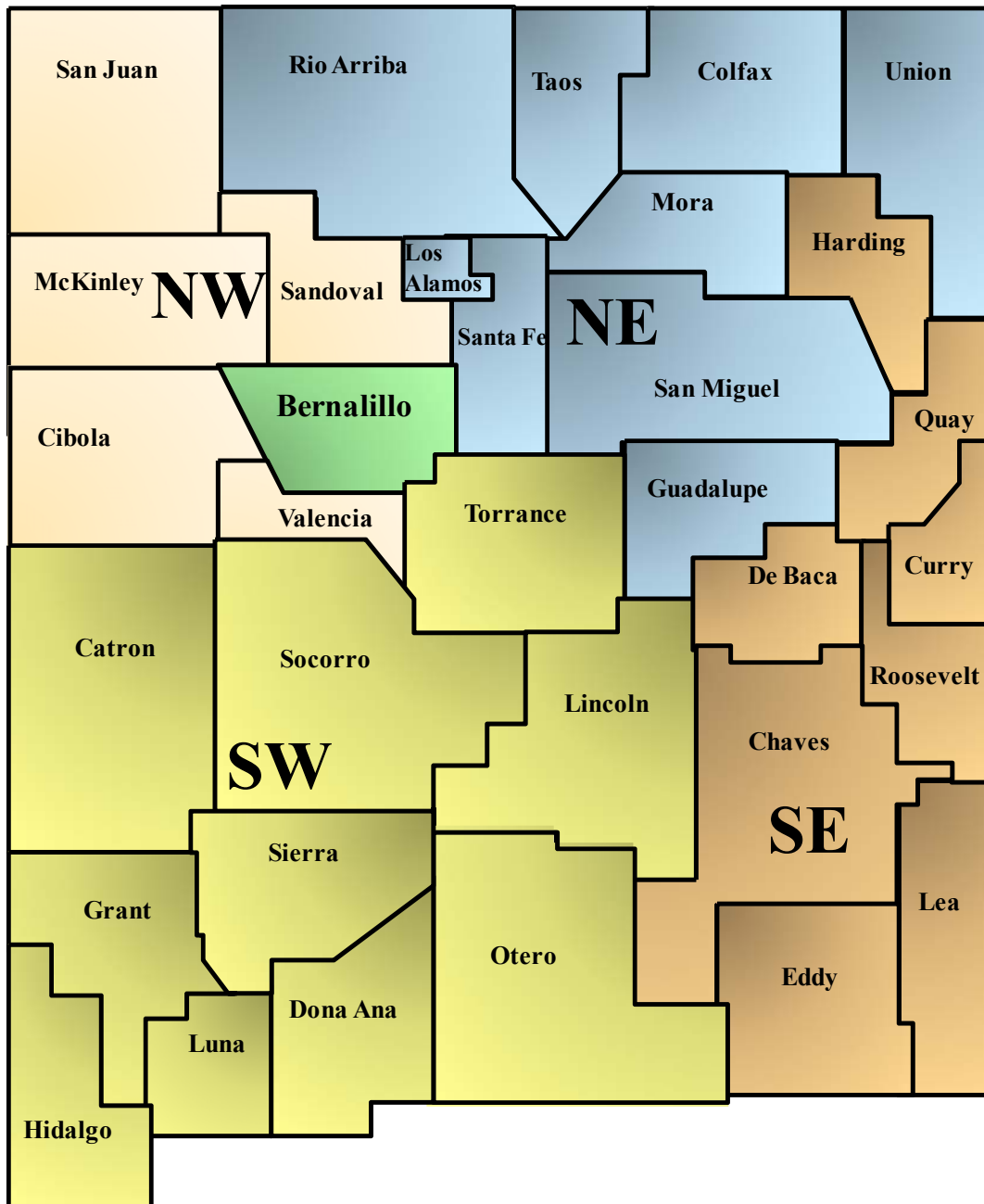




Health Behaviors and Conditions of Adult New Mexicans 2009



Results from the Behavioral Risk Factor Surveillance System (BRFSS)

Health Behaviors and Conditions
of
Adult New Mexicans
2009

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

Presented by the
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Thanks to Isaac Romero for providing the map in Appendix II at the end of this report which presents the geographic stratification of the 2009 NM BRFSS sample design.

BRFSS data and supporting documentation are available at:

www.cdc.gov/brfss

Or

<http://www.health.state.nm.us/epi/hdata.html> under the Health Behaviors tab.

Additionally, BRFSS data and copies of this report and the 2009 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 2009 NM BRFSS reports are available in .pdf format at the NM Department of Health website:

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

2009 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2009 New Mexico BRFSS survey addressed a variety of health topics. Relevant demographic information was also collected. Topic areas are listed below. Due to the extensive nature of the survey, not all topics are presented in this report. If interested in a topic that is not presented here, contact Wayne A. Honey, MPH, at (505) 476-3595 or wayne.honey@state.nm.us.

Core Components (all states):

Health Status
Healthy Days
Health Care Access
Sleep
Exercise
Diabetes
Hypertension Awareness
Cholesterol Awareness
Cardiovascular Disease Prevalence
Asthma
Tobacco Use
Caregiver Status
Disability
Alcohol Consumption
Immunization
Arthritis Burden
Fruit & Vegetable Consumption
Physical Activity
HIV/AIDS
Emotional Support & Life Satisfaction
Cancer Survivors

Optional Modules Included in Questionnaire 1:

Pre-Diabetes & Diabetes Modules
Arthritis Management
Social Context
Adverse Childhood Experience
Random Child Selection
Childhood Asthma Prevalence
Childhood Immunization

Optional Modules Included in Questionnaire 2:

Pre-Diabetes & Diabetes Modules
Sexual Orientation
Adult Tobacco Module (State-added)

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)

State-added Questions on the following topics were included:

Tribal Affiliation
Indian Health Service Coverage
Veteran's Administration Coverage
Sexual Orientation
Falls
Smoke/Carbon Monoxide Detectors

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 but has been accelerating and has included all age groups in recent years. For a decade, the Centers for Disease Control has been actively studying the issues related to inclusion of cell phones in the BRFSS and other telephone surveys. The information gathered through these studies has been used to prepare for the inclusion of cell phone numbers in the BRFSS. For a variety of methodological and ethical reasons, cell phones were excluded from the BRFSS sample through 2008. The 2009 NM BRFSS included a test sample of cell phone numbers. These records were not included in this report. Beginning with the 2011 BRFSS, cell phones will be included as a formal part of the sampling process and those records will be included in future reports.

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 2009 NM BRFSS was 76.6%. If the 23.4% 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 2009 NM BRFSS was 59.8%.

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 11.0 MP was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Stata 11.0 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 a particular estimate was based on less than 50 respondents, the weighted percentage and associated 95% confidence intervals 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 American Indians, Black/African Americans, and Asian and Native Hawaiian or Other Pacific Islanders (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 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, and where possible, take the form of a trend chart.

DEMOGRAPHICS OF THE 2009 NEW MEXICO SAMPLE

Table 1. Demographics of the 2009 New Mexico BRFSS Sample.

Demographic Characteristics	2009 BRFSS Data			2009 Inter-Censal Estimates [¥]
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	8,837	100.0	100.0	
GENDER				
Male	3,427	38.8	48.8	48.8
Female	5,410	61.2	51.2	51.2
AGE				
18-24	303	3.5	13.7	13.6
25-34	754	8.6	18.2	18.1
35-44	1,144	13.1	17.1	17.0
45-54	1,809	20.6	18.5	18.6
55-64	2,050	23.4	15.0	15.3
65-74	1,572	17.9	9.3	9.3
75+	1,137	13.0	8.2	8.1
RACE/ETHNICITY[§]				
American Indian	770	8.9	8.0	8.0
Asian	75	0.9	1.2	1.3
Black/AA	124	1.4	1.7	2.2
Hispanic	2,682	30.9	38.5	42.1
White	5,014	57.8	50.3	46.4
EDUCATION				
Less than High School Graduate	970	11.0	11.4	N/A
High School Graduate or G.E.D.	2,333	26.5	27.1	N/A
Some College	2,456	27.9	28.0	N/A
College Graduate	3,061	34.7	33.5	N/A
INCOME				
Less than \$10,000	422	5.4	4.6	N/A
\$10-19,999	1,324	17.1	15.7	N/A
\$20-49,999	3,016	38.9	37.7	N/A
\$50,000 or more	2,989	38.6	42.0	N/A
EMPLOYMENT				
Employed	4,354	49.4	55.4	N/A
Unemployed/Unable to Work	1,107	12.6	13.5	N/A
Homemaker/Student	970	11.0	14.7	N/A
Retired	2,381	27.0	16.4	N/A
Geographic Region[⊛]				
Northwest	2,691	30.5	20.4	20.4
Northeast	1,599	18.1	15.2	15.2
Bernalillo County	1,476	16.7	32.4	32.4
Southeast	1,292	14.6	12.1	12.1
Southwest	1,779	20.1	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 8,837.

¥ 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 2009. New Mexico rates were also compared to that of the U.S.*, and are presented as being either higher than (■), lower than (□), or similar to (■; no statistically significant difference) the U.S. rate.

Risk Factor/Condition	Weighted Percent (95% CI)*	New Mexico versus U.S.**	HP2010 Objective [^]
With Health Care Coverage (all adults age 18+)	80.6% (79.1, 80.2)	Lower	100%
With Health Care Coverage (adults age 18-64)	77.0% (75.2, 78.7)	Lower	100%
Diagnosed High Blood Pressure	26.6% (25.3, 27.9)	Lower	< 16%
Disability	20.8% (19.6, 22.0)	Higher	NA
Flu Shot During the Past Year (Ages 65 years and older)	68.3% (66.1, 70.4)	Similar	≥ 90%
Pneumococcal Vaccine Ever (Ages 65 years and older)	67.6% (65.4, 69.7)	Similar	≥ 90%
Diagnosed Arthritis	25.7% (24.5, 27.0)	Similar	NA
Current Asthma	8.6% (7.8, 9.5)	Similar	NA
Told Cholesterol was High‡	34.7% (33.2, 36.2)	Lower	< 17%
Diabetes	8.6% (7.9, 9.3)	Similar	< 2.5%
Current Smoking	17.9% (16.6, 19.3)	Similar	≤ 12%
Binge Drinking (Males: 5+ drinks; Females: 4+ drinks on an occasion)	12.8% (11.5, 14.1)	Lower	< 14%
Binge Drinking – Males: 5+ Drinks on an Occasion	17.9% (15.6, 20.2)	Lower	< 14%
Binge Drinking – Females: 4+ Drinks on an Occasion	8.0% (6.8, 9.2)	Lower	< 14%
Obese (BMI ≥ 30.0)	25.6% (24.1, 27.0)	Similar	≤ 15%
Met Recommendations for Moderate to Vigorous Activity	53.3% (51.6, 55.0)	Higher	≥ 70%

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

** U.S.: the 50 states, plus the District of Columbia.

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

‡ Among adults age 20+ who had ever had a cholesterol test (78.3% of adults in this age group).

GENERAL HEALTH STATUS

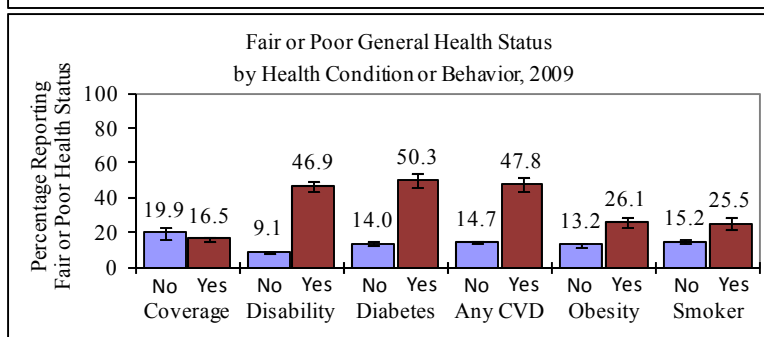
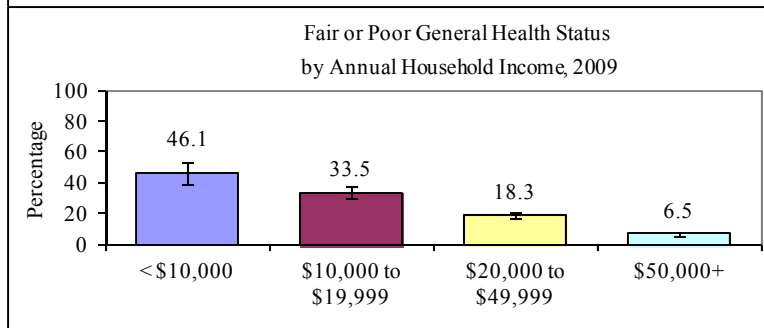
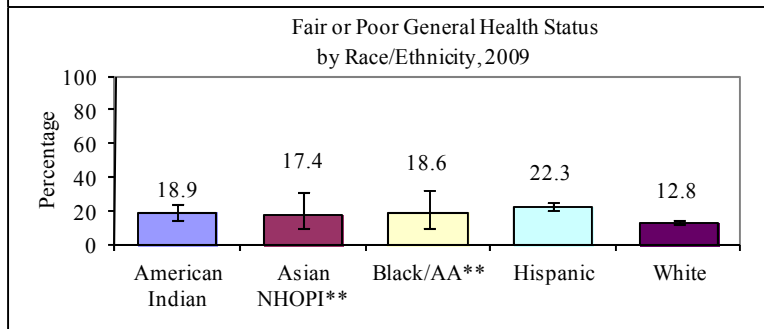
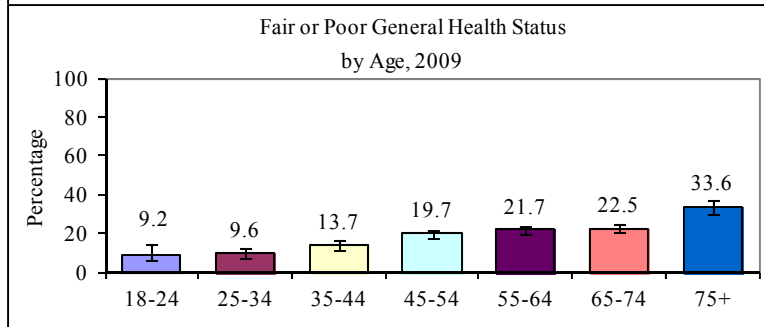
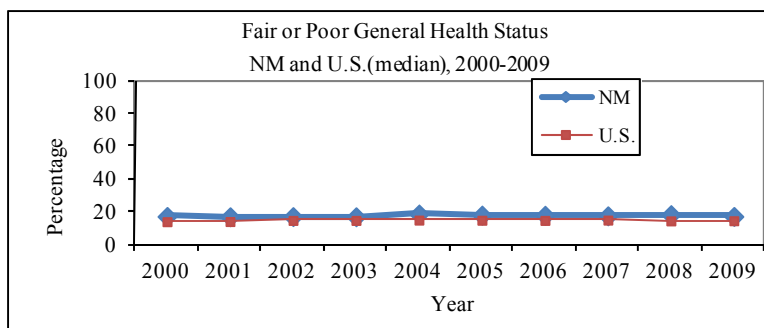
QUESTION:

“Would you say that in general your health is: Excellent, Very Good, Good, Fair, or Poor?”

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

IN NEW MEXICO,

- ◆ 82.9% of New Mexicans reported that their general health was excellent, very good, or good. 17.1% of New Mexico adults reported that their general health was fair or poor. This percentage was higher than that of the U.S. (14.4%).
- ◆ Women and older adults were more likely to report fair or poor general health status.
- ◆ American Indian and Hispanic adults were more likely to report fair or poor general health status than White, non-Hispanic adults. After adjustment for differences in age distribution, Asian/NHOPI and Black/African American adults were also more likely to report fair or poor health than White, non-Hispanic adults.
- ◆ Adults with higher education or annual household 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.
- ◆ Adults living in the southern regions of the state were more likely to report Fair or Poor health than adults living in the northern regions or Bernalillo Co.
- ◆ Several important health characteristics were associated with Fair or Poor Health Status. For example, 50.3% of adults with Diabetes reported Fair or Poor Health while only 14.0% of adults without Diabetes reported Fair or Poor Health.



GENERAL HEALTH STATUS

Table 3. Percentage of adults who consider their general health status to be Fair or Poor, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,824	1,880	17.1	16.0	18.2
SEXUAL ORIENTATION					
Heterosexual	7,502	1,543	16.1	15.0	17.3
LGBT	174	38	19.9	12.6	29.9
AGE					
18-24	303	24	9.2	5.9	14.2
25-34	754	84	9.6	7.3	12.5
35-44	1,141	157	13.7	11.3	16.4
45-54	1,808	374	19.7	17.5	22.1
55-64	2,048	476	21.7	19.6	23.9
65-74	1,569	378	22.5	20.2	25.1
75+	1,134	378	33.6	30.4	37.0
RACE/ETHNICITY					
American Indian	769	191	18.9	14.7	23.8
Asian NHOPI**	89	17	17.4	9.0	30.8
Black/AA**	123	27	18.6	9.9	32.2
Hispanic	2,677	797	22.3	20.2	24.5
White	5,008	821	12.8	11.7	13.9
EDUCATION					
Less than High School Graduate	965	456	39.2	34.6	44.1
High School Graduate or G.E.D.	2,330	605	19.4	17.3	21.7
Some College	2,453	505	16.1	14.1	18.3
College Graduate	3,059	309	8.4	7.2	9.6
INCOME					
Less than \$10,000	420	230	46.1	38.6	53.7
\$10-19,999	1,321	526	33.5	29.8	37.5
\$20-49,999	3,015	622	18.3	16.4	20.3
\$50,000 or more	2,987	243	6.5	5.5	7.7
EMPLOYMENT					
Employed	4,351	471	9.2	8.0	10.4
Unemployed/Unable to Work	1,101	591	42.5	37.9	47.3
Homemaker/Student	970	204	14.1	11.6	17.1
Retired	2,377	608	25.6	23.4	27.8
Geographic Region ⊙					
Northwest	2,689	538	15.3	13.6	17.2
Northeast	1,598	292	16.3	14.1	18.8
Bernalillo County	1,474	267	14.0	12.0	16.4
Southeast	1,289	339	21.4	18.7	24.2
Southwest	1,774	444	21.8	19.2	24.7

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 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.

GENERAL HEALTH STATUS — MALES

Table 4. Percentage of adult males who consider their general health status to be Fair or Poor, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status Among Adult Men			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,421	680	15.5	13.9	17.2
SEXUAL ORIENTATION					
Heterosexual	2,888	555	14.5	12.8	16.3
LGBT**	79	17	26.1	14.2	42.9
AGE					
18-24	141	10	10.6	5.6	19.3
25-34	280	23	7.1	4.3	11.5
35-44	430	50	11.1	7.9	15.3
45-54	697	149	19.9	16.5	23.7
55-64	839	181	19.7	16.7	23.1
65-74	597	135	21.2	17.6	25.3
75+	416	131	31.9	26.9	37.5
RACE/ETHNICITY					
American Indian	304	72	16.6	11.3	23.7
Asian NHOPI**	37	-	-	-	-
Black/AA **	41	-	-	-	-
Hispanic	962	269	21.7	18.2	25.6
White	1,999	314	11.2	9.7	12.9
EDUCATION					
Less than High School Graduate	365	156	35.5	28.4	43.3
High School Graduate or G.E.D.	898	208	16.2	13.2	19.8
Some College	857	168	14.9	11.8	18.6
College Graduate	1,294	146	8.6	7.0	10.5
INCOME					
Less than \$10,000	118	54	30.8	21.2	42.5
\$10-19,999	458	178	31.3	25.3	38.1
\$20-49,999	1,198	276	20.0	16.9	23.4
\$50,000 or more	1,353	113	5.9	4.7	7.4
EMPLOYMENT					
Employed	1,885	195	8.5	7.0	10.4
Unemployed/Unable to Work	440	205	36.9	30.1	44.4
Homemaker/Student**	73	7	4.7	1.7	12.1
Retired	1,012	269	26.4	23.2	29.8
Geographic Region[⊛]					
Northwest	1,069	201	14.0	11.7	16.7
Northeast	631	112	16.2	12.8	20.3
Bernalillo County	546	89	11.9	9.0	15.7
Southeast	482	109	17.2	13.5	21.6
Southwest	693	169	20.9	16.9	25.6

* 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 8,837 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.

