	9.6	4.6	18.9
25-34	406	46	11.2	8.0	15.5
35-44	555	52	9.0	6.6	12.2
45-54	802	38	5.3	3.5	8.0
55-64	816	38	4.9	3.3	7.3
65-74	607	7	0.8	0.4	2.0
75+	451	3	0.7	0.2	2.7
RACE/ETHNICITY					
White, non-Hispanic	2,094	100	5.1	3.9	6.6
Hispanic	1,248	67	8.4	6.1	11.5
Native American	334	24	7.5	4.5	12.3
Other Race**	70	5	8.2	2.4	24.8
EDUCATION					
Less than High School Graduate	522	24	6.8	4.2	10.8
High School Graduate or G.E.D.	975	44	5.2	3.5	7.5
Some College	1,063	67	9.3	6.4	13.3
College Graduate	1,220	61	5.3	3.9	7.1
INCOME					
Less than $10,000	274	11	6.1	2.0	17.7
$10-19,999	591	28	7.8	4.9	12.2
$20-49,999	1,341	76	6.0	4.5	7.9
$50,000 or more	1,135	72	8.7	6.2	12.0
EMPLOYMENT					
Employed	1,853	133	8.1	6.3	10.2
Unemployed/Unable to Work	410	16	6.0	3.1	11.4
Homemaker/StudentΨ	637	32	7.1	4.4	11
Retired	873	15	1.8	1.0	3
Geographic Region✿					
Northwest	977	49	6.3	4.2	9.3
Northeast	686	25	4.3	2.8	6.8
Bernalillo County	642	33	6.8	4.4	10.3
Southeast	701	34	6.0	4.1	8.7
Southwest	775	55	8.7	6.0	12.6

* 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 6,227 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 60. Percentage of Adult Females who reported heavy drinking (more than 1 drink per day on average in past month), New Mexico, 2008.

| Demographic Characteristics | Total Number Who Responded to the Question* | Heavy Alcohol Consumption Among Adult Women: 2+ Drinks/Day | | |
| | | Total Number Who Reported Heavy Drinking | Weighted Percent (%)§ | 95% Confidence Interval‡ |
				Lower	Upper
TOTAL	3,762	114	3.5	2.7	4.6
AGE					
18-24	132	6	4.8	1.5	14.2
25-34	407	15	4.0	2.1	7.4
35-44	555	9	1.7	0.8	3.6
45-54	797	31	4.4	3.0	6.5
55-64	812	27	4.1	2.6	6.3
65-74	602	22	3.7	2.3	6.1
75+	446	4	1.2	0.4	3.5
RACE/ETHNICITY					
White, non-Hispanic	2,073	86	4.6	3.5	5.9
Hispanic	1,251	18	2.5	1.2	5.2
Native American	333	6	1.7	0.7	4.0
Other Race/Ethnicity**	70	3	5.3	1.1	22.4
EDUCATION					
Less than High School Graduate	520	9	2.3	1.0	5.2
High School Graduate or G.E.D.	978	21	2.3	1.3	4.0
Some College	1,055	31	4.1	2.2	7.8
College Graduate	1,208	53	4.6	3.4	6.3
INCOME					
Less than $10,000	275	6	1.5	0.6	3.8
$10-19,999	589	12	2.6	1.1	5.8
$20-49,999	1,337	29	1.9	1.2	3.0
$50,000 or more	1,126	49	5.8	3.7	9.0
EMPLOYMENT					
Employed	1,844	61	3.8	2.5	5.8
Unemployed/Unable to Work	412	10	4.2	2.0	8.8
Homemaker/Student	632	11	2.2	1.0	5
Retired	866	32	3.9	2.6	6
Geographic Region✿					
Northwest	975	24	3.2	1.7	5.7
Northeast	684	25	3.8	2.4	5.9
Bernalillo County	637	26	4.4	2.5	7.6
Southeast	697	13	2.0	1.1	3.8
Southwest	769	26	3.1	1.8	5.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,227 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.

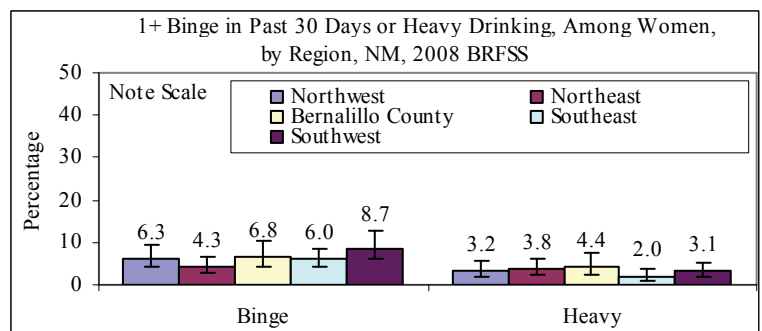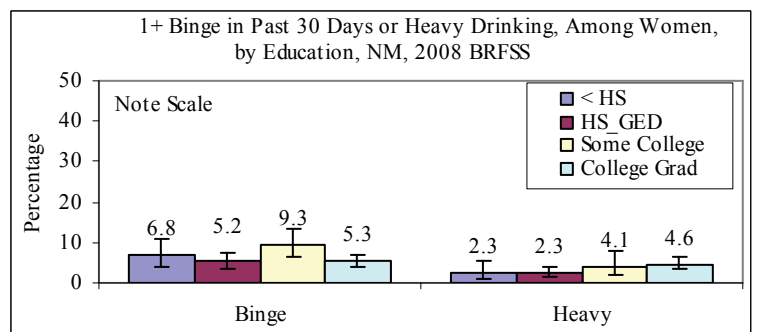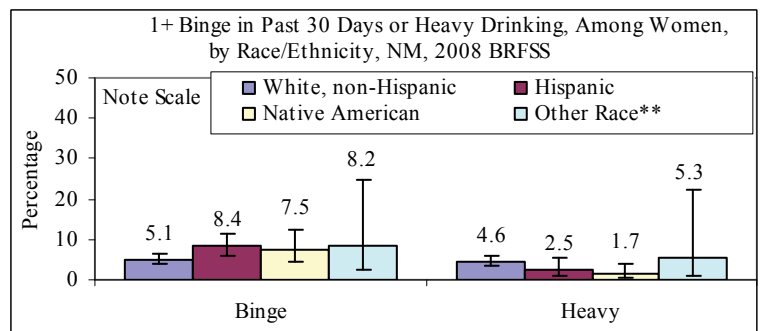** Estimates based on small sample size may not be reliable and may change significantly from year to year.
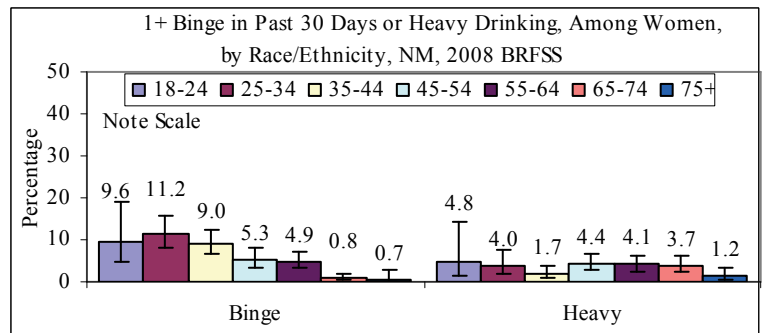
Ψ Among Females, 87% were homemakers.

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,

◆ 23.9% 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 (26.2%) and that of the U.S. (25.3%).

◆ Adult females (26.9%) were less likely to have engaged in leisure-time physical activity than adult males (20.8%), even after adjusting for differences in age distribution.

◆ Adults age 65 or more were less likely to engage in leisure-time activities than adults of younger age groups.

◆ Hispanics (29.2%) were more likely than Asian/NHOPI (10.1%) or White, non-Hispanics (20.1%) 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 lower education level 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 those of the northern regions or Bernalillo County, and, after adjusting for differences in age distribution, less likely to have engaged in any leisure-time activity than residents of the Southwest region (24.6%).