GENERAL HEALTH STATUS — FEMALES

Table 5. Percentage of adult females who consider their general health status to be Fair or Poor, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status Among Adult Women			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,403	1,200	18.6	17.3	20.1
SEXUAL ORIENTATION					
Heterosexual	4,614	988	17.7	16.3	19.2
LGBT**	95	21	13.1	7.4	22.1
AGE					
18-24	162	14	7.8	4.2	13.9
25-34	474	61	12.1	8.8	16.4
35-44	711	107	16.2	13.1	19.9
45-54	1,111	225	19.6	16.8	22.6
55-64	1,209	295	23.6	20.8	26.7
65-74	972	243	23.7	20.7	27.1
75+	718	247	34.8	30.7	39.1
RACE/ETHNICITY					
American Indian	465	119	21.5	15.6	28.9
Asian NHOPI**	52	9	22.3	8.8	46.1
Black/AA**	82	25	31.6	17.5	50.3
Hispanic	1,715	528	22.8	20.3	25.4
White	3,009	507	14.3	12.8	16.0
EDUCATION					
Less than High School Graduate	600	300	43.1	37.3	49.1
High School Graduate or G.E.D.	1,432	397	22.5	19.7	25.6
Some College	1,596	337	17.1	14.6	19.9
College Graduate	1,765	163	8.1	6.6	9.9
INCOME					
Less than \$10,000	302	176	56.5	47.4	65.2
\$10-19,999	863	348	35.4	31.0	40.2
\$20-49,999	1,817	346	16.7	14.6	19.0
\$50,000 or more	1,634	130	7.2	5.6	9.2
EMPLOYMENT					
Employed	2,466	276	9.9	8.5	11.6
Unemployed/Unable to Work	661	386	48.5	42.9	54.1
Homemaker/Student	897	197	16.2	13.3	19.5
Retired	1,365	339	24.7	22.0	27.7
Geographic Region[⊙]					
Northwest	1,620	337	16.5	14.0	19.3
Northeast	967	180	16.5	13.8	19.5
Bernalillo County	928	178	16.0	13.3	19.1
Southeast	807	230	25.4	21.9	29.2
Southwest	1,081	275	22.7	19.6	26.1

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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HEALTH CARE COVERAGE

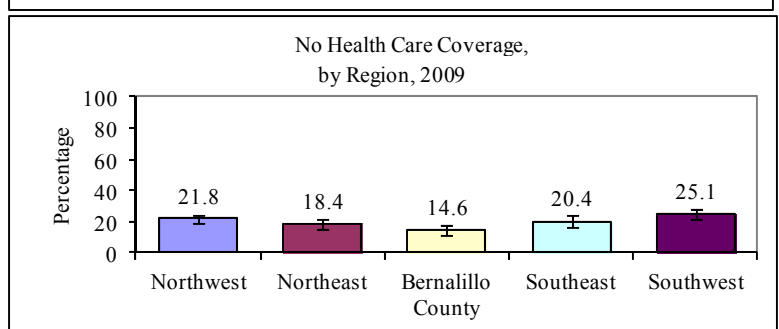
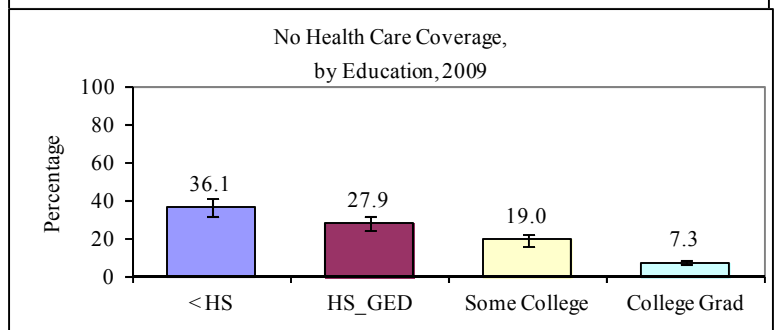
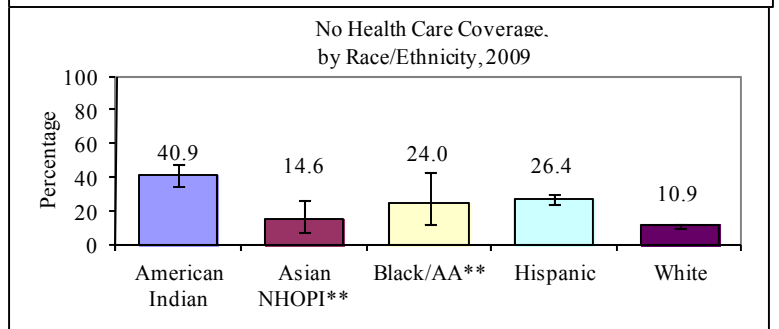
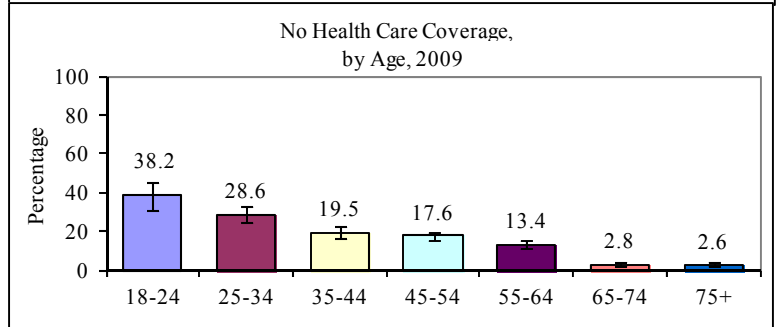
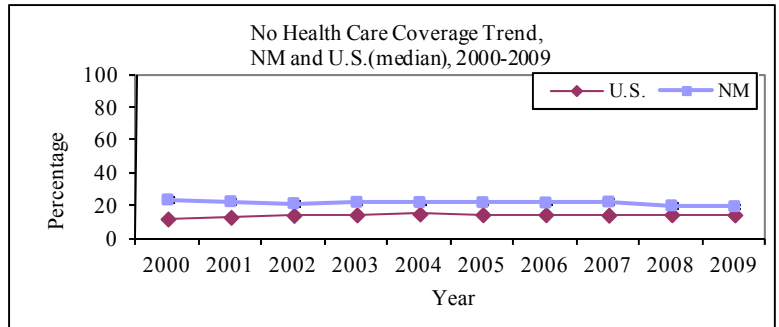
QUESTION:

“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.^{3,4}

IN NEW MEXICO,

- ◆ Though the trend in health care coverage has remained relatively stable over the past decade, NM experienced a slight improvement beginning in 2008. Adults in NM continue to be less likely to have coverage than adults across the U.S., as a whole.
- ◆ Health care coverage was associated with age: adults in younger age groups were less likely to have coverage. Nearly all adults age 65+ have coverage, primarily through government-sponsored Medicare.
- ◆ Adult Whites (10.9%) were less likely to be without health care coverage than Hispanics (26.4%), Native Americans (40.9%), or Black/AA adults (24.0%). 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 living in households with lower annual income were less likely to have coverage.
- ◆ Adults who were employed were more likely 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 NW and SW regions of New Mexico.



HEALTH CARE COVERAGE

Table 6. Percentage of adults without health care coverage, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) §	95% Confidence Interval ‡	
				Lower	Upper
TOTAL	8,820	1,310	19.4	18.0	21.0
SEXUAL ORIENTATION					
Heterosexual	7,495	1,058	18.6	17.0	20.2
LGBT	174	36	30.4	19.9	43.6
AGE					
18-24	299	108	38.2	31.4	45.5
25-34	752	218	28.6	24.5	33.1
35-44	1,144	241	19.5	16.8	22.5
45-54	1,807	348	17.6	15.5	19.8
55-64	2,047	308	13.4	11.8	15.2
65-74	1,570	47	2.8	2.0	4.1
75+	1,133	28	2.6	1.7	3.9
RACE/ETHNICITY					
American Indian	766	265	40.9	34.5	47.7
Asian NHOPI**	89	12	14.6	7.7	26.2
Black/AA**	123	20	24.0	11.6	43.2
Hispanic	2,677	563	26.4	23.7	29.3
White	5,008	427	10.9	9.5	12.5
EDUCATION					
Less than High School Graduate	965	280	36.1	31.2	41.2
High School Graduate or G.E.D.	2,328	454	27.9	24.7	31.4
Some College	2,451	358	19.0	16.3	22.1
College Graduate	3,059	215	7.3	6.0	8.9
INCOME					
Less than \$10,000	421	116	37.7	29.8	46.2
\$10-19,999	1,320	357	32.9	28.7	37.4
\$20-49,999	3,012	535	24.6	22.1	27.3
\$50,000 or more	2,989	123	5.4	4.0	7.3
EMPLOYMENT					
Employed	4,349	701	18.6	16.7	20.6
Unemployed/Unable to Work	1,105	273	30.5	26.0	35.5
Homemaker/Student	963	227	29.7	25.0	34.8
Retired	2,378	103	4.2	3.3	5.3
Geographic Region ⚙					
Northwest	2,689	490	21.8	19.4	24.5
Northeast	1,596	222	18.4	15.7	21.4
Bernalillo County	1,473	138	14.6	11.7	18.1
Southeast	1,287	170	20.4	16.8	24.6
Southwest	1,775	290	25.1	21.9	28.7

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

HEALTH CARE COVERAGE — MALES

Table 7. Percentage of adult males without health care coverage, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Men			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,419	535	20.5	18.2	22.9
SEXUAL ORIENTATION					
Heterosexual	2,886	423	19.5	17.0	22.1
LGBT**	79	21	39.5	24.0	57.5
AGE					
18-24	140	60	42.4	32.5	52.9
25-34	279	87	30.6	24.1	37.9
35-44	431	93	18.6	14.7	23.3
45-54	695	139	16.7	13.8	20.1
55-64	838	119	11.5	9.3	14.1
65-74	599	17	3.1	1.7	5.5
75+	416	15	3.5	2.0	6.0
RACE/ETHNICITY					
American Indian	302	102	44.1	34.5	54.1
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	963	218	27.3	23.1	31.9
White	1,999	191	11.7	9.6	14.3
EDUCATION					
Less than High School Graduate	365	114	35.7	28.1	44.1
High School Graduate or G.E.D.	897	191	30.2	25.3	35.6
Some College	855	134	21.9	17.3	27.2
College Graduate	1,295	93	6.8	5.0	9.3
INCOME					
Less than \$10,000	119	38	40.8	27.1	56.1
\$10-19,999	460	142	37.6	30.4	45.3
\$20-49,999	1,195	232	25.4	21.8	29.4
\$50,000 or more	1,354	69	6.1	4.3	8.6
EMPLOYMENT					
Employed	1,883	334	20.0	17.4	22.9
Unemployed/Unable to Work	441	127	34.8	27.5	42.9
Homemaker/Student**	71	23	39.7	24.7	57.0
Retired	1,013	48	4.2	3.0	5.9
Geographic Region[⊛]					
Northwest	1,068	203	24.4	20.6	28.7
Northeast	631	100	19.1	15.1	23.8
Bernalillo County	547	45	13.3	9.2	18.8
Southeast	481	68	23.7	17.6	31.1
Southwest	692	119	27.1	22.0	33.0

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 8,837 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 8. Percentage of adult females without health care coverage, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Women			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,401	775	18.5	16.7	20.4
SEXUAL ORIENTATION					
Heterosexual	4,609	635	17.8	15.9	19.8
LGBT**	95	15	20.5	9.2	39.7
AGE					
18-24	159	48	33.7	24.8	43.8
25-34	473	131	26.6	21.9	31.9
35-44	713	148	20.3	16.8	24.4
45-54	1,112	209	18.4	15.6	21.5
55-64	1,209	189	15.2	12.9	17.8
65-74	971	30	2.6	1.7	4.0
75+	717	13	1.9	1.0	3.7
RACE/ETHNICITY					
American Indian	464	163	37.1	29.5	45.5
Asian NHOPI**	52	8	22.3	10.2	42.0
Black/AA**	82	13	13.0	6.7	23.9
Hispanic	1,714	345	25.7	22.4	29.3
White	3,009	236	10.1	8.4	12.0
EDUCATION					
Less than High School Graduate	600	166	36.4	30.8	42.5
High School Graduate or G.E.D.	1,431	263	25.8	21.7	30.2
Some College	1,596	224	16.8	13.6	20.5
College Graduate	1,764	122	7.8	6.2	9.9
INCOME					
Less than \$10,000	302	78	35.5	27.0	45.1
\$10-19,999	860	215	28.9	24.4	33.7
\$20-49,999	1,817	303	23.8	20.4	27.6
\$50,000 or more	1,635	54	4.6	2.7	7.8
EMPLOYMENT					
Employed	2,466	367	16.8	14.3	19.6
Unemployed/Unable to Work	664	146	25.9	21.3	31.2
Homemaker/Student	892	204	27.6	23.2	32.6
Retired	1,365	55	4.2	3.0	5.7
Geographic Region[⊛]					
Northwest	1,621	287	19.3	16.4	22.6
Northeast	965	122	17.7	14.3	21.8
Bernalillo County	926	93	15.8	12.1	20.5
Southeast	806	102	17.3	14.0	21.2
Southwest	1,083	171	23.2	19.5	27.4

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* 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 8,837 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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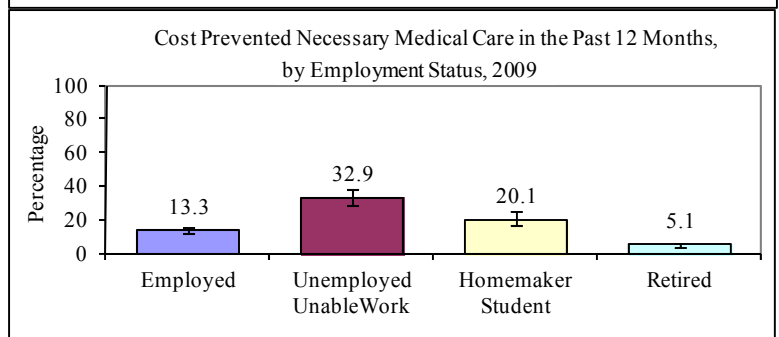
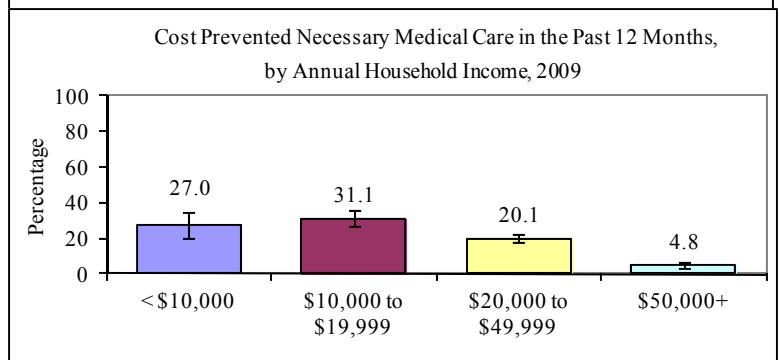
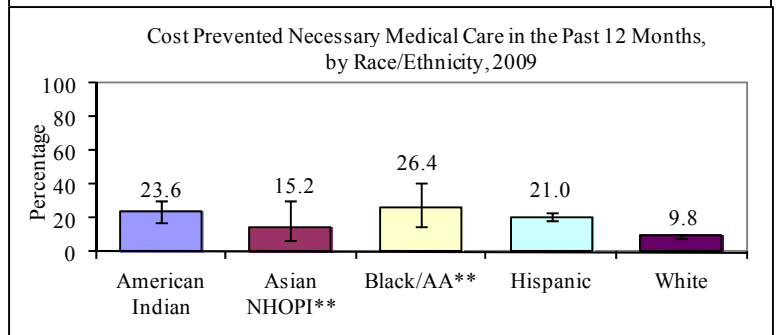
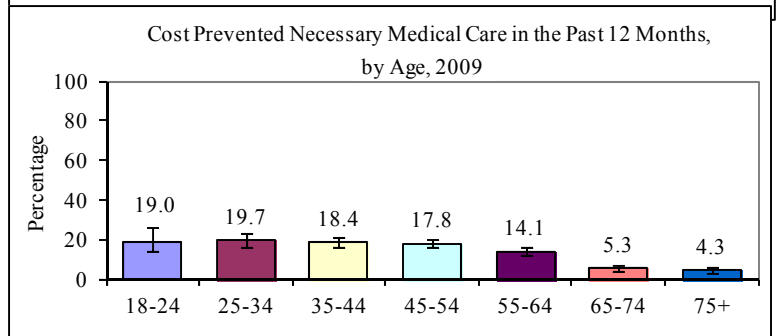
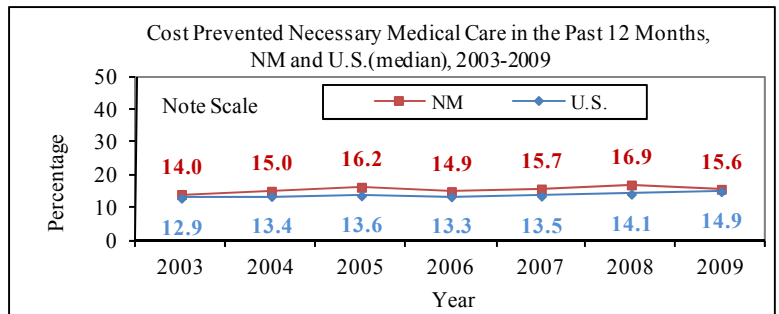
HEALTH CARE ACCESS, IMPACT OF COST

QUESTION:

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

IN NEW MEXICO,

- ◆ In 2009, cost prevented 15.6% of adult New Mexicans from getting needed medical care in the previous 12 months.
- ◆ 17.8% of women and 13.3% of men were prevented by cost from obtaining needed medical care in the previous 12 months.
- ◆ In spite of a greater need for expensive forms of medical care, cost prevented only 4.8% of adults aged 65 or older from getting necessary medical care while cost prevented 17.9% of adults less than 65 from getting necessary care. Adults age 65 or older qualified for coverage through Federally-funded Medicare. Over 97% of adults aged 65+ had some form of coverage while only 77% of adults less than age 65 had some form of coverage.
- ◆ American Indian, Black or African American, and Hispanic adults were more likely to forego needed medical care in the past 12 months because of cost (23.6%, 26.4%, and 21.0%, respectively) than were White adults (9.8%). Adjusting for differences in age distribution of these groups did not affect this relationship. This relationship also held even among adults with health care coverage, suggesting that out-of-pocket expenses serve as a disparate barrier to access. Small sample sizes made comparison to and between 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.



HEALTH CARE ACCESS, IMPACT OF COST

Table 9. Percentage of adults who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,815	1,223	15.6	14.3	16.9
SEXUAL ORIENTATION					
Heterosexual	7,498	1,009	14.9	13.6	16.3
LGBT	173	38	25.5	16.8	36.8
AGE					
18-24	300	49	19.0	13.7	25.8
25-34	752	164	19.7	16.4	23.5
35-44	1,143	215	18.4	15.7	21.4
45-54	1,805	347	17.8	15.7	20.1
55-64	2,045	307	14.1	12.4	16.0
65-74	1,570	87	5.3	4.1	6.7
75+	1,133	45	4.3	3.1	5.9
RACE/ETHNICITY					
American Indian	763	142	23.6	17.7	30.6
Asian NHOPI**	88	10	15.2	6.9	30.1
Black/AA**	124	22	26.4	15.4	41.5
Hispanic	2,678	555	21.0	18.7	23.5
White	5,005	470	9.8	8.7	11.1
EDUCATION					
Less than High School Graduate	966	243	25.4	21.2	30.0
High School Graduate or G.E.D.	2,320	365	18.5	15.9	21.4
Some College	2,455	348	16.8	14.4	19.6
College Graduate	3,057	264	8.8	7.5	10.3
INCOME					
Less than \$10,000	418	109	27.0	20.5	34.6
\$10-19,999	1,321	369	31.1	27.1	35.4
\$20-49,999	3,006	489	20.1	17.9	22.5
\$50,000 or more	2,989	131	4.8	3.6	6.5
EMPLOYMENT					
Employed	4,346	584	13.3	11.8	14.9
Unemployed/Unable to Work	1,099	342	32.9	28.4	37.8
Homemaker/Student	967	175	20.1	16.2	24.6
Retired	2,378	119	5.1	4.1	6.3
Geographic Region ⊛					
Northwest	2,682	369	15.8	13.7	18.2
Northeast	1,596	224	15.4	13.1	17.9
Bernalillo County	1,473	168	13.8	11.2	16.9
Southeast	1,289	188	18.3	15.2	22.0
Southwest	1,775	274	16.6	14.2	19.3

§ 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 8,837 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, IMPACT OF COST — MALES

Table 10. Percentage of adult males who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Men			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,417	380	13.3	11.5	15.2
SEXUAL ORIENTATION					
Heterosexual	2,887	307	12.2	10.3	14.3
LGBT**	79	18	33.9	19.9	51.5
AGE					
18-24	139	23	18.3	11.4	28.1
25-34	278	57	18.6	13.7	24.8
35-44	431	62	14.6	10.9	19.2
45-54	696	105	13.7	10.9	17.0
55-64	838	99	10.3	8.1	12.9
65-74	598	25	4.5	2.8	7.0
75+	416	8	1.9	0.9	3.9
RACE/ETHNICITY					
American Indian	301	57	26.1	17.2	37.6
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	962	152	17.5	14.2	21.3
White	1,998	151	7.6	6.1	9.4
EDUCATION					
Less than High School Graduate	365	80	22.1	15.8	29.9
High School Graduate or G.E.D.	892	102	15.5	11.8	20.0
Some College	857	104	14.9	11.5	19.2
College Graduate	1,296	93	7.4	5.6	9.9
INCOME					
Less than \$10,000	117	27	27.0	15.4	42.9
\$10-19,999	459	120	31.1	24.4	38.7
\$20-49,999	1,193	160	17.0	14.1	20.5
\$50,000 or more	1,354	42	3.6	2.4	5.4
EMPLOYMENT					
Employed	1,883	196	11.5	9.5	13.8
Unemployed/Unable to Work	437	129	31.2	24.2	39.2
Homemaker/Student**	73	17	15.7	7.9	28.7
Retired	1,013	37	4.2	2.9	6.1
Geographic Region[⊛]					
Northwest	1,066	120	14.7	11.6	18.5
Northeast	631	69	12.0	9.1	15.6
Bernalillo County	546	44	10.7	7.3	15.3
Southeast	480	54	15.9	10.9	22.6
Southwest	694	93	15.2	11.6	19.7

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 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, IMPACT OF COST — FEMALES