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by NM, Region, US, NM, 2008 BRFSS

NM	Region	US
23.9	26.2	25.3

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Gender, NM, 2008 BRFSS

Male	Female
20.8	26.9

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Age, NM, 2008 BRFSS

18-24	25-34	35-44	45-54	55-64	65-74	75+
23.8	22.3	21.4	22.5	24.8	24.9	33.8

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Race/Ethnicity, NM, 2008 BRFSS

White, non-Hispanic	Hispanic	Native American	Black/AA**	Asian NHOPI**
20.1	29.2	29.3	23.6	10.1

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Education, NM, 2008 BRFSS

< HS	HS_GED	Some College	College Grad
38.9	31.1	20.6	13.3

No Leisure-time Physical Activity or Exercise in the Past 30 Days, by Region, NM, 2008 BRFSS

Northwest	Northeast	Bernalillo County	Southeast	Southwest
24.1	21.9	21.5	31.6	24.6

NO LEISURE-TIME PHYSICAL ACTIVITY IN PAST 30 DAYS

Table 61. Percentage of Adults who did not participate in any physical activities or exercise during the past 30 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-Time Activity in the Past 30 Days			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,226	1,604	23.9	22.3	25.6
GENDER					
Male	2,410	566	20.8	18.6	23.3
Female	3,816	1038	26.9	24.7	29.2
AGE					
18-24	232	53	23.8	17.0	32.3
25-34	657	157	22.3	18.6	26.5
35-44	901	208	21.4	18.2	25.1
45-54	1,278	299	22.5	19.8	25.6
55-64	1,386	373	24.8	21.9	27.9
65-74	1,016	258	24.9	21.8	28.3
75+	739	250	33.8	29.9	38.0
RACE/ETHNICITY					
White, non-Hispanic	3,534	825	20.1	18.3	22.1
Hispanic	1,957	591	29.2	26.2	32.2
Native American	547	154	29.3	22.0	37.8
Black/AA**	61	17	23.6	10.8	44.0
Asian NHOPI**	63	6	10.1	4.0	23.6
EDUCATION					
Less than High School Graduate	840	338	38.9	33.9	44.1
High School Graduate or G.E.D.	1,677	563	31.1	27.6	34.9
Some College	1,647	403	20.6	18.0	23.5
College Graduate	2,056	298	13.3	11.3	15.6
INCOME					
Less than $10,000	373	166	51.3	42.0	60.4
$10-19,999	928	335	30.6	26.6	34.8
$20-49,999	2,205	626	28.9	26.1	31.9
$50,000 or more	2,075	306	12.3	10.7	14.2
EMPLOYMENT					
Employed	3,282	694	20.0	18.0	22.3
Unemployed/Unable to Work	698	316	38.7	33.1	44.5
Homemaker/Student	691	190	25.9	21.3	31.2
Retired	1542	402	25.5	23.0	28.2
Geographic Region✿					
Northwest	1,558	413	24.1	21.1	27.3
Northeast	1,153	255	21.9	18.8	25.4
Bernalillo County	1,056	227	21.5	18.0	25.4
Southeast	1,173	386	31.6	28.0	35.4
Southwest	1,286	323	24.6	21.4	28.1

§ 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 6,227 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.

NO LEISURE-TIME PHYSICAL ACTIVITY IN PAST 30 DAYS — MALES

Table 62. Percentage of Adult Male New Mexicans who did not participate in any physical activities or exercise during the past 30 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-Time Activity in the Past 30 Days Among Adult Men			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,410	566	20.8	18.6	23.3
AGE					
18-24**	97	16	18.2	10.6	29.3
25-34	247	50	18.3	13.0	25.1
35-44	341	66	19.3	14.6	25.2
45-54	468	116	22.7	18.4	27.6
55-64	566	138	20.6	16.8	25.1
65-74	403	93	23.4	18.7	28.9
75+	282	85	30.1	24.1	36.8
RACE/ETHNICITY					
White, non-Hispanic	1,423	312	17.7	15.1	20.7
Hispanic	696	187	25.8	21.4	30.8
Native American	208	54	24.1	17.0	33.0
Other Race**	54	8	15.3	5.8	34.4
EDUCATION					
Less than High School Graduate	315	113	34.9	27.0	43.7
High School Graduate or G.E.D.	688	219	26.9	22.5	31.7
Some College	578	136	17.6	14.0	21.8
College Graduate	824	96	11.3	8.3	15.2
INCOME					
Less than $10,000**	96	40	46.3	32.9	60.3
$10-19,999	335	117	26.1	20.6	32.5
$20-49,999	852	243	28.6	24.1	33.4
$50,000 or more	932	124	10.6	8.4	13.2
EMPLOYMENT					
Employed	1,411	268	16.9	14.3	19.9
Unemployed/Unable to Work	283	125	36.3	28.5	45.0
Homemaker/Student**	50	8	17.3	7.0	36.5
Retired	661	165	25.3	21.4	29.5
Geographic Region✿					
Northwest	570	151	22.6	18.2	27.7
Northeast	461	83	18.1	13.6	23.7
Bernalillo County	407	76	17.4	12.9	23.1
Southeast	468	149	30.5	24.7	36.9
Southwest	504	107	20.7	16.6	25.4

§ 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 6,227 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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NO LEISURE-TIME PHYSICAL ACTIVITY IN PAST 30 DAYS — FEMALES