Table 11. Percentage of adult females who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Women			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,398	843	17.8	16.1	19.5
SEXUAL ORIENTATION					
Heterosexual	4,611	702	17.5	15.7	19.5
LGBT**	94	20	16.3	9.3	26.9
AGE					
18-24	161	26	19.8	12.4	30.0
25-34	474	107	20.8	16.7	25.6
35-44	712	153	22.1	18.5	26.3
45-54	1,109	242	21.7	18.7	24.9
55-64	1,207	208	17.7	15.2	20.6
65-74	972	62	6.0	4.5	7.9
75+	717	37	6.0	4.1	8.5
RACE/ETHNICITY					
American Indian	462	85	20.6	14.5	28.4
Asian NHOPI**	51	6	12.7	4.7	29.7
Black/AA**	83	15	24.1	11.2	44.3
Hispanic	1,716	403	23.9	20.8	27.3
White	3,007	319	12.1	10.5	14.0
EDUCATION					
Less than High School Graduate	601	163	28.7	23.8	34.2
High School Graduate or G.E.D.	1,428	263	21.5	18.1	25.4
Some College	1,598	244	18.3	15.0	22.1
College Graduate	1,761	171	10.3	8.5	12.4
INCOME					
Less than \$10,000	301	82	27.0	20.5	34.6
\$10-19,999	862	249	31.1	26.5	36.0
\$20-49,999	1,813	329	22.9	19.8	26.3
\$50,000 or more	1,635	89	6.2	4.1	9.2
EMPLOYMENT					
Employed	2,463	388	15.6	13.5	17.9
Unemployed/Unable to Work	662	213	34.8	29.6	40.3
Homemaker/Student	894	158	21.0	16.8	26.0
Retired	1,365	82	6.0	4.7	7.6
Geographic Region[⊛]					
Northwest	1,616	249	16.9	14.1	20.0
Northeast	965	155	18.6	15.3	22.4
Bernalillo County	927	124	16.7	13.1	21.1
Southeast	809	134	20.6	17.1	24.6
Southwest	1,081	181	17.9	15.1	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 8,837 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

QUESTION:

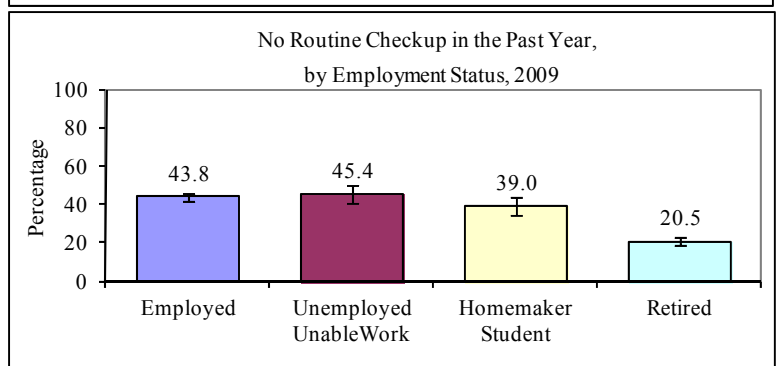
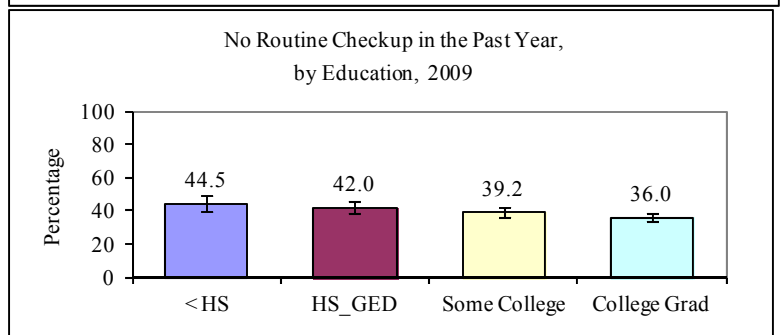
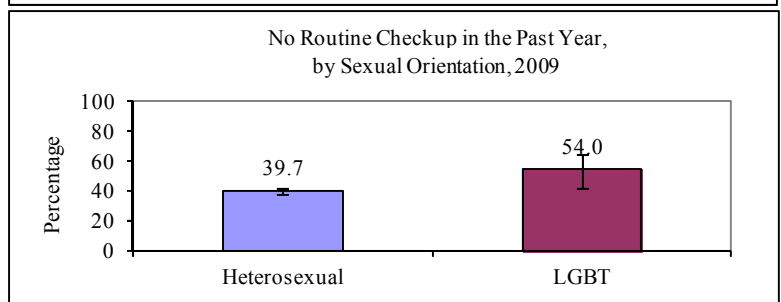
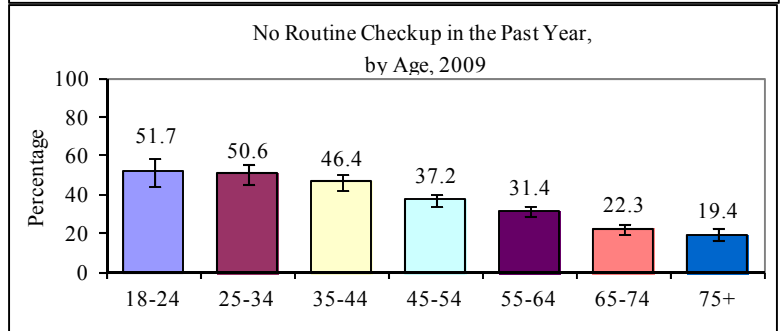
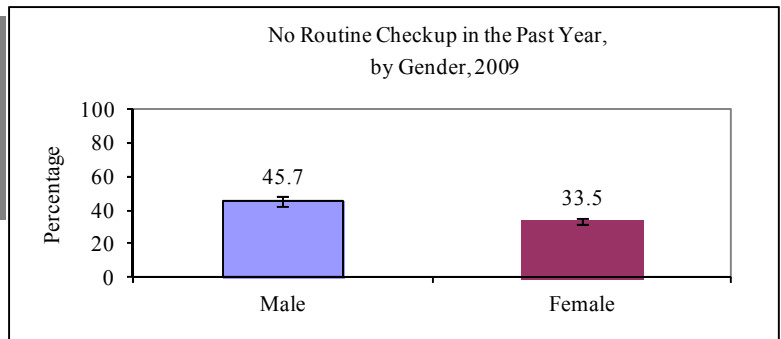
“Do you have one person you think of as your personal doctor or health care provider?”

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

A routine checkup on an annual basis is recommended for effective health maintenance. Routine medical examinations provide opportunities for exchange of information between patient and health care provider, early diagnosis of potentially serious health conditions, and prompt corrective action. Estimates of the proportion of adults obtaining a routine checkup can also serve as one measure of access to health care.^{2,3}

IN NEW MEXICO,

- ◆ A greater percentage of men had not visited a physician for a routine checkup in the previous 12 months (45.7% and 33.5%, respectively).
- ◆ Younger adults were more likely to have gone without a checkup in the previous year.
- ◆ Among adults, in general, and among those with health care coverage, there was not a measurable difference by Race/Ethnicity, even after adjusting for differences in age distribution of these populations. However, among adults without coverage, American Indian adults were more likely than White adults to have had a checkup.
- ◆ 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.



HEALTH CARE ACCESS, ROUTINE CHECKUP

Table 12. Percentage of adults who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%) §	95% Confidence Interval ‡	
				Lower	Upper
TOTAL	8,708	2,955	39.4	37.8	41.1
SEXUAL ORIENTATION					
Heterosexual	7,416	2,508	39.7	37.8	41.5
LGBT	169	70	54.0	42.2	65.3
AGE					
18-24	297	142	51.7	44.5	58.9
25-34	745	363	50.6	45.8	55.5
35-44	1,126	480	46.4	42.7	50.1
45-54	1,784	684	37.2	34.4	40.1
55-64	2,031	647	31.4	29.0	34.0
65-74	1,556	388	22.3	20.0	24.8
75+	1,103	227	19.4	16.9	22.2
RACE/ETHNICITY					
American Indian	754	270	42.5	36.1	49.1
Asian NHOPI**	89	27	32.7	21.0	47.0
Black/AA**	122	39	38.6	25.1	54.0
Hispanic	2,642	966	41.5	38.6	44.5
White	4,948	1,589	37.6	35.4	39.8
EDUCATION					
Less than High School Graduate	937	370	44.5	39.2	49.8
High School Graduate or G.E.D.	2,296	823	42.0	38.8	45.3
Some College	2,427	835	39.2	36.0	42.5
College Graduate	3,031	921	36.0	33.2	38.8
INCOME					
Less than \$10,000	407	155	43.1	35.5	51.1
\$10-19,999	1,300	508	42.9	38.4	47.4
\$20-49,999	2,987	1,061	41.2	38.4	44.0
\$50,000 or more	2,967	892	35.3	32.7	38.1
EMPLOYMENT					
Employed	4,308	1,683	43.8	41.5	46.1
Unemployed/Unable to Work	1,074	411	45.4	40.4	50.5
Homemaker/Student	960	332	39.0	34.1	44.1
Retired	2,344	522	20.5	18.7	22.5
Geographic Region ⚙					
Northwest	2,644	946	38.3	35.5	41.2
Northeast	1,583	514	38.2	34.8	41.7
Bernalillo County	1,464	465	38.5	34.8	42.3
Southeast	1,269	434	42.3	38.3	46.3
Southwest	1,748	596	41.4	37.9	45.0

§ 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 8,837 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 — MALES

Table 13. Percentage of adult males who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year Among Adult Men			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,383	1,294	45.7	43.0	48.4
SEXUAL ORIENTATION					
Heterosexual	2,865	1,086	46.3	43.4	49.2
LGBT**	75	32	55.3	38.5	70.9
AGE					
18-24	136	77	61.6	51.0	71.2
25-34	277	172	63.3	55.6	70.4
35-44	424	225	55.2	49.3	60.9
45-54	690	295	38.7	34.4	43.3
55-64	835	281	32.5	28.7	36.5
65-74	596	156	23.5	19.8	27.7
75+	405	78	17.4	13.7	21.9
RACE/ETHNICITY					
American Indian	298	121	47.4	37.9	57.1
Asian NHOPI**	77	22	20.0	37.0	38.9
Black/AA**	41	-	-	-	-
Hispanic	951	409	50.2	45.4	55.0
White	1,980	701	42.4	38.9	45.9
EDUCATION					
Less than High School Graduate	358	169	52.1	43.7	60.4
High School Graduate or G.E.D.	884	358	49.7	44.7	54.7
Some College	849	332	44.2	38.9	49.7
College Graduate	1,285	433	41.7	37.4	46.1
INCOME					
Less than \$10,000**	116	57	53.5	40.0	66.5
\$10-19,999	450	198	51.8	44.2	59.4
\$20-49,999	1,187	451	45.5	41.3	49.9
\$50,000 or more	1,346	472	41.3	37.3	45.3
EMPLOYMENT					
Employed	1,868	844	50.6	47.2	53.9
Unemployed/Unable to Work	432	183	51.0	42.9	59.0
Homemaker/Student**	72	39	56.5	40.2	71.5
Retired	1,000	224	20.3	17.5	23.3
Geographic Region[⊛]					
Northwest	1,057	440	44.3	40.0	48.6
Northeast	629	238	44.3	39.0	49.8
Bernalillo County	544	207	46.7	40.8	52.8
Southeast	473	161	46.6	40.0	53.2
Southwest	680	248	46.1	40.5	51.7

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

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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HEALTH CARE ACCESS, ROUTINE CHECKUP — FEMALES

Table 14. Percentage of adult females who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year Among Adult Women			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,325	1,661	33.5	31.5	35.5
SEXUAL ORIENTATION					
Heterosexual	4,551	1,422	33.4	31.3	35.6
LGBT**	94	38	52.6	36.5	68.2
AGE					
18-24	161	65	41.6	32.6	51.2
25-34	468	191	37.4	32.0	43.0
35-44	702	255	37.7	33.4	42.3
45-54	1,094	389	35.7	32.2	39.4
55-64	1,196	366	30.4	27.3	33.7
65-74	960	232	21.3	18.5	24.4
75+	698	149	20.9	17.6	24.6
RACE/ETHNICITY					
American Indian	456	149	36.8	29.2	45.1
Asian NHOPI**	52	14	24.5	12.8	41.9
Black/AA**	81	19	23.6	13.2	38.4
Hispanic	1,691	557	34.3	30.9	37.8
White	2,968	888	32.7	30.2	35.3
EDUCATION					
Less than High School Graduate	579	201	36.4	30.8	42.5
High School Graduate or G.E.D.	1,412	465	34.7	30.9	38.6
Some College	1,578	503	35.3	31.5	39.4
College Graduate	1,746	488	29.8	26.8	32.9
INCOME					
Less than \$10,000	291	98	36.2	28.0	45.3
\$10-19,999	850	310	35.1	30.5	40.1
\$20-49,999	1,800	610	37.1	33.8	40.5
\$50,000 or more	1,621	420	28.6	25.3	32.2
EMPLOYMENT					
Employed	2,440	839	35.3	32.5	38.1
Unemployed/Unable to Work	642	228	39.4	33.9	45.2
Homemaker/Student	888	293	35.3	30.6	40.3
Retired	1,344	298	20.8	18.3	23.5
Geographic Region[⊛]					
Northwest	1,587	506	32.5	29.0	36.2
Northeast	954	276	32.2	28.2	36.4
Bernalillo County	920	258	30.8	26.6	35.2
Southeast	796	273	38.3	34.0	42.8
Southwest	1,068	348	37.0	32.9	41.3

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* 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 8,837 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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IMMUNIZATION

QUESTION:

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

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

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

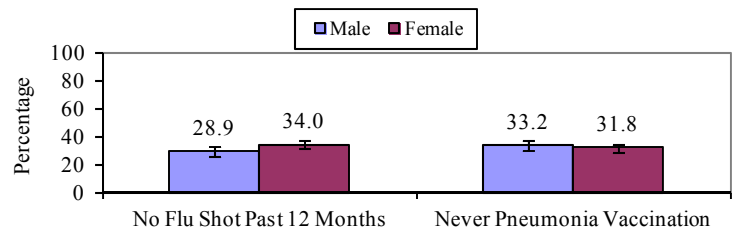
It is recommended that people 65 years of age and older receive a seasonal influenza vaccination as part of routine health maintenance.^{4,5} Adults at increased risk of influenza due to chronic conditions like diabetes, should be vaccinated, as well, regardless of age.

Pneumococcal vaccination is also recommended for adults ages 65 years and older.⁵ 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.^{4,5}

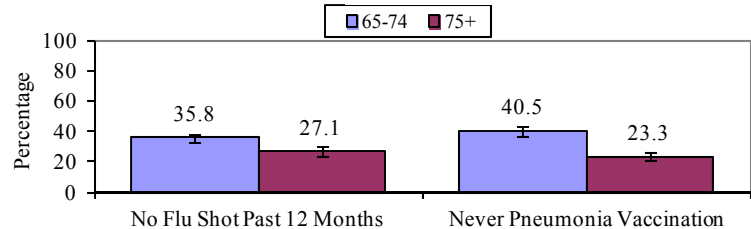
IN NEW MEXICO,

- ◆ 31.7% of New Mexico adults ages 65 years and older had not been immunized against seasonal influenza during the past 12 months and 32.4% had never received the pneumonia vaccine.
- ◆ 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.
- ◆ American Indians age 65+ were less likely to have received the pneumonia vaccine than White adults.
- ◆ There was no measurable difference by education status for either the pneumonia vaccine or the seasonal flu vaccine.

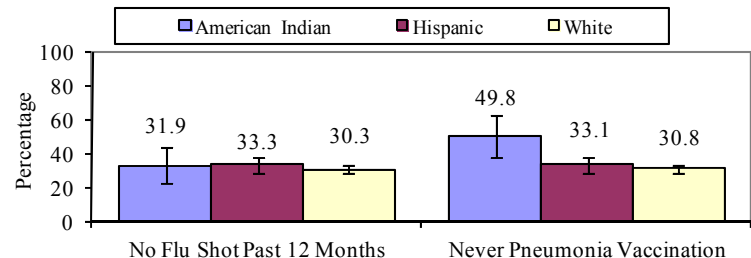
No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Gender, 2009



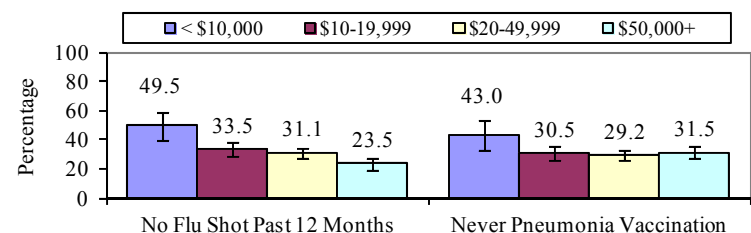
No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Age, 2009



No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Race/Ethnicity, 2009



No Flu Shot in Past 12 Months/Never Pneumonia Vaccination, Age 65+, by Annual Household Income, 2009



- ◆ The percentage of New Mexican adults ages 65 years and older never immunized against pneumonia was similar across annual household income levels.
- ◆ Adults ages 65 years and older who lived in households with annual income of \$50,000 or more were more likely to have been immunized against influenza in the previous 12 months.
- ◆ 34.5% of adults with diabetes, of all ages, had not been vaccinated against influenza in the past 12 months.

IMMUNIZATION, INFLUENZA VACCINATION

Table 15. Percentage of adults ages 65 years and older who did not get a flu shot during the past 12 months, New Mexico, 2009.

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	2,637	886	31.7	29.7	33.9
GENDER					
Male	987	312	28.9	25.9	32.2
Female	1,650	574	34.0	31.2	36.8
AGE					
65-74	1,531	584	35.8	33.0	38.7
75+	1,106	302	27.1	24.1	30.3
RACE/ETHNICITY					
American Indian**	111	37	31.9	22.0	43.8
Asian NHOPI**	12	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	614	211	33.3	28.8	38.1
White	1,824	597	30.3	28.0	32.8
EDUCATION					
Less than High School Graduate	381	140	34.9	29.4	40.8
High School Graduate or G.E.D.	767	272	35.4	31.3	39.7
Some College	644	203	30.2	26.2	34.6
College Graduate	840	270	28.6	25.2	32.1
INCOME					
Less than \$10,000	132	53	49.5	39.7	59.3
\$10-19,999	471	174	33.5	28.6	38.9
\$20-49,999	1,025	340	31.1	27.9	34.5
\$50,000 or more	559	154	23.5	19.8	27.5
EMPLOYMENT					
Employed	393	175	43.1	37.2	49.1
Unemployed/Unable to Work	170	77	47.1	38.2	56.1
Homemaker/Student	247	83	32.1	25.6	39.2
Retired	1,818	548	28.3	25.9	30.8
Geographic Region☼					
Northwest	695	239	31.0	26.9	35.3
Northeast	467	165	34.4	29.7	39.5
Bernalillo County	449	140	28.7	24.4	33.5
Southeast	418	129	30.8	26.1	35.9
Southwest	608	213	35.2	31.0	39.5

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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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IMMUNIZATION, PNEUMOCOCCAL VACCINATION

Table 16. Percentage of adults ages 65 years and older who have never had a pneumococcal vaccination, New Mexico, 2009.