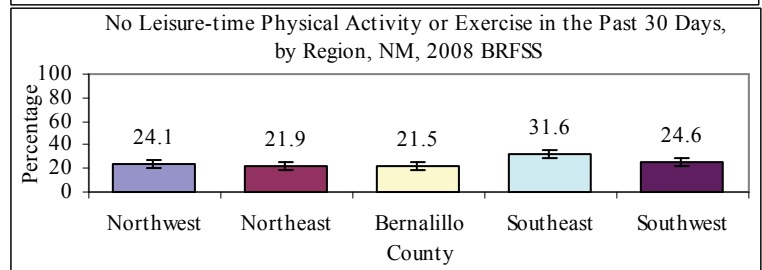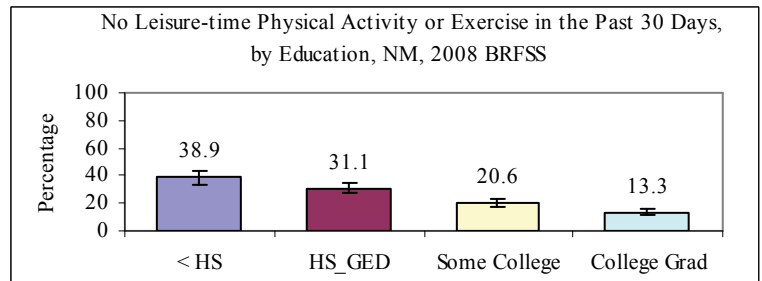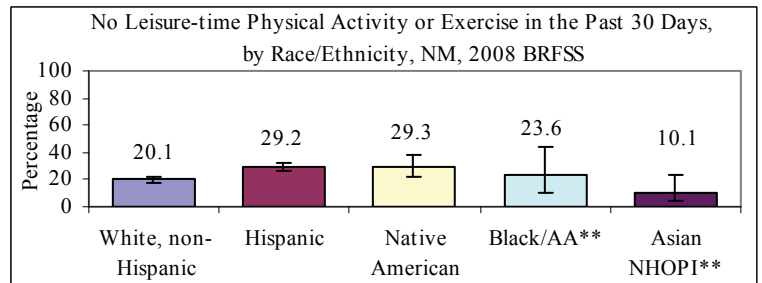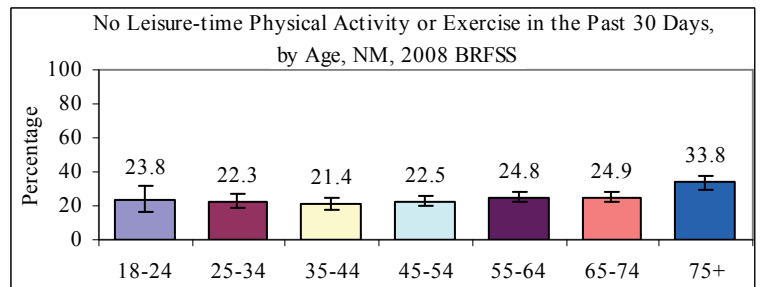Table 63. Percentage of Adult Female New Mexicans who did not participate in any physical activities or exercise during the past 30 days, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-Time Activity in the Past 30 Days Among Adult Women			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,816	1,038	26.9	24.7	29.2
AGE					
18-24**	135	37	29.8	19.4	42.9
25-34	410	107	26.5	21.8	31.8
35-44	560	142	23.5	19.4	28.2
45-54	810	183	22.4	19.0	26.2
55-64	820	235	28.7	24.7	33.1
65-74	613	165	26.2	22.2	30.6
75+	457	165	36.4	31.3	41.8
RACE/ETHNICITY					
White, non-Hispanic	2,111	513	22.6	20.3	25.2
Hispanic	1,261	404	31.9	28.2	35.8
Native American	339	100	34.8	23.2	48.7
Other Race**	70	15	16.1	7.6	31.1
EDUCATION					
Less than High School Graduate	525	225	42.8	37.2	48.6
High School Graduate or G.E.D.	989	344	35.5	30.2	41.2
Some College	1,069	267	23.2	19.6	27.2
College Graduate	1,232	202	15.4	12.9	18.1
INCOME					
Less than $10,000	277	126	53.7	42.2	64.9
$10-19,999	593	218	34.6	29.3	40.3
$20-49,999	1,353	383	29.3	25.9	32.9
$50,000 or more	1,143	182	14.3	12.0	17.0
EMPLOYMENT					
Employed	1,871	426	23.8	20.6	27.3
Unemployed/Unable to Work	415	191	41.5	34.4	49.0
Homemaker/Student	641	182	28.1	23.4	33.2
Retired	881	237	25.8	22.5	29.3
Geographic Region✿					
Northwest	988	262	25.5	21.7	29.6
Northeast	692	172	25.6	21.5	30.1
Bernalillo County	649	151	25.2	20.4	30.8
Southeast	705	237	32.6	28.5	37.0
Southwest	782	216	28.5	23.9	33.5