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	2,550	861	32.4	30.3	34.6
GENDER					
Male	945	347	33.2	29.9	36.7
Female	1,605	514	31.8	29.1	34.7
AGE					
65-74	1,472	604	40.5	37.5	43.6
75+	1,078	257	23.3	20.5	26.4
RACE/ETHNICITY					
American Indian**	103	47	49.8	37.6	62.0
Asian NHOPI**	11	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	591	208	33.1	28.7	37.9
White	1,770	568	30.8	28.3	33.3
EDUCATION					
Less than High School Graduate	362	141	38.0	32.2	44.2
High School Graduate or G.E.D.	744	261	34.1	30.0	38.4
Some College	626	180	27.6	23.6	31.9
College Graduate	813	277	32.1	28.5	35.9
INCOME					
Less than \$10,000**	123	52	43.0	33.2	53.4
\$10-19,999	450	142	30.5	25.5	36.1
\$20-49,999	997	313	29.2	26.0	32.6
\$50,000 or more	542	188	31.5	27.2	36.1
EMPLOYMENT					
Employed	376	187	48.9	42.8	55.0
Unemployed/Unable to Work	162	57	37.4	28.9	46.8
Homemaker/Student	235	72	28.4	22.2	35.6
Retired	1,768	543	29.5	27.0	32.0
Geographic Region ⊙					
Northwest	666	224	30.5	26.3	34.9
Northeast	455	163	35.4	30.5	40.6
Bernalillo County	436	125	27.8	23.4	32.6
Southeast	407	137	34.9	29.9	40.2
Southwest	586	212	36.7	32.4	41.1

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

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CHOLESTEROL CHECK WITHIN PAST FIVE YEARS

QUESTION:

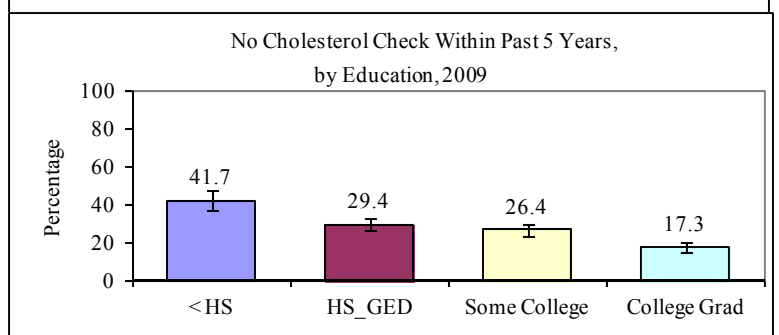
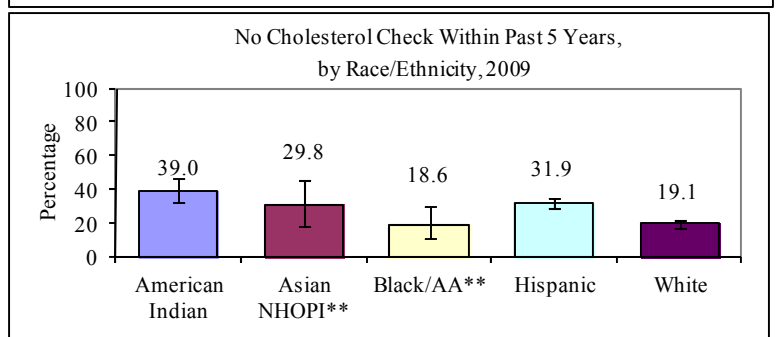
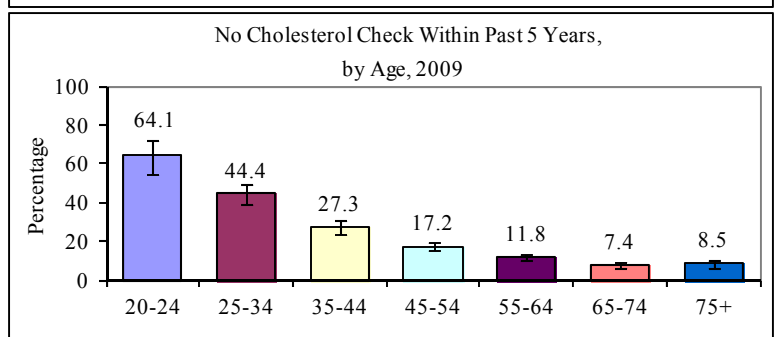
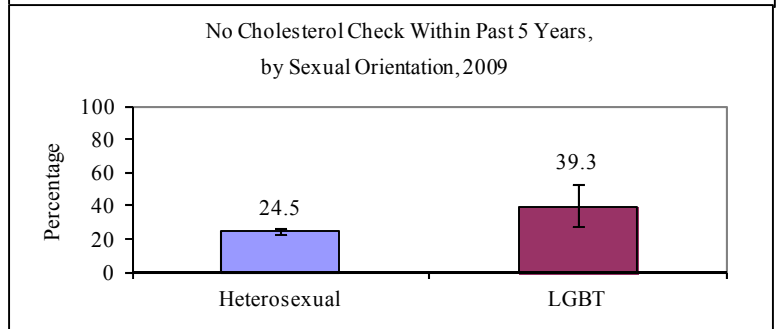
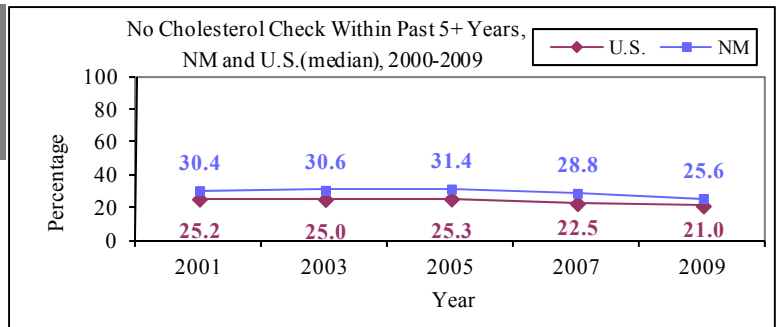
“Have you EVER had your blood cholesterol checked?”

“How long has it been since you had your blood cholesterol checked?”

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. The body needs some cholesterol to function properly but high blood cholesterol increases the risk of developing coronary heart disease. Adults ages 20 years and older should have cholesterol levels checked at least once every 5 years.⁶

IN NEW MEXICO,

- ◆ 25.6% of New Mexico adults age 20 or more had not had their blood cholesterol checked within the past 5 years. However, this represents an improvement over previous years.
- ◆ Adult members of the LGBT population were less likely to have had a blood cholesterol check within the past 5 years, even after adjusting for differences in age distribution (this chart is restricted to age 20-64).
- ◆ Though it is recommended that all adults age 20 or more have a blood cholesterol test every five years, history of testing was quite poor across age groups below age 55.
- ◆ White adults over age 20 were more likely to have had a cholesterol check within the previous years than American Indian or Hispanic Adults. Small sample size made comparison of and between other groups difficult.
- ◆ Adults age 20 or more with less than a High School education were less likely to have had a cholesterol test within the previous five years than adults of all other education levels. Adults with a college degree were more likely than adults with all other education levels to have been checked.
- ◆ Annual Household Income resulted in a pattern similar to that of education level.
- ◆ There was no significant difference by region of residence.



CHOLESTEROL CHECK WITHIN PAST 5 YEARS

Table 17. Percentage of adults age 20+ who have not had a cholesterol test in the past 5 years, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check in Past Five Years Among Adults Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,398	1,552	25.6	23.9	27.3
SEXUAL ORIENTATION					
Heterosexual	7,155	1,270	24.5	22.7	26.4
LGBT	167	41	39.3	27.4	52.7
AGE					
20-24	178	108	64.1	54.9	72.3
25-34	719	339	44.4	39.5	49.4
35-44	1,116	312	27.3	24.1	30.7
45-54	1,773	318	17.2	15.1	19.4
55-64	2,015	262	11.8	10.2	13.5
65-74	1,530	124	7.4	6.0	9.1
75+	1,067	89	8.5	6.6	10.7
RACE/ETHNICITY					
American Indian	725	198	39.0	32.3	46.0
Asian NHOPI**	87	17	29.8	17.6	45.8
Black/AA**	111	17	18.6	10.8	30.1
Hispanic	2,533	603	31.9	28.9	35.0
White	4,802	684	19.1	17.2	21.3
EDUCATION					
Less than High School Graduate	909	286	41.7	36.7	46.9
High School Graduate or G.E.D.	2,166	451	29.4	26.2	32.8
Some College	2,350	417	26.4	23.2	29.9
College Graduate	2,960	393	17.3	14.8	20.0
INCOME					
Less than \$10,000	398	119	37.5	30.2	45.5
\$10-19,999	1,253	330	37.3	32.9	42.0
\$20-49,999	2,909	576	27.3	24.7	30.1
\$50,000 or more	2,902	348	16.9	14.4	19.6
EMPLOYMENT					
Employed	4,187	890	27.1	24.8	29.4
Unemployed/Unable to Work	1,032	256	34.8	29.6	40.4
Homemaker/Student	879	226	34.4	29.4	39.9
Retired	2,283	176	7.4	6.1	8.9
Geographic Region ⊙					
Northwest	2,576	549	29.0	26.2	32.0
Northeast	1,524	250	22.9	19.9	26.2
Bernalillo County	140	204	22.7	19.1	26.8
Southeast	1,214	228	29.0	25.1	33.4
Southwest	1,681	321	26.9	23.6	30.3

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

CHOLESTEROL CHECK WITHIN PAST 5 YEARS — MALES

Table 18. Percentage of adult males age 20+ who have not had a cholesterol test in the past 5 years, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check in Past Five Years Among Adult Men Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	3,252	641	27.8	25.4	30.4
SEXUAL ORIENTATION					
Heterosexual	2,753	509	25.2	22.3	28.3
LGBT**	76	22	52.4	35.6	68.6
AGE					
20-24**	71	50	67.2	52.1	79.5
25-34	270	129	45.1	37.4	53.0
35-44	422	131	30.7	25.5	36.4
45-54	681	140	18.3	15.1	22.0
55-64	828	126	12.8	10.4	15.6
65-74	583	43	6.2	4.3	8.7
75+	397	22	4.8	3.0	7.5
RACE/ETHNICITY					
American Indian	285	95	43.0	33.3	53.3
Asian NHOPI**	35	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	903	240	32.6	27.9	37.6
White	1,920	275	20.6	17.4	24.2
EDUCATION					
Less than High School Graduate	344	127	48.5	40.4	56.6
High School Graduate or G.E.D.	824	186	29.1	24.5	34.2
Some College	821	160	28.0	22.8	33.8
College Graduate	1,258	166	18.2	14.3	22.8
INCOME					
Less than \$10,000	106	41	45.6	32.1	59.8
\$10-19,999	429	133	41.1	33.7	48.8
\$20-49,999	1,159	253	27.6	23.9	31.6
\$50,000 or more	1,312	167	18.2	14.6	22.4
EMPLOYMENT					
Employed	1,809	430	29.1	25.9	32.5
Unemployed/Unable to Work	406	120	40.2	31.7	49.3
Homemaker/Student**	44	-	-	-	-
Retired	986	71	6.6	4.9	8.9
Geographic Region[⊛]					
Northwest	1,012	242	31.7	27.5	36.3
Northeast	606	104	22.7	18.3	27.7
Bernalillo County	526	77	22.7	17.1	29.4
Southeast	455	90	33.4	26.7	40.9
Southwest	653	128	27.6	22.4	33.3

* 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 8,837 across some categories for some variables.

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

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

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

CHOLESTEROL CHECK WITHIN PAST 5 YEARS — FEMALES

Table 19. Percentage of adult females age 20+ who have not had a cholesterol test in the past 5 years, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check in Past Five Years Among Adult Women Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	5,146	911	26.0	24.0	28.0
SEXUAL ORIENTATION					
Heterosexual	4,402	761	23.8	21.7	26.1
LGBT**	91	19	24.4	11.6	44.3
AGE					
20-24	107	58	61.7	50.1	72.0
25-34	449	210	43.7	37.8	49.6
35-44	694	181	23.9	20.4	27.9
45-54	1,092	178	16.1	13.5	18.9
55-64	1,187	136	10.8	8.9	13.1
65-74	947	81	8.4	6.5	10.8
75+	670	67	11.1	8.4	14.6
RACE/ETHNICITY					
American Indian	440	103	34.4	25.9	44.1
Asian NHOPI**	52	9	31.4	15.4	53.5
Black/AA**	73	8	9.9	4.3	21.0
Hispanic	1,630	363	31.4	27.7	35.4
White	2,882	409	17.7	15.6	20.0
EDUCATION					
Less than High School Graduate	565	159	35.2	29.5	41.3
High School Graduate or G.E.D.	1,342	265	29.7	25.4	34.4
Some College	1,529	257	25.2	21.3	29.7
College Graduate	1,702	227	16.3	13.8	19.2
INCOME					
Less than \$10,000	292	78	33.2	25.0	42.5
\$10-19,999	824	197	34.4	29.1	40.1
\$20-49,999	1,750	323	27.0	23.4	31.0
\$50,000 or more	1,590	181	15.3	12.4	18.9
EMPLOYMENT					
Employed	2,378	460	24.5	21.7	27.6
Unemployed/Unable to Work	626	136	29.6	24.0	35.8
Homemaker/Student	835	207	33.3	28.3	38.8
Retired	1,297	105	8.2	6.5	10.3
Geographic Region ⊛					
Northwest	1,564	307	26.6	22.9	30.6
Northeast	918	146	23.1	19.2	27.6
Bernalillo County	877	127	22.7	18.2	27.9
Southeast	759	138	24.8	20.8	29.3
Southwest	1,028	193	26.2	22.4	30.4

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

HIV TEST HISTORY

QUESTIONS:

“Have you EVER been tested for HIV?”

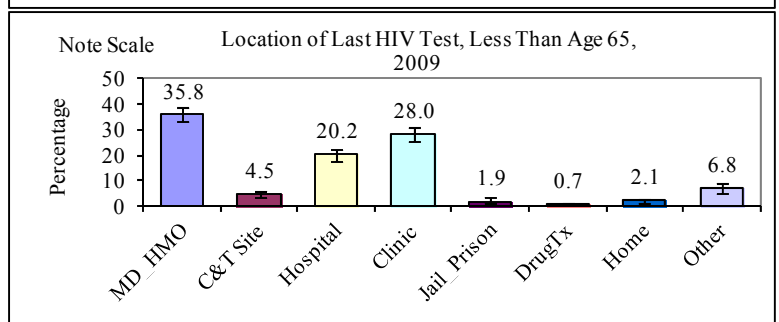
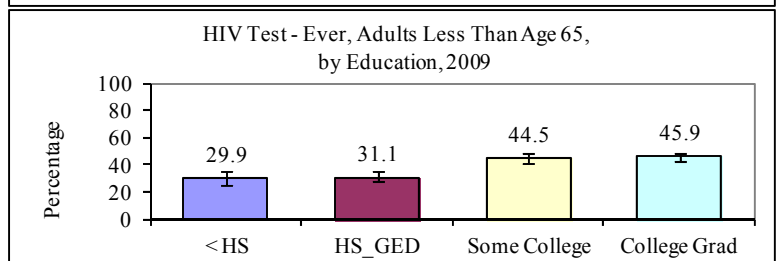
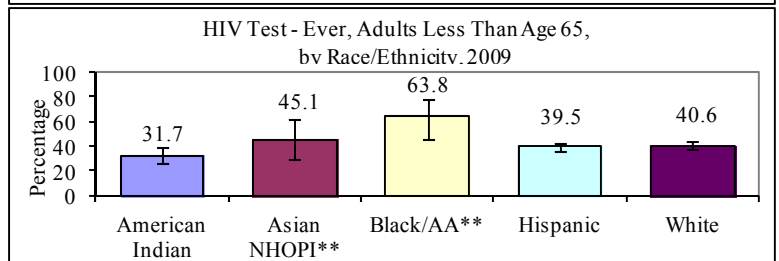
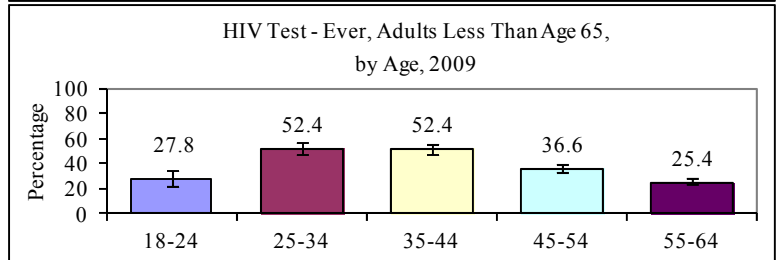
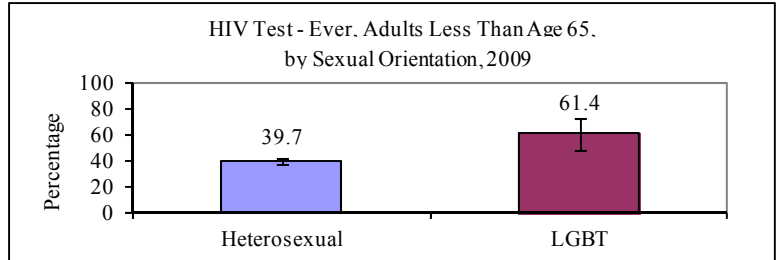
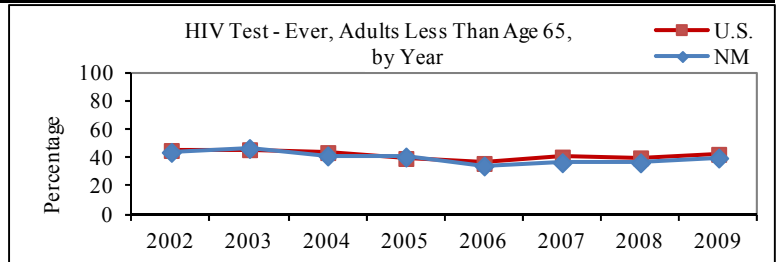
“Where did you have your last HIV test,...?”

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

In New Mexico, diagnosis of AIDS has been recorded since 1981 and cases of HIV infection have been reportable since 1998. Through the end of 2009, a total of 6,118 cases of HIV infection had ever been reported in the state.⁷ 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.⁷

IN NEW MEXICO,

- ◆ Over most of the past decade, NM and the US have demonstrated a very similar prevalence of HIV testing history among adults
- ◆ 39.9% of adults age 18 to 64 reported a history of at least one test for HIV infection.
- ◆ History of HIV testing was most likely among those 25 to 44 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 at least some college-level education.
- ◆ Black/African American adults were more likely to have ever been tested. After adjusting for differences in age distribution, American Indian adults were less likely to have been tested than White adults.
- ◆ Primary care providers, clinics, and hospitals were most frequently reported as the testing site.
- ◆ Of HIV tests obtained in the previous year, 13.0% were performed using a ‘rapid’ HIV test.



HIV TEST HISTORY

Table 20. Percentage of adults ages 64 years and younger who have ever been tested for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adults Less Than Age 65			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,577	2,077	39.9	38.0	41.9
Sexual Orientation					
Heterosexual	5,093	1,882	39.7	37.7	41.8
LGBT	147	83	61.4	48.7	72.7
AGE					
18-24	276	89	27.8	22.0	34.3
25-34	688	377	52.4	47.3	57.5
35-44	1,057	529	52.4	48.6	56.1
45-54	1,667	603	36.6	33.6	39.6
55-64	1,889	479	25.4	23.1	28.0
RACE/ETHNICITY					
American Indian	582	187	31.7	25.7	38.3
Asian NHOPI**	65	27	45.1	29.9	61.3
Black/AA**	83	47	63.8	45.9	78.6
Hispanic	1,841	680	39.5	36.3	42.9
White	2,918	1,103	40.6	37.9	43.3
EDUCATION					
Less than High School Graduate	524	152	29.9	24.5	36.0
High School Graduate or G.E.D.	1,386	384	31.1	27.6	34.9
Some College	1,646	674	44.5	40.8	48.4
College Graduate	2,016	866	45.9	42.7	49.2
INCOME					
Less than \$10,000	257	105	40.2	31.5	49.6
\$10-19,999	763	296	40.6	35.3	46.2
\$20-49,999	1,806	681	42.0	38.7	45.5
\$50,000 or more	2,246	863	42.5	39.5	45.5
EMPLOYMENT					
Employed	3,608	1,334	39.3	37.0	41.7
Unemployed/Unable to Work	848	376	46.5	41.0	52.0
Homemaker/Student	661	264	40.9	35.5	46.5
Retired	451	101	24.9	19.8	30.8
Geographic Region ⊙					
Northwest	1,808	625	37.4	34.1	40.8
Northeast	1,014	422	43.2	39.1	47.4
Bernalillo County	910	378	41.6	37.2	46.0
Southeast	784	251	36.5	31.9	41.3
Southwest	1,061	401	39.4	35.4	43.6

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 8,837 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.

HIV TEST, EVER — MALES

Table 21. Percentage of adult males ages 64 years and younger who have ever been tested for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Males Less Than Age 65			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,192	818	38.7	35.7	41.7
Sexual Orientation					
Heterosexual	1,976	715	38.0	34.8	41.2
LGBT**	65	47	71.8	53.9	84.7
AGE					
18-24	130	32	21.8	14.7	31.0
25-34	250	106	42.5	34.8	50.6
35-44	406	204	54.4	48.4	60.2
45-54	639	241	39.8	35.0	44.8
55-64	767	235	29.9	26.1	34.1
RACE/ETHNICITY					
American Indian	231	56	22.6	15.5	31.8
Asian NHOPI**	26	-	-	-	-
Black/AA**	28	-	-	-	-
Hispanic	675	250	40.6	35.4	46.1
White	1,186	467	39.7	35.7	43.9
EDUCATION					
Less than High School Graduate	225	63	30.5	22.5	39.9
High School Graduate or G.E.D.	571	155	28.0	23.0	33.6
Some College	591	248	44.6	38.5	50.9
College Graduate	802	351	45.2	40.1	50.4
INCOME					
Less than \$10,000**	81	35	42.5	28.0	58.5
\$10-19,999	269	108	35.8	27.9	44.6
\$20-49,999	717	272	41.9	36.7	47.2
\$50,000 or more	962	362	41.7	37.3	46.3
EMPLOYMENT					
Employed	1,566	574	38.5	35.0	42.0
Unemployed/Unable to Work	359	164	47.6	39.1	56.2
Homemaker/Student**	67	22	25.8	15.1	40.5
Retired	196	57	30.5	22.7	39.6
Geographic Region[⊙]					
Northwest	730	235	32.4	27.8	37.3
Northeast	404	175	43.6	37.3	50.1
Bernalillo County	337	151	41.5	34.8	48.5
Southeast	302	87	32.0	25.0	39.9
Southwest	419	170	40.7	34.4	47.4

* 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 8,837 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.