§ 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 6,227 across some categories for some variables.

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RISK OF HIV INFECTION

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

The wording of this question differed from that of recent years in which interest was focused on risk of Hepatitis B and HIV infection. Though the risk factors for the two viruses are similar, results for 2008 should not be compared to those of recent years.

IN NEW MEXICO

◈ 4.1% of adults reported one or more risk factors for HIV infection. This percentage was not different from the percentage for the Region (3.6%) or that of the U.S (3.6%).

◈ There was no measurable difference between males and females.

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

◈ There was no measurable difference in reporting of risk factors by race/ethnicity or education level.

◈ Adults in the highest income category were less likely than those in the next bracket to report one or more risk factors. There was no measurable differences between other income groups.

◈ Adults reporting at least one risk factor were more likely to report having been tested for HIV infection but less than half of those reporting one or more risk factors reported having been tested for HIV infection.

At Least One Risk Factor for HIV Infection, NM, Region, U.S., 2008 BRFSS

Note Scale

NM	Region	US
4.1	3.6	3.6

At Least One Risk Factor for HIV Infection, by Gender, NM, 2008 BRFSS

Note Scale

Male	Female
4.5	3.8

At Least One Risk Factor for HIV Infection, by Age, NM, 2008 BRFSS

Note Scale

18-24	25-34	35-44	45-54	55-64
8.0	5.9	3.6	2.2	1.5

At Least One Risk Factor for HIV Infection, by Race/Ethnicity, NM, 2008

Note Scale

White, non-Hispanic	Hispanic	Native American	Other Race**
2.7	5.2	4.0	13.5

At Least One Risk Factor for HIV Infection, by Region, NM, 2008 BRFSS

Note Scale

Northwest	Northeast	Bernalillo County	Southeast	Southwest
3.1	3.5	3.0	6.0	6.5

RISK OF HIV INFECTION

Table 64. Percentage of Adults Reporting one or more risk factors for HIV, New Mexico, 2008.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Risk Factor for HIV Infection Among Adults Less Than Age 65			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	4,349	127	4.1	3.3	5.2
GENDER					
Male	1,674	48	4.5	3.2	6.4
Female	2,675	79	3.8	2.8	5.1
AGE					
18-24	224	22	8.0	5.0	12.6
25-34	645	30	5.9	3.7	9.5
35-44	875	34	3.6	2.4	5.4
45-54	1,239	27	2.2	1.3	3.5
55-64	1,352	14	1.5	0.7	3.3
RACE/ETHNICITY					
White, non-Hispanic	2,243	49	2.7	1.7	4.3
Hispanic	1,495	51	5.2	3.7	7.2
Native American	461	14	4.0	2.1	7.4
Other Race**	105	11	13.5	6.9	24.7
EDUCATION					
Less than High School Graduate	548	13	3.9	2.0	7.6
High School Graduate or G.E.D.	1,128	42	5.4	3.7	7.8
Some College	1,203	38	3.8	2.4	5.8
College Graduate	1,468	34	3.4	2.0	5.7
INCOME					
Less than $10,000	269	8	5.6	2.0	15.1
$10-19,999	573	21	4.7	2.8	7.9
$20-49,999	1,518	57	5.5	3.9	7.6
$50,000 or more	1,669	32	2.2	1.5	3.4
EMPLOYMENT					
Employed	2,923	85	3.5	2.7	4.7
Unemployed/Unable to Work	579	18	4.5	2.5	7.9
Homemaker/Student	514	22	7.6	4.3	13.0
Retired	324	2	1.2	0.2	6.7
Geographic Region✿					
Northwest	1,174	24	3.1	1.7	5.5
Northeast	790	22	3.5	2.0	5.9
Bernalillo County	712	21	3.0	1.7	5.3
Southeast	813	29	6.0	3.7	9.6
Southwest	860	31	6.5	4.2	9.9

§ 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 6,227 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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APPENDICES

APPENDIX I—METHODS

The 2008 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 2008 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 2008 sample size was 6,227.

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.

APPENDIX I—METHODS

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.

Percentage of adults and percentage of children living in households with only wireless telephone service or no telephone service: United States, 2005–2008
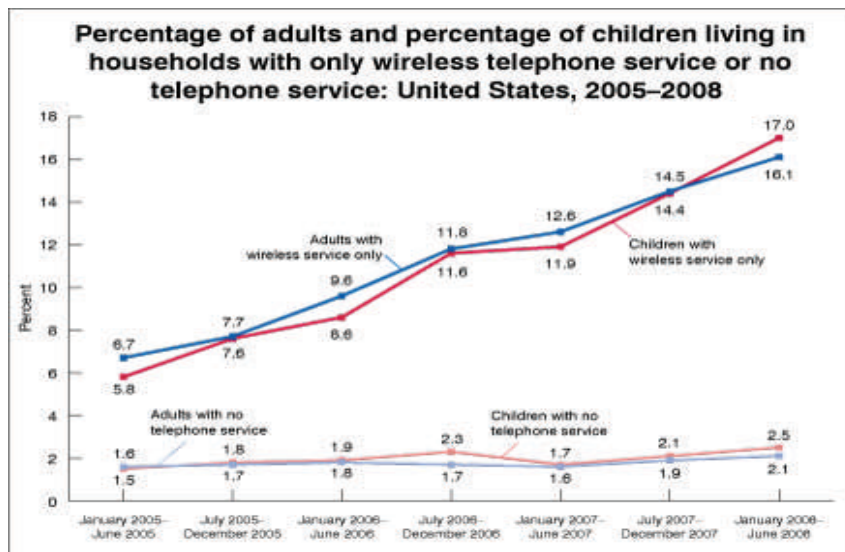
◈ **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
  ♦ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers or a disability that precludes participation in a telephone 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 reported 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.