HIV TEST HISTORY — FEMALES

Table 22. Percentage of adult females ages 64 years and younger who have ever been tested for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Females Less Than Age 65			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	3,385	1,259	41.2	38.7	43.7
Sexual Orientation					
Heterosexual	3,117	1,167	41.4	38.8	44.0
LGBT**	82	36	50.0	32.9	67.1
AGE					
18-24	146	57	34.3	25.8	44.0
25-34	438	271	62.3	56.1	68.0
35-44	651	325	50.3	45.6	55.0
45-54	1,028	362	33.6	30.2	37.2
55-64	1,122	244	21.3	18.5	24.3
RACE/ETHNICITY					
American Indian	351	131	42.5	34.0	51.5
Asian NHOPI**	39	-	-	-	-
Black/AA**	55	30	74.0	59.0	84.9
Hispanic	1,166	430	38.6	34.6	42.7
White	1,732	636	41.5	38.2	44.9
EDUCATION					
Less than High School Graduate	299	89	29.3	22.9	36.6
High School Graduate or G.E.D.	815	229	34.4	29.7	39.4
Some College	1,055	426	44.5	39.8	49.3
College Graduate	1,214	515	46.7	42.8	50.6
INCOME					
Less than \$10,000	176	70	38.4	28.5	49.5
\$10-19,999	494	188	44.9	38.3	51.7
\$20-49,999	1,089	409	42.2	38.0	46.6
\$50,000 or more	1,284	501	43.2	39.3	47.2
EMPLOYMENT					
Employed	2,042	760	40.4	37.3	43.5
Unemployed/Unable to Work	489	212	45.2	38.8	51.8
Homemaker/Student	594	242	44.8	39.0	50.7
Retired	255	44	18.5	13.0	25.8
Geographic Region[⊛]					
Northwest	1,078	390	42.3	37.7	47.0
Northeast	610	247	42.8	37.7	48.1
Bernalillo County	573	227	41.6	36.2	47.2
Southeast	482	164	40.9	35.5	46.6
Southwest	642	231	38.2	33.3	43.3

* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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DIAGNOSED ARTHRITIS

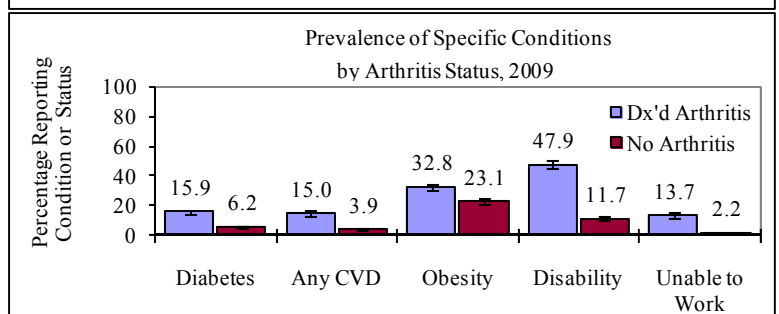
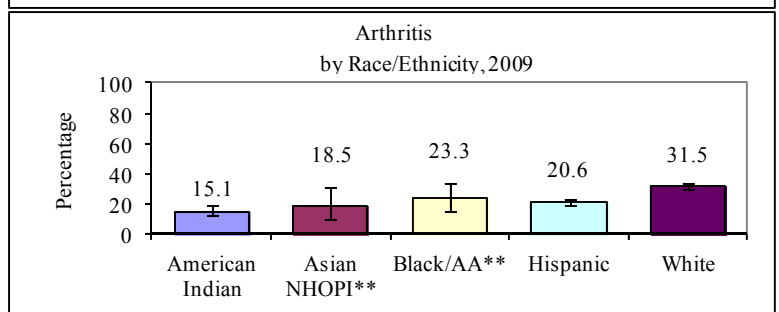
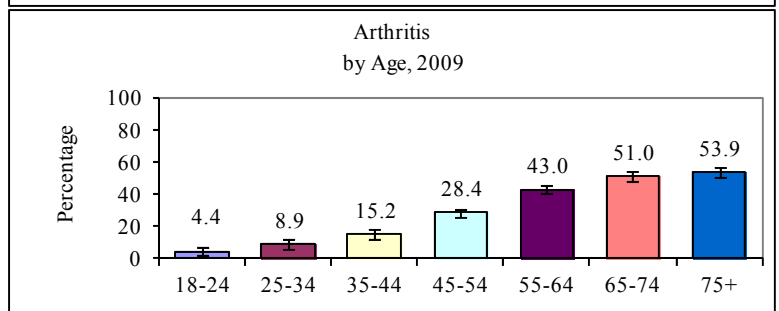
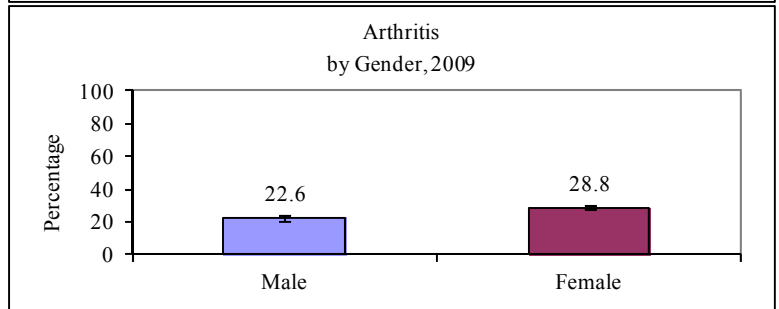
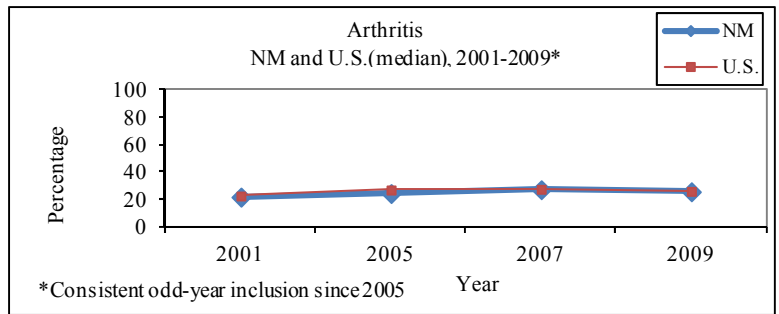
QUESTIONS:

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

There are over 100 forms of rheumatic disease commonly referred to as arthritis, including osteoarthritis, rheumatoid arthritis, fibromyalgia, and gout. Arthritis is the most common cause of disability in the U.S.⁸

IN NEW MEXICO,

- ◆ 25.7% of adults had been diagnosed with some form of arthritis. There may have been an increase in prevalence of arthritis since 2001 but inconsistent data collection made evaluation of trend difficult. There was no significant difference between NM and the U.S.
- ◆ The percentage of women with diagnosed arthritis (28.8%) was significantly higher than that of adult men (22.6%). This association with gender has been consistent over time.
- ◆ Arthritis is strongly associated with age, the prevalence among adults over age 65 being over 50%.
- ◆ White adults were more likely to have arthritis than American Indian and Hispanic adults. The White population is older, on average, than these two populations. After adjusting for age, the differences between these populations were basically eliminated, meaning that much of the differences between the populations is a factor of different age distributions. Small sample size made comparison of other groups difficult.
- ◆ Adults with diagnosed arthritis were more likely to have diabetes, cardiovascular disease, to be obese, to be disabled, or to be unable to work.
- ◆ Adults living in households with an annual income of \$50,000 or more were less likely to have arthritis.
- ◆ The prevalence of diagnosed arthritis did not vary by sexual orientation or education level.
- ◆ Adults with diagnosed arthritis were more likely to report their general health to be fair or poor.



DIAGNOSED ARTHRITIS

Table 23. Percentage of adults with diagnosed arthritis, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Arthritis			
		Total # Reporting Arthritis	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,543	3,016	25.7	24.5	27.0
SEXUAL ORIENTATION					
Heterosexual	7,498	2,668	26.2	24.9	27.5
LGBT	174	59	22.3	15.7	30.7
AGE					
18-24	293	16	4.4	2.5	7.7
25-34	726	65	8.9	6.5	12.0
35-44	1,106	164	15.2	12.7	18.0
45-54	1,750	523	28.4	25.9	31.0
55-64	1,992	865	43.0	40.4	45.8
65-74	1,517	769	51.0	48.0	54.1
75+	1,096	597	53.9	50.4	57.3
RACE/ETHNICITY					
American Indian	731	162	15.1	12.1	18.8
Asian NHOPI**	85	23	18.5	10.5	30.5
Black/AA **	117	43	23.3	15.1	34.1
Hispanic	2,576	812	20.6	18.8	22.6
White	4,882	1,925	31.5	29.7	33.3
EDUCATION					
Less than High School Graduate	932	359	25.3	21.9	29.0
High School Graduate or G.E.D.	2,231	806	25.4	23.1	27.8
Some College	2,398	924	28.1	25.7	30.6
College Graduate	2,967	922	24.2	22.3	26.3
INCOME					
Less than \$10,000	406	184	34.0	27.7	40.9
\$10-19,999	1,283	545	31.8	28.2	35.6
\$20-49,999	2,920	1,032	27.3	25.2	29.5
\$50,000 or more	2,909	860	22.6	20.8	24.5
EMPLOYMENT					
Employed	4,194	994	17.7	16.2	19.2
Unemployed/Unable to Work	1,080	550	35.8	31.8	40.1
Homemaker/Student	943	275	17.6	14.9	20.6
Retired	2,304	1,187	51.3	48.8	53.9
Geographic Region⊛					
Northwest	2,606	838	24.3	22.2	26.5
Northeast	1,547	553	27.0	24.4	29.7
Bernalillo County	1,422	501	24.7	22.1	27.5
Southeast	1,249	490	29.8	26.7	33.0
Southwest	1,719	634	25.5	23.1	28.0

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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.

DIAGNOSED ARTHRITIS — MALES

Table 24. Percentage of adult males with diagnosed arthritis, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Arthritis Among Adult Men			
		Total # Reporting Arthritis	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,307	1,025	22.6	20.8	24.4
SEXUAL ORIENTATION					
Heterosexual	2,889	898	23.1	21.2	25.2
LGBT**	79	27	20.3	12.1	32.0
AGE					
18-24	138	6	2.5	1.0	5.7
25-34	270	26	9.3	5.7	14.9
35-44	418	56	13.7	10.2	18.3
45-54	669	180	25.7	22.0	29.9
55-64	813	331	42.9	38.7	47.1
65-74	576	249	44.8	40.0	49.7
75+	404	170	41.4	36.0	47.1
RACE/ETHNICITY					
American Indian	286	60	13.2	9.3	18.3
Asian NHOPI**	35	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	929	262	17.8	15.1	20.9
White	1,944	659	27.4	24.8	30.2
EDUCATION					
Less than High School Graduate	354	110	20.1	15.6	25.5
High School Graduate or G.E.D.	859	273	20.5	17.4	24.1
Some College	834	292	25.9	22.2	30.0
College Graduate	1,254	349	22.5	19.6	25.7
INCOME					
Less than \$10,000	119	48	27.0	18.3	37.9
\$10-19,999	442	172	29.9	24.2	36.2
\$20-49,999	1,158	374	24.0	20.9	27.4
\$50,000 or more	1,311	344	20.8	18.2	23.6
EMPLOYMENT					
Employed	1,809	373	15.3	13.4	17.5
Unemployed/Unable to Work	432	196	31.7	25.8	38.2
Homemaker/Student**	72	12	5.7	2.6	12.3
Retired	984	439	46.0	42.2	49.8
Geographic Region[⊛]					
Northwest	1,035	290	21.5	18.7	24.7
Northeast	610	191	23.7	20.0	27.9
Bernalillo County	525	167	21.4	17.6	25.7
Southeast	463	153	26.3	21.7	31.5
Southwest	674	224	22.3	18.9	26.1

* 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 8,837 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.

DIAGNOSED ARTHRITIS — FEMALES

Table 25. Percentage of adult females with diagnosed arthritis, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Arthritis Among Adult Women			
		Total # Reporting Arthritis	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,236	1,991	28.8	27.2	30.4
SEXUAL ORIENTATION					
Heterosexual	4,609	1,770	29.0	27.3	30.8
LGBT**	95	32	24.5	15.0	37.4
AGE					
18-24	155	10	6.6	3.2	13.1
25-34	456	39	8.4	5.9	11.9
35-44	688	108	16.6	13.5	20.3
45-54	1,081	343	30.8	27.5	34.2
55-64	1,179	534	43.2	39.8	46.7
65-74	941	520	56.5	52.6	60.3
75+	692	427	62.6	58.3	66.8
RACE/ETHNICITY					
American Indian	445	102	17.4	13.1	22.8
Asian NHOPI**	50	16	17.8	9.1	31.9
Black/AA**	79	31	25.3	15.5	38.5
Hispanic	1,647	550	23.0	20.6	25.6
White	2,938	1,266	35.6	33.3	37.9
EDUCATION					
Less than High School Graduate	578	249	30.6	26.0	35.6
High School Graduate or G.E.D.	1,372	533	30.1	26.9	33.5
Some College	1,564	632	29.8	26.8	33.0
College Graduate	1,713	573	26.1	23.7	28.7
INCOME					
Less than \$10,000	287	136	39.0	30.9	47.7
\$10-19,999	841	373	33.5	29.1	38.1
\$20-49,999	1,762	658	30.4	27.6	33.3
\$50,000 or more	1,598	516	24.6	22.1	27.3
EMPLOYMENT					
Employed	2,385	621	20.6	18.6	22.8
Unemployed/Unable to Work	648	354	40.4	35.3	45.7
Homemaker/Student	871	263	20.2	17.2	23.5
Retired	1,320	748	56.9	53.6	60.1
Geographic Region[⊛]					
Northwest	1,571	548	26.9	24.0	30.0
Northeast	937	362	30.2	26.8	33.8
Bernalillo County	897	334	27.9	24.5	31.5
Southeast	786	337	33.0	29.3	37.0
Southwest	1,045	410	28.6	25.4	32.0

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 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:

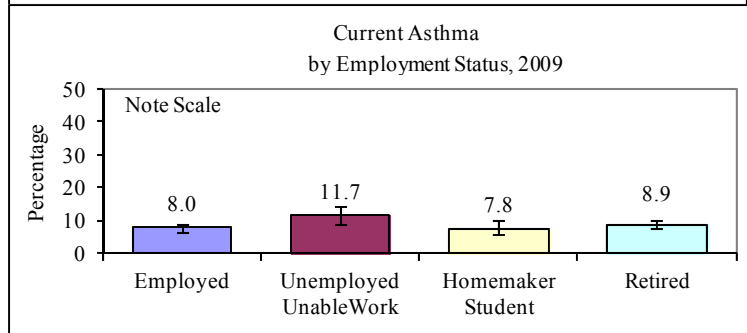
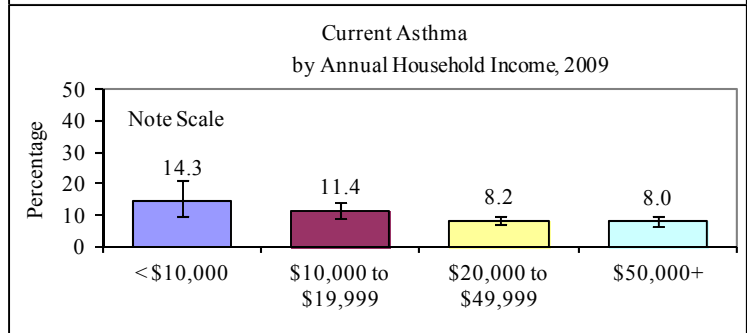
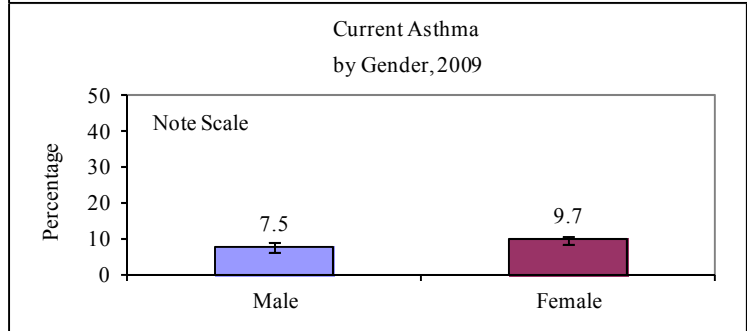
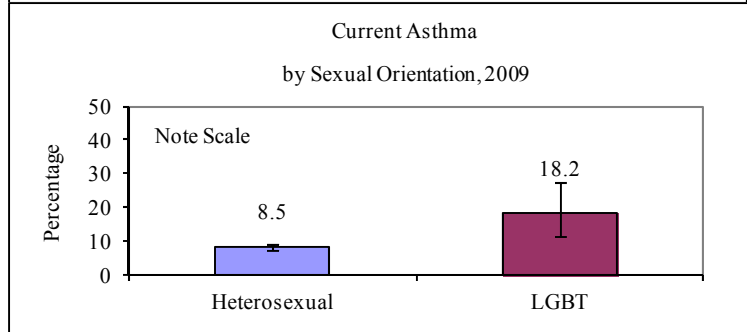
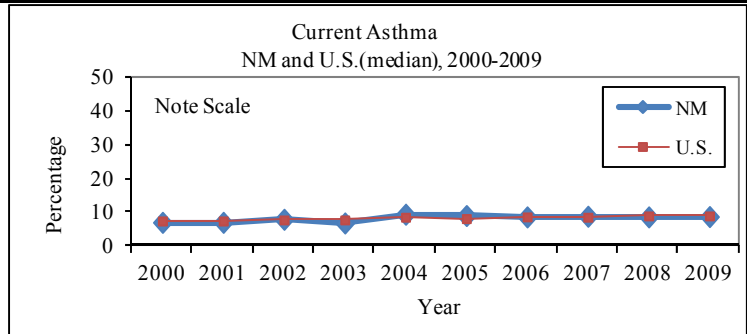
“Have you ever been told by a doctor, nurse or other health professional that you had asthma?”

“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.⁹

IN NEW MEXICO,

- ◆ 8.6% of New Mexicans currently had asthma at the time of the interview. There has been little or no change in prevalence of current asthma since 2004. Nationally, there is some indication of a slight increase over time.
- ◆ The percentage of current asthma among LGBT adults was significantly higher than that of heterosexual adults.
- ◆ The percentage of women who currently had asthma (9.7%) was higher than that of men (7.5%).
- ◆ White adults were more likely to have current asthma than Hispanic adults. Black/African American women were more likely than all others and White women were more likely than Hispanic and American Indian women, to have asthma.
- ◆ Adults who were unable to work were more likely to report current asthma than those who were employed, retired, homemaker, or a student. Adults with current asthma were more likely to be unable to work than adults without current asthma.
- ◆ Adults living in households with an annual income of \$50,000 or more were less likely to have current asthma.
- ◆ The prevalence of current asthma did not vary by age, education level, marital status, or by region of residence.
- ◆ Adults with current asthma were more likely than adults without asthma to report their general health to be fair or poor.
- ◆ Adults with current asthma were more likely than adults without asthma to report a disability.



CURRENT ASTHMA

Table 26. Percentage of adults who currently have asthma, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Asthma			
		Total # Reporting Current Asthma	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,788	787	8.6	7.8	9.5
SEXUAL ORIENTATION					
Heterosexual	7,470	665	8.5	7.6	9.4
LGBT	172	31	18.2	11.5	27.5
AGE					
18-24	301	24	7.7	4.8	12.3
25-34	752	65	7.8	5.7	10.4
35-44	1,139	98	9.2	7.3	11.6
45-54	1,804	174	8.4	7.0	10.1
55-64	2,035	188	9.1	7.7	10.8
65-74	1,563	143	9.7	8.0	11.7
75+	1,126	93	9.1	7.3	11.4
RACE/ETHNICITY					
American Indian	766	63	7.2	4.6	11.2
Asian NHOPI**	89	7	7.1	2.6	17.9
Black/AA**	124	15	13.0	6.5	24.5
Hispanic	2,666	210	7.3	6.0	8.8
White	4,986	471	9.5	8.4	10.8
EDUCATION					
Less than High School Graduate	963	85	8.0	5.8	11.0
High School Graduate or G.E.D.	2,323	182	7.0	5.6	8.8
Some College	2,442	231	9.6	8.0	11.6
College Graduate	3,043	288	9.3	8.0	10.8
INCOME					
Less than \$10,000	420	56	14.3	9.4	21.1
\$10-19,999	1,309	155	11.4	9.2	14.1
\$20-49,999	2,999	248	8.2	6.9	9.7
\$50,000 or more	2,979	249	8.0	6.7	9.5
EMPLOYMENT					
Employed	4,338	338	8.0	6.9	9.3
Unemployed/Unable to Work	1,101	165	11.7	9.3	14.5
Homemaker/Student	965	85	7.8	5.8	10.4
Retired	2,361	197	8.9	7.6	10.5
Geographic Region ⊛					
Northwest	2,681	212	7.4	6.1	8.8
Northeast	1,588	137	9.1	7.3	11.3
Bernalillo County	1,467	147	8.3	6.7	10.1
Southeast	1,285	119	10.4	7.9	13.5
Southwest	1,767	172	9.1	7.2	11.4

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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 27. Percentage of adult males who currently have asthma, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Asthma Among Adult Men			
		Total # Reporting Current Asthma	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,415	243	7.5	6.3	9.0
SEXUAL ORIENTATION					
Heterosexual	2,883	201	7.4	6.0	9.0
LGBT**	78	13	17.3	8.8	31.4
AGE					
18-24	140	10	8.2	4.0	16.1
25-34	279	22	7.1	4.4	11.4
35-44	429	34	8.7	5.9	12.7
45-54	697	52	7.6	5.5	10.4
55-64	837	58	6.9	5.1	9.2
65-74	598	40	6.4	4.5	9.1
75+	414	26	6.4	4.1	9.8
RACE/ETHNICITY					
American Indian	303	23	8.2	4.1	15.5
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	961	71	7.4	5.3	10.2
White	1,995	135	7.2	5.7	9.1
EDUCATION					
Less than High School Graduate	365	27	7.3	4.0	13.1
High School Graduate or G.E.D.	896	68	7.9	5.4	11.4
Some College	854	55	8.0	5.6	11.4
College Graduate	1,293	93	7.0	5.4	9.0
INCOME					
Less than \$10,000	119	15	17.1	7.9	33.1
\$10-19,999	457	49	11.4	7.9	16.4
\$20-49,999	1,195	76	6.5	4.8	8.8
\$50,000 or more	1,350	92	6.8	5.2	9.0
EMPLOYMENT					
Employed	1,881	120	7.1	5.5	9.1
Unemployed/Unable to Work	441	57	11.5	7.9	16.6
Homemaker/Student**	73	6	5.5	2.2	12.8
Retired	1,011	60	6.5	4.8	8.7
Geographic Region ⊛					
Northwest	1,067	62	5.6	4.1	7.7
Northeast	630	50	8.5	5.8	12.3
Bernalillo County	547	35	5.9	4.0	8.8
Southeast	481	37	9.9	6.2	15.5
Southwest	690	59	9.8	6.7	14.2

* 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 8,837 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 28. Percentage of adult females who currently have asthma, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Asthma Among Adult Women			
		Total # Reporting Current Asthma	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,373	544	9.7	8.6	10.8
SEXUAL ORIENTATION					
Heterosexual	4,587	464	9.5	8.4	10.8
LGBT**	94	18	19.1	10.2	32.9
AGE					
18-24	161	14	7.3	3.9	13.0
25-34	473	43	8.4	5.8	12.1
35-44	710	64	9.8	7.4	12.8
45-54	1,107	122	9.2	7.5	11.2
55-64	1,198	130	11.3	9.2	13.7
65-74	965	103	12.6	10.1	15.7
75+	712	67	11.0	8.5	14.2
RACE/ETHNICITY					
American Indian	463	40	6.2	3.9	9.5
Asian NHOPI**	52	4	4.3	1.4	12.3
Black/AA**	83	12	17.4	7.8	34.3
Hispanic	1,705	139	7.2	5.8	8.8
White	2,991	336	11.9	10.3	13.7
EDUCATION					
Less than High School Graduate	598	58	8.8	6.4	11.8
High School Graduate or G.E.D.	1,427	114	6.2	4.9	7.7
Some College	1,588	176	10.9	8.7	13.4
College Graduate	1,750	195	11.9	9.9	14.2
INCOME					
Less than \$10,000	301	41	12.3	8.6	17.4
\$10-19,999	852	106	11.4	8.9	14.4
\$20-49,999	1,804	172	9.8	8.0	11.9
\$50,000 or more	1,629	157	9.3	7.5	11.5
EMPLOYMENT					
Employed	2,457	218	9.2	7.8	11.0
Unemployed/Unable to Work	660	108	11.8	9.3	14.9
Homemaker/Student	892	79	8.3	6.0	11.2
Retired	1,350	137	11.4	9.4	13.7
Geographic Region[⊛]					
Northwest	1,614	150	9.0	7.2	11.1
Northeast	958	87	9.7	7.5	12.4
Bernalillo County	920	112	10.5	8.3	13.1
Southeast	804	82	10.8	8.1	14.4
Southwest	1,077	113	8.4	6.6	10.5

§ 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 8,837 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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ANY CARDIOVASCULAR DISEASE — ADULTS AGE 50+

QUESTION:

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

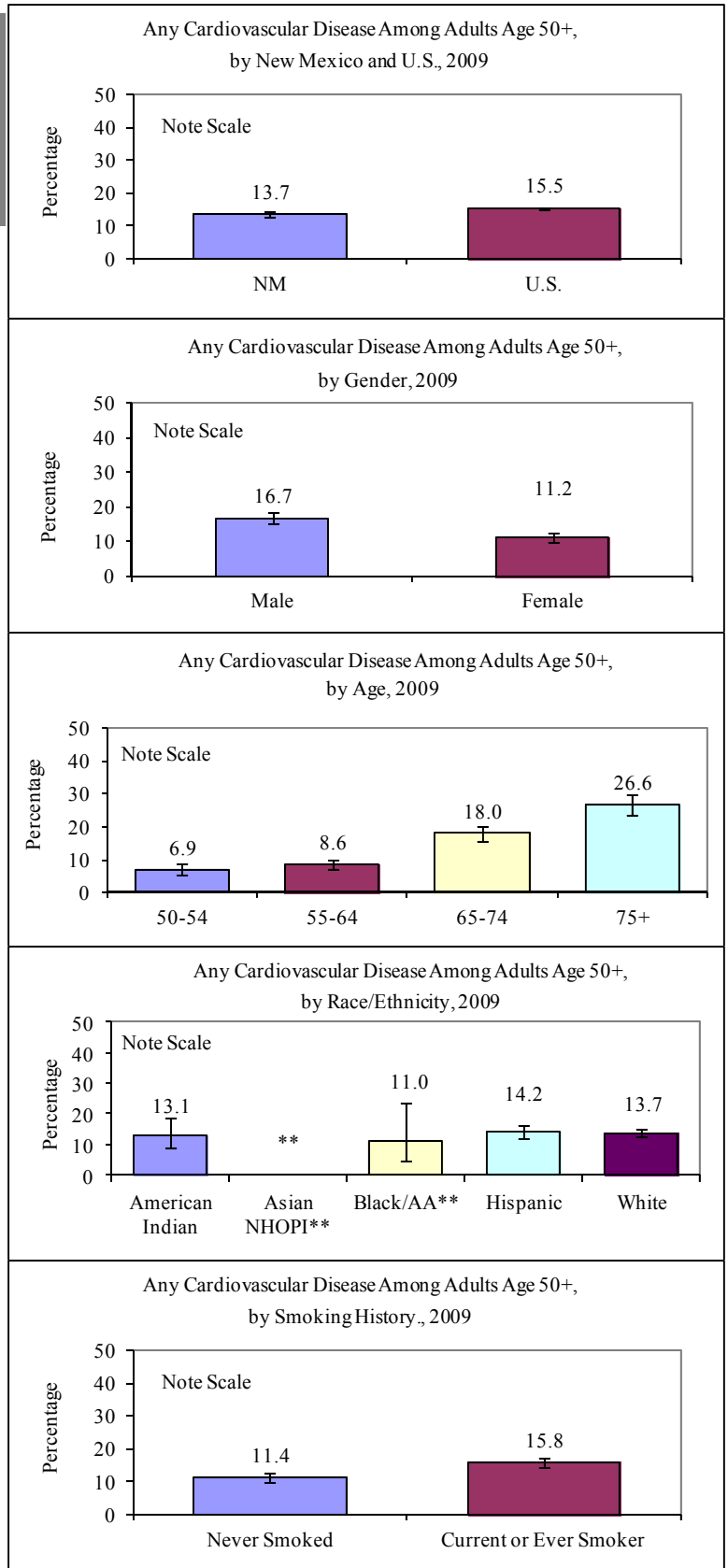
- ...a heart attack, also called a myocardial infarction?
- ...angina or coronary heart disease?
- ...a stroke?

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.¹⁰

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.¹¹

IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 13.7% report history of either myocardial infarction, coronary heart disease, stroke, or some combination of the three. The NM estimate of cardiovascular disease was statistically lower than that of the U.S. (15.5%).
- ◆ 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 lower annual household 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 — ADULTS AGE 50+

Table 29. 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, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease - Age 50+			
		Total Number Diagnosed Any Cardiovascular Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,696	829	13.7	12.7	14.8
SEXUAL ORIENTATION					
Heterosexual	4,859	713	13.6	12.5	14.7
LGBT**	100	9	10.2	4.9	20.3
AGE					
50-54	988	82	6.9	5.4	8.9
55-64	2,032	182	8.6	7.3	10.2
65-74	1,558	271	18.0	15.7	20.5
75+	1,118	294	26.6	23.7	29.8
RACE/ETHNICITY					
American Indian	345	45	13.1	9.1	18.6
Asian NHOPI**	40	-	-	-	-
Black/AA**	65	7	11.0	4.6	23.9
Hispanic	1,449	215	14.2	12.2	16.5
White	3,688	542	13.7	12.5	15.0
EDUCATION					
Less than High School Graduate	629	126	18.6	15.3	22.4
High School Graduate or G.E.D.	1,502	252	16.1	14.0	18.5
Some College	1,515	215	13.0	11.2	15.1
College Graduate	2,040	236	11.4	9.8	13.1
INCOME					
Less than \$10,000	271	57	20.0	14.9	26.4
\$10-19,999	897	175	21.1	17.9	24.8
\$20-49,999	1,989	320	15.3	13.5	17.2
\$50,000 or more	1,784	159	8.2	6.9	9.7
EMPLOYMENT					
Employed	2,213	167	6.8	5.7	8.1
Unemployed/Unable to Work	689	164	23.3	19.7	27.3
Homemaker/Student	465	50	9.6	7.1	12.9
Retired	2,316	444	19.4	17.5	21.4
Geographic Region[⊙]					
Northwest	1,615	232	13.1	11.2	15.2
Northeast	1,067	110	9.9	8.1	12.0
Bernalillo County	949	128	12.4	10.3	14.8
Southeast	849	153	17.5	14.9	20.4
Southwest	1,216	206	17.3	15.0	19.9

§ 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 are excluded. Consequently, the sample sizes may not add to 8,837 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.

ANY CARDIOVASCULAR DISEASE — MALES AGE 50+

Table 30. 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, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease - Age 50+ Among Adult Men			
		Total Number Diagnosed Any Cardiovascular Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,224	411	16.7	15.0	18.5
SEXUAL ORIENTATION					
Heterosexual	1,888	349	16.3	14.5	18.3
LGBT**	45	-	-	-	-
AGE					
50-54	384	35	7.7	5.2	11.0
55-64	834	106	11.3	9.0	14.0
65-74	597	135	23.1	19.3	27.3
75+	409	135	32.9	28.0	38.3
RACE/ETHNICITY					
American Indian	139	25	16.0	9.7	25.3
Asian NHOPI**	17	-	-	-	-
Black/AA**	22	-	-	-	-
Hispanic	526	97	17.9	14.4	22.1
White	1,462	274	16.5	14.5	18.7
EDUCATION					
Less than High School Graduate	226	51	19.1	14.0	25.5
High School Graduate or G.E.D.	547	117	19.8	16.3	24.0
Some College	540	95	15.5	12.5	19.2
College Graduate	908	148	15.0	12.5	17.9
INCOME					
Less than \$10,000**	74	18	25.0	15.1	38.4
\$10-19,999	309	72	23.2	17.9	29.5
\$20-49,999	805	174	19.8	16.8	23.2
\$50,000 or more	852	105	10.8	8.7	13.2
EMPLOYMENT					
Employed	947	92	7.8	6.2	9.8
Unemployed/Unable to Work	266	66	24.6	19.0	31.3
Homemaker/Student**	16	-	-	-	-
Retired	988	247	24.6	21.6	27.9
Geographic Region[⊙]					
Northwest	641	113	14.7	11.9	18.1
Northeast	418	55	12.3	9.3	15.9
Bernalillo County	355	69	15.8	12.4	20.1
Southeast	324	66	18.8	14.8	23.6
Southwest	486	108	21.9	18.0	26.3

§ 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 females are excluded. Consequently, the sample sizes may not add to 6,606 across some categories for some variables.

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

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

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

ANY CARDIOVASCULAR DISEASE — FEMALES AGE 50+

Table 31. 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, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Cardiovascular Disease - Age 50+ Among Adult Women			
		Total Number Diagnosed Any Cardiovascular Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,472	418	11.2	10.0	12.4
SEXUAL ORIENTATION					
Heterosexual	2,971	364	11.1	9.9	12.5
LGBT**	55	3	8.8	2.4	27.7
AGE					
50-54	604	47	6.2	4.4	8.6
55-64	1,198	76	6.2	4.8	7.9
65-74	961	136	13.5	11.1	16.3
75+	709	159	22.1	18.7	26.0
RACE/ETHNICITY					
American Indian	206	20	9.6	5.7	15.8
Asian NHOPI**	23	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	923	118	11.4	9.3	14.0
White	2,226	268	11.1	9.7	12.8
EDUCATION					
Less than High School Graduate	403	75	18.1	14.1	23.0
High School Graduate or G.E.D.	955	135	13.3	10.8	16.2
Some College	975	120	11.1	9.1	13.5
College Graduate	1,132	88	7.2	5.7	9.2
INCOME					
Less than \$10,000	197	39	17.4	12.2	24.2
\$10-19,999	588	103	19.6	15.8	24.1
\$20-49,999	1,184	146	11.1	9.3	13.2
\$50,000 or more	932	54	5.0	3.7	6.6
EMPLOYMENT					
Employed	1,266	75	5.6	4.3	7.3
Unemployed/Unable to Work	423	98	22.2	17.8	27.4
Homemaker/Student	449	47	9.1	6.6	12.4
Retired	1,328	197	14.1	12.0	16.5
Geographic Region ⊛					
Northwest	974	119	11.6	9.3	14.4
Northeast	649	55	7.8	5.9	10.3
Bernalillo County	594	59	9.4	7.1	12.3
Southeast	525	87	16.4	13.2	20.2
Southwest	730	98	13.0	10.5	16.0

§ 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 are male are excluded. Consequently, the sample sizes may not add to 8,837 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.

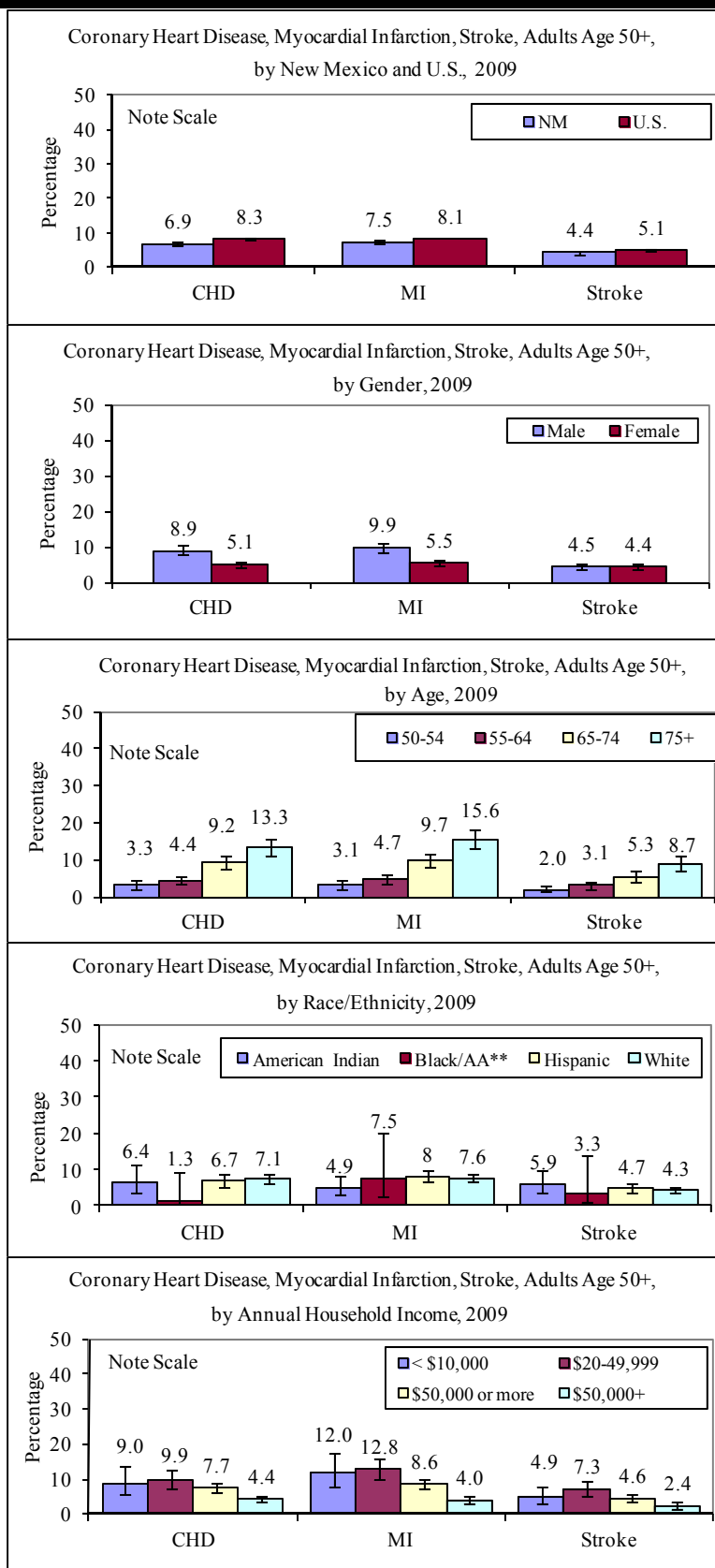
⊛ For a list of the counties in each geographic region, see Appendix II at the end of this report.

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

CORONARY HEART DISEASE, MYOCARDIAL INFARCTION, STROKE ADULTS AGE 50+

IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 6.9% in NM report history of coronary heart disease, 7.5% history of myocardial infarction, and 4.4% history of stroke. The NM estimate of coronary heart disease was statistically lower than that of the U.S.
- ◆ Men were more likely than women to have a history of myocardial infarction and coronary heart disease 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 some 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 cardiovascular disease of any type, as well as any individual cardiovascular disease.
- ◆ There was a strong association between history of cardiovascular disease and ability to work. Adults with history of coronary heart disease, myocardial infarction, or stroke, were more likely to be unable to work than those with no history of each form of cardiovascular disease.



CORONARY HEART DISEASE — AGE 50+

Table 32. Percentage of adults age 50+ who have ever been told that they had coronary heart disease, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Coronary Heart Disease - Age 50+			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,703	410	6.9	6.2	7.7
SEXUAL ORIENTATION					
Heterosexual	4,860	358	6.8	6.1	7.7
LGBT**	102	3	3.7	1.1	12.2
AGE					
50-54	990	40	3.3	2.3	4.8
55-64	2,040	97	4.4	3.5	5.6
65-74	1,557	131	9.2	7.5	11.2
75+	1,116	142	13.3	11.1	15.8
RACE/ETHNICITY					
American Indian	346	20	6.4	3.6	11.2
Asian NHOPI**	40	-	-	-	-
Black/AA**	65	1	1.3	0.2	9.0
Hispanic	1,454	94	6.7	5.2	8.5
White	3,690	282	7.1	6.2	8.0
EDUCATION					
Less than High School Graduate	632	50	7.9	5.7	10.8
High School Graduate or G.E.D.	1,504	112	7.7	6.1	9.6
Some College	1,515	116	7.0	5.7	8.5
College Graduate	2,042	132	6.1	5.0	7.4
INCOME					
Less than \$10,000	271	25	9.0	5.8	13.6
\$10-19,999	897	77	9.9	7.6	12.8
\$20-49,999	1,991	158	7.7	6.4	9.2
\$50,000 or more	1,790	89	4.4	3.5	5.5
EMPLOYMENT					
Employed	2,218	75	2.8	2.2	3.7
Unemployed/Unable to Work	692	83	11.5	9.0	14.6
Homemaker/Student	466	25	4.4	2.8	6.8
Retired	2,315	225	10.6	9.1	12.2
Geographic Region[⊙]					
Northwest	1,619	112	6.4	5.1	8.0
Northeast	1,070	56	5.1	3.9	6.8
Bernalillo County	951	61	6.1	4.6	8.0
Southeast	849	73	8.2	6.5	10.4
Southwest	1,214	108	9.2	7.5	11.3

§ 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 are excluded. Consequently, the sample sizes may not add to 8,837 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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CORONARY HEART DISEASE — MALES AGE 50+

Table 33. Percentage of adult males age 50+ who have ever been told that they had coronary heart disease, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Coronary Heart Disease - Age 50+ Among Adult Men			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,224	223	8.9	7.7	10.4
SEXUAL ORIENTATION					
Heterosexual	1,885	192	8.7	7.4	10.3
LGBT**	46	-	-	-	-
AGE					
50-54	384	16	3.4	1.9	6.0
55-64	836	66	6.5	4.8	8.6
65-74	596	75	13.5	10.5	17.3
75+	408	66	16.4	12.7	20.8
RACE/ETHNICITY					
American Indian	139	13	8.1	3.8	16.3
Asian NHOPI**	17	-	-	-	-
Black/AA**	22	-	-	-	-
Hispanic	529	48	8.7	6.2	12.1
White	1,460	151	9.0	7.5	10.7
EDUCATION					
Less than High School Graduate	228	18	6.6	3.8	11.3
High School Graduate or G.E.D.	545	58	10.3	7.6	13.7
Some College	539	59	9.2	6.9	12.2
College Graduate	909	88	8.6	6.8	10.9
INCOME					
Less than \$10,000**	74	8	10.1	4.8	19.9
\$10-19,999	310	35	11.0	7.4	16.1
\$20-49,999	803	94	10.8	8.5	13.6
\$50,000 or more	855	63	6.1	4.6	8.0
EMPLOYMENT					
Employed	948	45	3.7	2.6	5.2
Unemployed/Unable to Work	267	38	11.9	8.2	17.0
Homemaker/Student**	16	-	-	-	-
Retired	986	137	14.2	11.8	17.0
Geographic Region[⊙]					
Northwest	643	65	8.7	6.5	11.4
Northeast	420	33	7.1	5.0	10.1
Bernalillo County	355	34	8.2	5.8	11.6
Southeast	323	30	8.4	5.8	12.0
Southwest	483	61	12.0	9.1	15.7

§ 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 8,837 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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CORONARY HEART DISEASE — FEMALES AGE 50+