IV

The 2008 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.
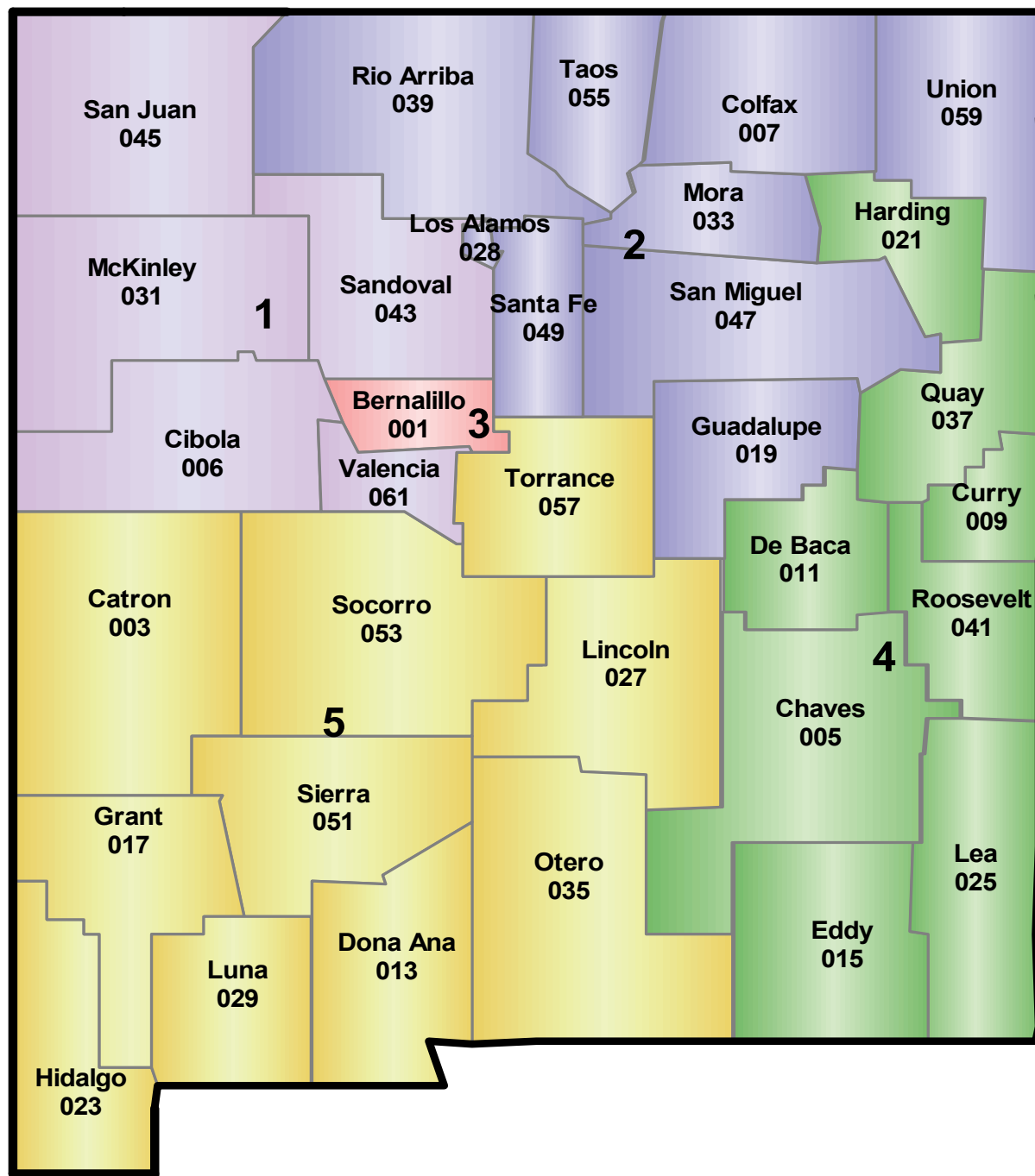
Northwest, Region 1: San Juan, McKinley, Sandoval, Cibola, Valencia

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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