Table 34. Percentage of adult females age 50+ who have ever been told that they had coronary heart disease, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Coronary Heart Disease - Age 50+ Among Adult Women			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,479	187	5.1	4.3	6.0
SEXUAL ORIENTATION					
Heterosexual	2,975	166	5.2	4.3	6.2
LGBT**	56	1	3.9	0.6	22.6
AGE					
50-54	606	24	3.3	2.0	5.2
55-64	1,204	31	2.5	1.6	3.7
65-74	961	56	5.3	3.9	7.1
75+	708	76	11.1	8.5	14.3
RACE/ETHNICITY					
American Indian	207	7	4.4	1.9	9.9
Asian NHOPI**	23	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	925	46	5.1	3.6	7.2
White	2,230	131	5.3	4.3	6.5
EDUCATION					
Less than High School Graduate	404	32	8.9	6.0	13.0
High School Graduate or G.E.D.	959	54	5.7	4.0	8.0
Some College	976	57	5.3	4.0	7.0
College Graduate	1,133	44	3.2	2.3	4.5
INCOME					
Less than \$10,000	197	17	8.4	4.9	14.1
\$10-19,999	587	42	9.0	6.3	12.8
\$20-49,999	1,188	64	4.9	3.7	6.3
\$50,000 or more	935	26	2.3	1.5	3.4
EMPLOYMENT					
Employed	1,270	30	1.8	1.2	2.8
Unemployed/Unable to Work	425	45	11.1	7.9	15.4
Homemaker/Student	450	24	4.2	2.6	6.6
Retired	1,329	88	6.9	5.3	8.8
Geographic Region[⊛]					
Northwest	976	47	4.4	3.0	6.3
Northeast	650	23	3.4	2.2	5.3
Bernalillo County	596	27	4.2	2.8	6.5
Southeast	526	43	8.1	5.9	11.1
Southwest	731	47	6.6	4.8	8.9

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

* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 8,837 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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MYOCARDIAL INFARCTION — AGE 50+

Table 35. Percentage of adults age 50+ who have ever been told that they'd had a myocardial infarction, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Myocardial Infarction - Age 50+			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,718	456	7.5	6.8	8.4
SEXUAL ORIENTATION					
Heterosexual	4,876	394	7.5	6.7	8.4
LGBT**	100	6	6.5	2.5	15.8
AGE					
50-54	991	38	3.1	2.1	4.6
55-64	2,038	98	4.7	3.7	6.0
65-74	1,563	146	9.7	8.0	11.7
75+	1,126	174	15.6	13.3	18.2
RACE/ETHNICITY					
American Indian	346	23	4.9	2.9	8.1
Asian NHOPI**	40	-	-	-	-
Black/AA**	66	5	7.5	2.6	19.9
Hispanic	1,456	126	8.0	6.5	9.8
White	3,701	295	7.6	6.7	8.7
EDUCATION					
Less than High School Graduate	637	79	11.2	8.7	14.3
High School Graduate or G.E.D.	1,506	151	9.7	8.0	11.6
Some College	1,519	102	6.2	5.0	7.7
College Graduate	2,045	124	6.0	4.8	7.4
INCOME					
Less than \$10,000	274	32	12.0	7.9	17.8
\$10-19,999	897	105	12.8	10.2	15.9
\$20-49,999	1,998	179	8.6	7.2	10.1
\$50,000 or more	1,786	77	4.0	3.1	5.1
EMPLOYMENT					
Employed	2,215	88	3.6	2.8	4.6
Unemployed/Unable to Work	696	90	11.7	9.2	14.9
Homemaker/Student	468	23	4.2	2.6	6.5
Retired	2,325	252	11.2	9.7	12.8
Geographic Region[⊛]					
Northwest	1,617	131	7.4	6.0	9.1
Northeast	1,072	56	4.9	3.7	6.5
Bernalillo County	951	71	6.8	5.3	8.7
Southeast	856	87	9.7	7.8	12.1
Southwest	1,222	111	9.6	7.8	11.7

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to 8,837 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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MYOCARDIAL INFARCTION — MALES AGE 50+

Table 36. Percentage of adult males age 50+ who have ever been told that they'd had a myocardial infarction, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Myocardial Infarction - Age 50+ Among Adult Men			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,230	254	9.9	8.6	11.3
SEXUAL ORIENTATION					
Heterosexual	1,893	217	9.8	8.4	11.4
LGBT**	45	-	-	-	-
AGE					
50-54	384	17	3.4	2.0	5.8
55-64	836	64	6.8	5.0	9.0
65-74	599	85	14.0	11.0	17.7
75+	411	88	20.4	16.4	25.2
RACE/ETHNICITY					
American Indian	140	15	6.5	3.5	11.9
Asian NHOPI**	17	-	-	-	-
Black/AA**	22	-	-	-	-
Hispanic	529	61	10.8	8.1	14.2
White	1,464	170	10.0	8.4	11.9
EDUCATION					
Less than High School Graduate	230	34	12.2	8.4	17.4
High School Graduate or G.E.D.	548	79	12.9	10.1	16.5
Some College	540	58	8.8	6.6	11.6
College Graduate	909	83	8.2	6.4	10.6
INCOME					
Less than \$10,000**	75	10	15.8	7.8	29.3
\$10-19,999	310	45	14.4	10.2	19.9
\$20-49,999	807	115	12.1	9.8	14.9
\$50,000 or more	853	58	6.0	4.5	7.9
EMPLOYMENT					
Employed	948	59	4.8	3.6	6.5
Unemployed/Unable to Work	268	36	11.8	8.0	17.0
Homemaker/Student**	16	-	-	-	-
Retired	991	156	15.1	12.7	17.9
Geographic Region[⊙]					
Northwest	642	77	9.8	7.5	12.6
Northeast	419	32	6.6	4.6	9.5
Bernalillo County	356	41	9.3	6.7	12.7
Southeast	326	36	10.3	7.3	14.3
Southwest	487	68	13.1	10.1	16.8

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

* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 8,837 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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MYOCARDIAL INFARCTION — FEMALES AGE 50+

Table 37. Percentage of adult females age 50+ who have ever been told that they'd had a myocardial infarction, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Myocardial Infarction - Age 50+ Among Adult Women			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,488	202	5.5	4.6	6.4
SEXUAL ORIENTATION					
Heterosexual	2,983	177	5.5	4.6	6.5
LGBT**	55	2	4.9	0.8	25.0
AGE					
50-54	607	21	2.8	1.6	4.9
55-64	1,202	34	2.8	1.9	4.1
65-74	964	61	5.9	4.4	8.0
75+	715	86	12.2	9.6	15.2
RACE/ETHNICITY					
American Indian	206	8	3.0	1.2	7.2
Asian NHOPI**	23	-	-	-	-
Black/AA**	44	-	-	-	-
Hispanic	927	65	5.9	4.5	7.8
White	2,237	125	5.4	4.4	6.7
EDUCATION					
Less than High School Graduate	407	45	10.4	7.4	14.5
High School Graduate or G.E.D.	958	72	7.2	5.5	9.5
Some College	979	44	4.3	3.1	6.0
College Graduate	1,136	41	3.4	2.4	4.9
INCOME					
Less than \$10,000	199	22	10.0	6.1	15.8
\$10-19,999	587	60	11.6	8.6	15.5
\$20-49,999	1,191	64	5.3	4.0	6.9
\$50,000 or more	933	19	1.6	0.9	2.7
EMPLOYMENT					
Employed	1,267	29	2.3	1.5	3.6
Unemployed/Unable to Work	428	54	11.7	8.5	16.0
Homemaker/Student	452	22	4.1	2.6	6.5
Retired	1,334	96	7.2	5.7	9.1
Geographic Region[⊛]					
Northwest	975	54	5.2	3.6	7.5
Northeast	653	24	3.5	2.2	5.3
Bernalillo County	595	30	4.7	3.2	6.8
Southeast	530	51	9.3	6.9	12.4
Southwest	735	43	6.3	4.5	8.7

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

* Those who responded "don't know/not sure", who refused to respond or were males were excluded. Consequently, the sample sizes may not add to 8,837 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.

STROKE — AGE 50+

Table 38. Percentage of adults age 50+ who had ever been told that they'd had a stroke, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke - Age 50+			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,736	276	4.4	3.8	5.1
SEXUAL ORIENTATION					
Heterosexual	4,888	232	4.5	3.8	5.2
LGBT**	102	3	2.9	0.8	9.3
AGE					
50-54	991	23	2.0	1.3	3.2
55-64	2,044	65	3.1	2.3	4.1
65-74	1,570	86	5.3	4.1	6.9
75+	1,131	102	8.7	6.9	10.9
RACE/ETHNICITY					
American Indian	349	20	5.9	3.5	9.9
Asian NHOPI**	40	-	-	-	-
Black/AA**	67	2	3.3	0.7	13.7
Hispanic	1,460	73	4.7	3.5	6.2
White	3,711	174	4.3	3.6	5.1
EDUCATION					
Less than High School Graduate	644	41	5.5	3.8	7.7
High School Graduate or G.E.D.	1,511	81	5.1	3.8	6.6
Some College	1,519	80	4.8	3.8	6.1
College Graduate	2,051	74	3.5	2.7	4.5
INCOME					
Less than \$10,000	275	19	4.9	2.9	8.1
\$10-19,999	901	66	7.3	5.5	9.7
\$20-49,999	2,000	104	4.6	3.7	5.8
\$50,000 or more	1,791	44	2.4	1.7	3.4
EMPLOYMENT					
Employed	2,223	47	1.9	1.4	2.7
Unemployed/Unable to Work	698	63	9.1	6.8	12.0
Homemaker/Student	469	21	3.8	2.4	6.0
Retired	2,331	142	5.8	4.8	7.1
Geographic Region[⊛]					
Northwest	1,628	77	4.4	3.4	5.8
Northeast	1,075	38	3.0	2.1	4.3
Bernalillo County	952	48	4.4	3.2	6.0
Southeast	860	45	4.8	3.5	6.5
Southwest	1,221	68	5.5	4.2	7.1

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

to 8,837 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.

STROKE — MALES AGE 50+

Table 39. Percentage of adult males age 50+ who have ever been told that they'd had a stroke,

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke - Age 50+ Among Adult Men			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,237	108	4.5	3.6	5.5
SEXUAL ORIENTATION					
Heterosexual	1,899	89	4.6	3.6	5.8
LGBT**	46	-	-	-	-
AGE					
50-54	385	10	2.3	1.2	4.4
55-64	838	29	3.5	2.3	5.4
65-74	598	32	5.4	3.7	7.9
75+	416	37	8.3	5.8	11.7
RACE/ETHNICITY					
American Indian	140	12	7.7	3.9	14.7
Asian NHOPI**	17	-	-	-	-
Black/AA**	22	-	-	-	-
Hispanic	531	25	4.7	3.0	7.3
White	1,469	68	4.2	3.2	5.5
EDUCATION					
Less than High School Graduate	230	15	4.9	2.7	8.6
High School Graduate or G.E.D.	551	26	4.8	3.1	7.2
Some College	540	25	4.7	3.1	7.1
College Graduate	913	42	4.1	2.8	5.8
INCOME					
Less than \$10,000**	74	7	6.2	2.7	13.9
\$10-19,999	311	19	5.3	3.2	8.6
\$20-49,999	809	43	5.2	3.7	7.2
\$50,000 or more	856	26	2.8	1.8	4.3
EMPLOYMENT					
Employed	951	21	1.8	1.1	2.8
Unemployed/Unable to Work	267	24	9.3	5.9	14.5
Homemaker/Student**	16	-	-	-	-
Retired	996	60	6.0	4.5	7.9
Geographic Region[⊙]					
Northwest	646	27	3.9	2.5	6.0
Northeast	421	13	2.9	1.6	5.3
Bernalillo County	355	23	4.7	3.0	7.3
Southeast	328	16	4.5	2.7	7.4
Southwest	487	29	5.9	4.0	8.5

§ 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 females are excluded. Consequently, the sample sizes may not add to 8,837 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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STROKE — FEMALES AGE 50+

Table 40. Percentage of adult females age 50+ who have ever been told that they'd had a stroke, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Stroke - Age 50+ Among Adult Women			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,499	168	4.4	3.7	5.3
SEXUAL ORIENTATION					
Heterosexual	2,989	143	4.4	3.6	5.4
LGBT**	56	-	-	-	-
AGE					
50-54	606	13	1.8	0.9	3.2
55-64	1,206	36	2.7	1.9	3.9
65-74	972	54	5.3	3.7	7.3
75+	715	65	9.0	6.7	12.0
RACE/ETHNICITY					
American Indian	209	8	3.7	1.6	8.2
Asian NHOPI**	23	-	-	-	-
Black/AA**	45	-	-	-	-
Hispanic	929	48	4.6	3.2	6.6
White	2,242	106	4.3	3.4	5.4
EDUCATION					
Less than High School Graduate	414	26	5.9	3.8	9.2
High School Graduate or G.E.D.	960	55	5.3	3.7	7.6
Some College	979	55	4.9	3.7	6.5
College Graduate	1,138	32	2.8	1.9	4.2
INCOME					
Less than \$10,000	201	12	4.2	2.2	7.8
\$10-19,999	590	47	8.8	6.3	12.2
\$20-49,999	1,191	61	4.1	3.1	5.4
\$50,000 or more	935	18	1.9	1.2	3.2
EMPLOYMENT					
Employed	1,272	26	2.1	1.3	3.3
Unemployed/Unable to Work	431	39	8.8	6.1	12.6
Homemaker/Student	453	20	3.6	2.2	5.8
Retired	1,335	82	5.6	4.3	7.4
Geographic Region[⊛]					
Northwest	982	50	4.9	3.5	6.8
Northeast	654	25	3.1	2.0	4.7
Bernalillo County	597	25	4.1	2.6	6.4
Southeast	532	29	5.0	3.4	7.4
Southwest	734	39	5.1	3.6	7.2

§ 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 8,837 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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HIGH CHOLESTEROL AMONG ADULTS AGE 20+ WHO HAVE EVER BEEN CHECKED

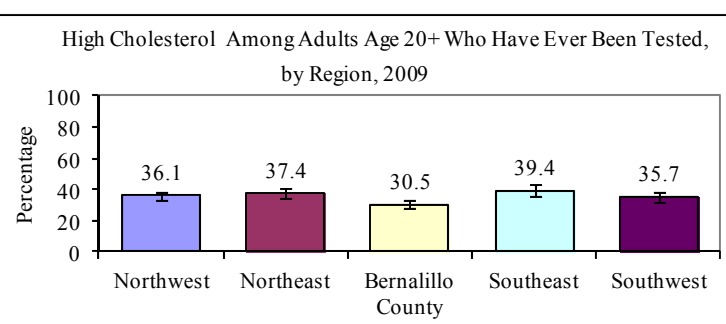
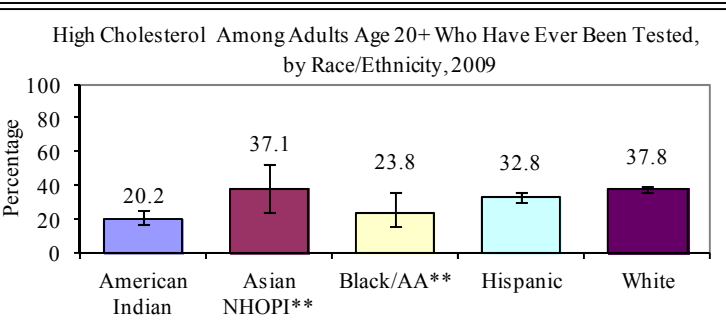
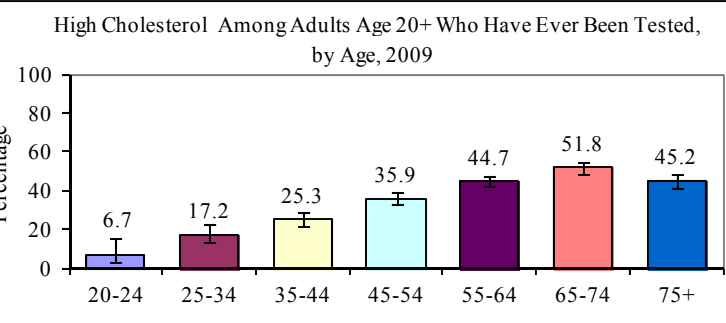
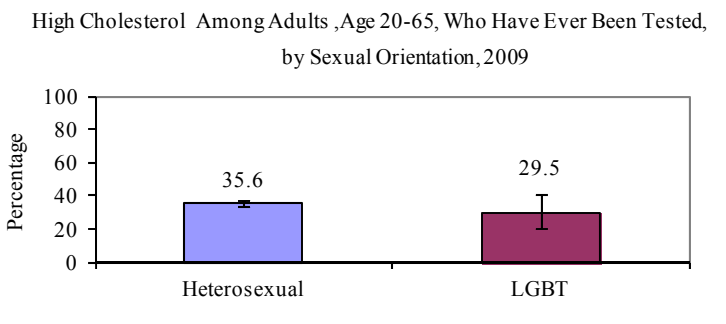
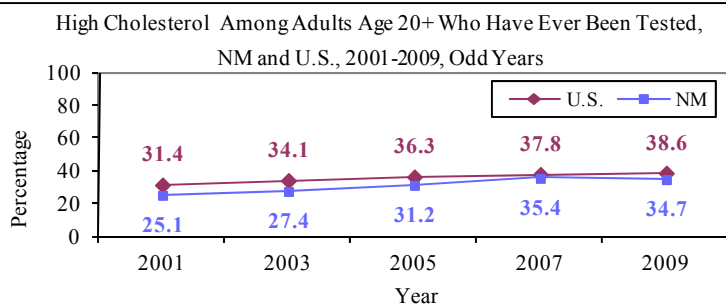
QUESTION:

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

Cholesterol is a waxy substance produced by the liver or consumed in certain foods. Though necessary for health, cholesterol can also build up in the arteries, resulting in a narrowing of arterial pathways, reducing blood flow to the heart and other essential organs.¹²

IN NEW MEXICO,

- ◆ Among adults age 20 or more who had ever been tested, 34.7% had been told that their cholesterol was high.
- ◆ The prevalence of high cholesterol among adults age 20 or more has risen steadily over the past 8 years.
- ◆ There was no difference by sexual orientation.
- ◆ There was no difference by gender.
- ◆ There was a strong association between high cholesterol and age. The prevalence of high cholesterol was higher among adults in older age groups, with a low prevalence of 6.7% among adults less than age 25 and nearly fifty-two percent (51.8%) among adults 65 to 74 years of age.
- ◆ American Indian adults age 20 or more had the lowest prevalence of high cholesterol, nearly half the rate of Asian NHOPI and White adults and one-third that of Hispanic adults.
- ◆ There was no measurable difference by education level.
- ◆ Adults living in households with an annual income of less than \$10,000 were slightly more likely to have high cholesterol than those living in households with an annual income of \$50,000 or more.
- ◆ The prevalence of high cholesterol was lower in Bernalillo County than in the other regions of the state.



HIGH CHOLESTEROL AMONG ADULTS AGE 20+ WHO HAVE EVER BEEN CHECKED

Table 41. Percentage of adults age 20+ who have ever been tested and who have ever been told that their cholesterol was high, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	High Cholesterol Among Adults Age 20+ Who Have Ever Been Checked			
		Total # Reporting History of High Cholesterol	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	7,221	2,950	34.7	33.2	36.2
SEXUAL ORIENTATION					
Heterosexual	6,198	2,573	35.6	34.0	37.2
LGBT	136	50	29.5	20.3	40.7
AGE					
20-24**	74	6	6.7	2.7	15.8
25-34	408	70	17.2	13.0	22.5
35-44	856	227	25.3	22.0	29.0
45-54	1,556	578	35.9	33.0	39.0
55-64	1,844	839	44.7	41.9	47.6
65-74	1,458	758	51.8	48.6	54.9
75+	1,025	472	45.2	41.6	48.8
RACE/ETHNICITY					
American Indian	546	140	20.2	16.1	24.9
Asian NHOPI**	71	32	37.1	24.4	51.8
Black/AA**	104	30	23.8	14.9	35.8
Hispanic	2,005	792	32.8	30.1	35.6
White	4,378	1,910	37.8	35.9	39.8
EDUCATION					
Less than High School Graduate	649	277	38.9	33.7	44.4
High School Graduate or G.E.D.	1,804	775	35.4	32.5	38.5
Some College	2,034	831	34.5	31.7	37.5
College Graduate	2,725	1,063	33.5	31.2	35.9
INCOME					
Less than \$10,000	293	114	37.6	29.3	46.7
\$10-19,999	978	421	37.3	33.0	41.8
\$20-49,999	2,452	1,020	35.3	32.8	37.9
\$50,000 or more	2,679	1,046	33.4	31.1	35.7
EMPLOYMENT					
Employed	3,500	1,222	29.5	27.5	31.6
Unemployed/Unable to Work	827	382	39.4	35.0	44.1
Homemaker/Student	691	264	30.7	26.4	35.4
Retired	2,188	1,080	48.4	45.8	50.9
Geographic Region☼					
Northwest	2,133	876	36.1	33.4	38.8
Northeast	1,343	552	37.4	34.3	40.6
Bernalillo County	1,273	466	30.5	27.6	33.7
Southeast	1,034	446	39.4	35.8	43.1
Southwest	1,438	610	35.7	32.6	38.9

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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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HIGH CHOLESTEROL AMONG ADULT MALES AGE 20+ WHO HAVE EVER BEEN CHECKED

Table 42. Percentage of adult males age 20+ who have ever been tested and who have ever been told that their cholesterol was high, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	High Cholesterol Among Adult Males Age 20+ Who Have Ever Been Checked			
		Total # Reporting History of High Cholesterol	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,743	1,150	35.2	32.8	37.6
SEXUAL ORIENTATION					
Heterosexual	2,350	1,009	36.2	33.6	38.9
LGBT**	59	21	33.0	19.0	50.8
AGE					
20-24**	21	-	-	-	-
25-34	149	30	18.8	12.3	27.6
35-44	314	89	25.3	20.2	31.2
45-54	576	228	37.2	32.4	42.2
55-64	743	346	44.8	40.4	49.2
65-74	555	296	54.1	49.2	59.0
75+	385	160	43.3	37.6	49.2
RACE/ETHNICITY					
American Indian	198	56	22.0	15.6	30.2
Asian NHOPI**	29	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	688	278	32.3	27.9	37.2
White	1,735	769	38.4	35.3	41.5
EDUCATION					
Less than High School Graduate	223	85	35.7	27.6	44.8
High School Graduate or G.E.D.	666	273	31.4	26.9	36.3
Some College	692	287	34.8	30.1	39.7
College Graduate	1,159	505	37.4	33.8	41.2
INCOME					
Less than \$10,000**	67	23	29.4	18.1	44.0
\$10-19,999	317	126	36.0	28.8	43.9
\$20-49,999	939	406	35.1	31.0	39.4
\$50,000 or more	1,212	516	36.2	32.7	39.9
EMPLOYMENT					
Employed	1,462	531	29.8	26.8	33.0
Unemployed/Unable to Work	305	147	42.1	34.7	49.9
Homemaker/Student**	26	-	-	-	-
Retired	943	463	49.0	45.2	52.9
Geographic Region[⊛]					
Northwest	816	349	37.9	33.6	42.3
Northeast	519	232	39.3	34.3	44.5
Bernalillo County	474	178	30.5	25.9	35.7
Southeast	382	158	40.0	34.1	46.3
Southwest	552	233	34.8	29.9	40.0

* 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 8,837 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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HIGH CHOLESTEROL AMONG ADULT FEMALES AGE 20+ WHO HAVE EVER BEEN CHECKED

Table 43. Percentage of adult females age 20+ who have ever been tested and who have ever been told that their cholesterol was high, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	High Cholesterol Among Adult Females Age 20+ Who Have Ever Been Checked			
		Total # Reporting History of High Cholesterol	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,478	1,800	34.2	32.4	36.1
SEXUAL ORIENTATION					
Heterosexual	3,848	1,564	35.0	33.0	37.0
LGBT**	77	29	27.0	16.2	41.5
AGE					
20-24**	53	5	9.3	3.4	22.9
25-34	259	40	15.6	10.7	22.3
35-44	542	138	25.4	21.2	30.1
45-54	980	350	34.8	31.2	38.5
55-64	1,101	493	44.7	41.2	48.3
65-74	903	462	49.7	45.7	53.6
75+	640	312	46.6	42.1	51.2
RACE/ETHNICITY					
American Indian	648	84	18.3	13.7	24.0
Asian NHOPI**	42	-	-	-	-
Black/AA**	73	22	23.6	13.8	37.5
Hispanic	1,317	514	33.1	29.8	36.6
White	2,643	1,141	37.3	34.9	39.7
EDUCATION					
Less than High School Graduate	426	192	41.3	34.8	48.1
High School Graduate or G.E.D.	1,138	502	39.0	35.4	42.8
Some College	1,342	544	34.4	30.9	38.0
College Graduate	1,566	558	29.2	26.5	32.1
INCOME					
Less than \$10,000	226	91	41.0	30.8	52.0
\$10-19,999	661	295	38.3	33.2	43.7
\$20-49,999	1,513	614	35.6	32.5	38.7
\$50,000 or more	1,467	530	30.2	27.3	33.2
EMPLOYMENT					
Employed	2,038	691	29.1	26.6	31.8
Unemployed/Unable to Work	522	235	37.3	32.0	42.9
Homemaker/Student	665	256	32.0	27.5	36.9
Retired	1,245	617	47.7	44.3	51.0
Geographic Region[⊛]					
Northwest	1,317	527	34.5	31.1	38.1
Northeast	824	320	35.6	31.8	39.7
Bernalillo County	799	288	30.6	26.9	34.5
Southeast	652	288	38.9	34.7	43.3
Southwest	886	377	36.5	32.6	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 male were excluded. Consequently, the sample sizes may not add to 8,837 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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HYPERTENSION AWARENESS, ADULTS OF ALL AGES

QUESTION:

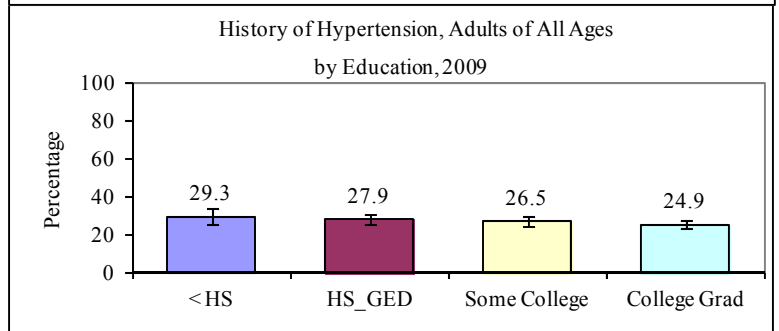
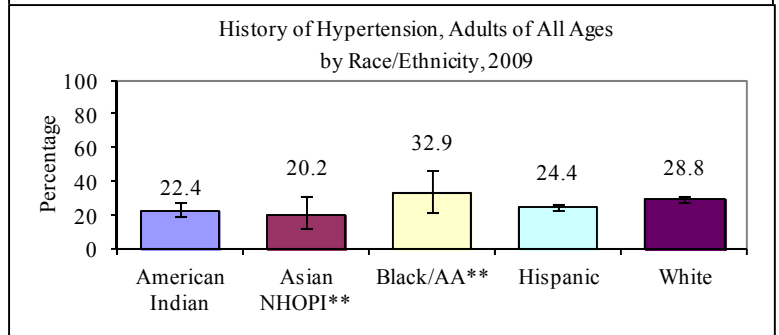
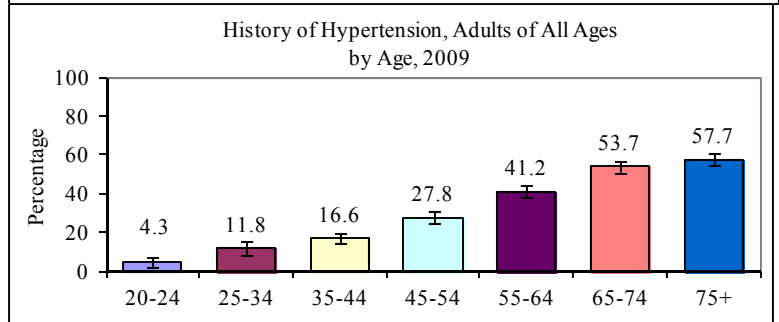
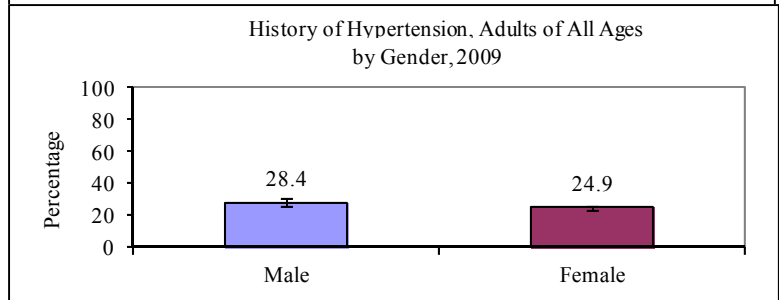
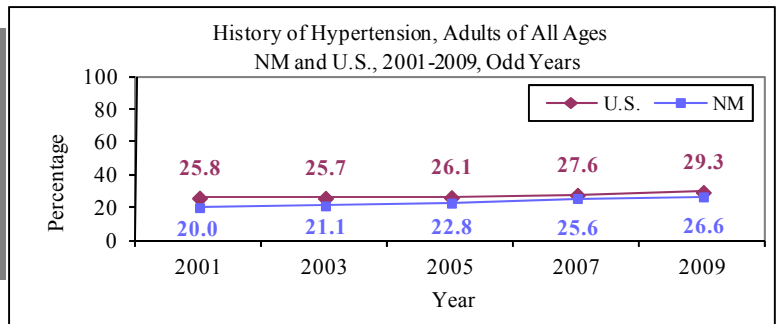
“Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If “Yes” and respondent is female, ask “Was this only when you were pregnant?”.) ”

“Are you currently taking medicine for your high blood pressure? “

Blood pressure is considered high when a blood pressure reading is 140/90 mmHG or higher. High blood pressure, also known as hypertension, increases the risk of stroke, heart failure, heart attack, kidney failure, and blindness.¹³

IN NEW MEXICO,

- ◆ 26.6% of adults in New Mexico had been told by a health care professional that they had hypertension. This percentage was lower than that of the U.S. (29.3%).
- ◆ The prevalence of hypertension was greater within each older age group.
- ◆ After adjustment for differences in age distribution, Black/African Americans were more likely to report hypertension than White adults who were more likely to report hypertension than American Indian adults.
- ◆ Adults with college-level education or living in households of the highest annual income category were less likely to have a history of hypertension than adults with less than a high school education or living in households of the lowest income category.
- ◆ Adults living in the southeast region of the state were more likely to have a history of hypertension than adults living in Bernalillo County or the northern regions.
- ◆ 73.3% of those with hypertension reported that they were currently taking medication to control their blood pressure. However, only 53.4% of those who lacked health care coverage were taking medication while 75.8% who had coverage were taking medication.
- ◆ Among adults with history of hypertension, 5.5% had a history of stroke compared to only 1.1% of adults without history of hypertension.



HYPERTENSION AWARENESS, ADULTS OF ALL AGES

Table 44. Percentage of adults of all ages with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension			
		Total # Reporting History of Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,828	3,155	26.6	25.4	27.9
SEXUAL ORIENTATION					
Heterosexual	7,504	2,682	26.8	25.5	28.2
LGBT	174	55	25.9	18.0	35.7
AGE					
20-24	303	14	4.3	2.3	7.7
25-34	753	79	11.8	8.7	15.8
35-44	1,144	200	16.6	14.1	19.5
45-54	1,808	527	27.8	25.2	30.5
55-64	2,046	826	41.2	38.5	43.9
65-74	1,571	816	53.7	50.7	56.6
75+	1,135	675	57.7	54.3	61.1
RACE/ETHNICITY					
American Indian	770	245	22.4	18.5	26.8
Asian NHOPJ**	89	28	20.2	12.5	30.9
Black/AA**	124	54	32.9	21.9	46.1
Hispanic	2,678	925	24.4	22.2	26.7
White	5,009	1,851	28.8	27.2	30.5
EDUCATION					
Less than High School Graduate	968	416	29.3	25.6	33.3
High School Graduate or G.E.D.	2,330	930	27.9	25.4	30.5
Some College	2,453	859	26.5	24.0	29.1
College Graduate	3,060	946	24.9	22.9	27.0
INCOME					
Less than \$10,000	421	170	27.4	22.1	33.5
\$10-19,999	1,322	569	32.1	28.5	36.0
\$20-49,999	3,012	1,113	28.3	26.2	30.5
\$50,000 or more	2,988	883	23.2	21.3	25.2
EMPLOYMENT					
Employed	4,350	1,138	20.1	18.6	21.8
Unemployed/Unable to Work	1,106	481	33.1	28.8	37.6
Homemaker/Student	969	272	16.2	13.6	19.1
Retired	2,378	1,253	52.4	49.9	54.8
Geographic Region ⊛					
Northwest	2,688	939	26.2	24.1	28.4
Northeast	1,596	498	25.2	22.7	27.9
Bernalillo County	1,475	495	24.3	21.6	27.2
Southeast	1,290	548	31.8	28.7	35.1
Southwest	1,779	675	28.7	26.0	31.5

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

HYPERTENSION AWARENESS, ADULT MALES OF ALL AGES

Table 45. Percentage of adult males of all ages with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension Among Adult Men			
		Total # Reporting History of Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,423	1,302	28.4	26.4	30.6
SEXUAL ORIENTATION					
Heterosexual	2,890	1,115	29.1	26.8	31.5
LGBT**	79	28	27.5	16.6	41.9
AGE					
20-24	141	7	5.2	2.2	11.6
25-34	280	47	16.2	10.9	23.4
35-44	431	97	20.8	16.6	25.7
45-54	696	222	30.5	26.3	35.0
55-64	837	357	42.6	38.5	46.9
65-74	599	322	57.2	52.5	61.7
75+	418	246	57.2	51.6	62.6
RACE/ETHNICITY					
American Indian	304	112	25.6	19.5	32.8
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	963	344	26.5	22.7	30.6
White	2,000	790	30.5	27.8	33.3
EDUCATION					
Less than High School Graduate	366	136	24.3	19.2	30.1
High School Graduate or G.E.D.	899	373	29.0	25.0	33.2
Some College	855	332	30.0	25.6	34.9
College Graduate	1,296	461	28.5	25.3	31.9
INCOME					
Less than \$10,000	119	40	19.1	12.3	28.3
\$10-19,999	458	195	31.6	25.6	38.3
\$20-49,999	1,197	491	31.5	28.1	35.2
\$50,000 or more	1,354	467	27.3	24.3	30.5
EMPLOYMENT					
Employed	1,884	544	21.9	19.6	24.5
Unemployed/Unable to Work	441	192	34.1	27.2	41.7
Homemaker/Student**	73	10	6.8	3.0	15.1
Retired	1,014	551	54.4	50.7	58.1
Geographic Region[⊛]					
Northwest	1,069	387	28.0	24.7	31.6
Northeast	630	209	25.8	22.0	30.1
Bernalillo County	548	205	26.9	22.4	31.9
Southeast	482	209	31.5	26.5	37.1
Southwest	694	292	31.5	27.1	36.3

* 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 8,837 across some categories for some variables.

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

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

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

HYPERTENSION AWARENESS, ADULT FEMALES OF ALL AGES

Table 46. Percentage of adult females of all ages with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension Among Adult Women			
		Total # Reporting History of Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,405	1,853	24.9	23.4	26.3
SEXUAL ORIENTATION					
Heterosexual	4,614	1,567	24.7	23.1	26.3
LGBT**	95	27	24.1	13.9	38.5
AGE					
20-24	162	7	3.3	1.5	7.4
25-34	473	32	7.1	4.6	10.8
35-44	713	103	12.5	10.0	15.6
45-54	1,112	305	25.3	22.4	28.4
55-64	1,209	469	39.8	36.5	43.2
65-74	972	494	50.5	46.7	54.4
75+	717	429	58.1	53.7	62.3
RACE/ETHNICITY					
American Indian	466	133	18.7	14.5	23.8
Asian NHOPI**	52	15	15.7	8.3	27.7
Black/AA**	83	39	41.4	26.7	57.9
Hispanic	1,715	581	22.7	20.4	25.2
White	3,009	1,061	27.1	25.2	29.1
EDUCATION					
Less than High School Graduate	602	280	34.5	29.6	39.8
High School Graduate or G.E.D.	1,431	557	26.8	24.0	29.9
Some College	1,598	527	23.7	21.1	26.6
College Graduate	1,764	485	21.0	18.8	23.3
INCOME					
Less than \$10,000	302	130	33.3	26.2	41.2
\$10-19,999	864	374	32.5	28.5	36.9
\$20-49,999	1,815	622	25.3	22.9	27.9
\$50,000 or more	1,634	416	18.5	16.4	20.9
EMPLOYMENT					
Employed	2,466	594	17.9	16.1	19.7
Unemployed/Unable to Work	665	289	32.0	27.5	36.8
Homemaker/Student	896	262	18.2	15.3	21.4
Retired	1,364	702	50.2	47.0	53.5
Geographic Region[⊛]					
Northwest	1,619	552	24.5	21.9	27.3
Northeast	966	289	24.6	21.5	28.1
Bernalillo County	927	290	21.9	19.0	25.0
Southeast	808	339	32.0	28.5	35.8
Southwest	1,085	383	26.0	22.9	29.2

§ 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 8,837 across some categories for some variables.

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

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

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

HYPERTENSION AWARENESS, ADULTS AGE 50+

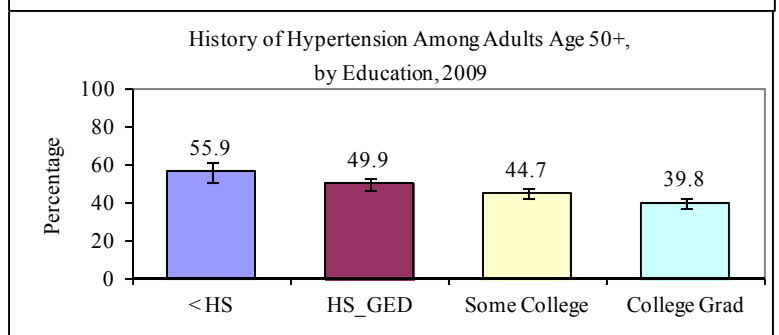
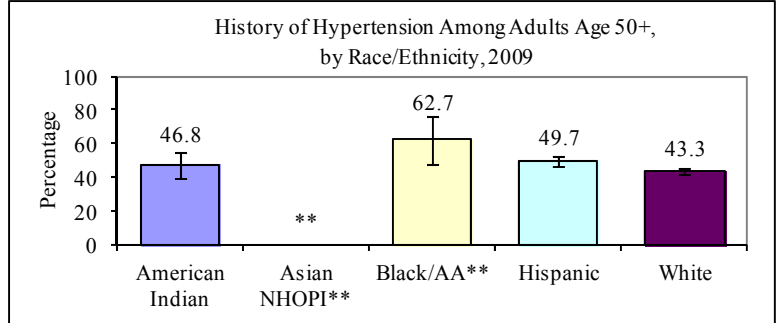
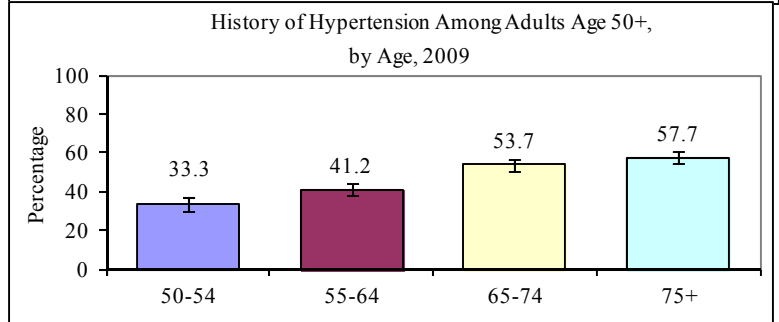
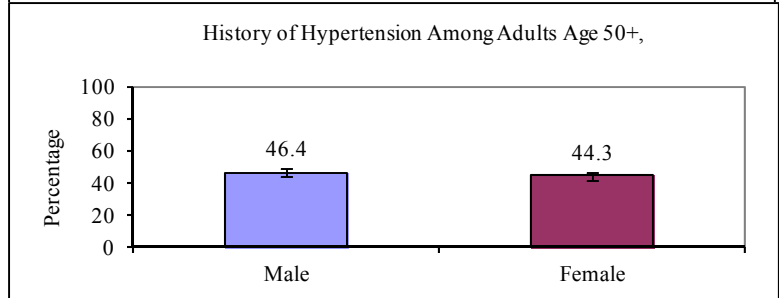
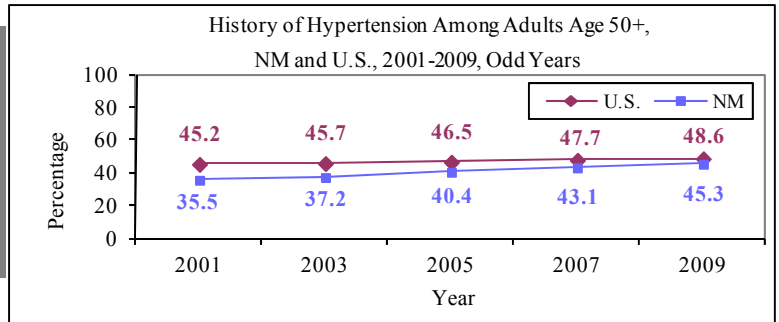
QUESTION:

“Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If "Yes" and respondent is female, ask "Was this only when you were pregnant?")”

“Are you currently taking medicine for your high blood pressure?”

IN NEW MEXICO,

- ◆ 45.3% of adults age 50 or more had been told by a health care professional that they had hypertension. This percentage was lower than that of the U.S. (48.6%).
- ◆ There was no difference in prevalence of hypertension by gender or sexual orientation.
- ◆ Black/African Americans and Hispanics age 50+ were more likely to have hypertension than White adults in this age group. Sample size prevented estimation of hypertension for the Asian/NHOPI population of this age group.
- ◆ Adults age 50+ with college-level education were less likely to have a history of hypertension than adults with a high school education or less.
- ◆ Adults age 50+ living in households with annual income of \$50,000+ were less likely to have a history of hypertension than those living in households with annual income of \$10,000 to less than \$20,000.
- ◆ Adults living in the northeast region of the state were less likely to have a history of hypertension than adults living in the southeast or southwest regions.
- ◆ 84.3% of those with hypertension reported that they were currently taking medication to control their blood pressure. However, only 69.3% of those who lacked health care coverage were taking medication while 85.5% who had coverage were taking medication.
- ◆ Among adults age 50+ with a history of hypertension, 6.7% had a history of stroke compared to only 2.6% of adults without a history of hypertension.



HYPERTENSION AWARENESS, ADULTS AGE 50+

Table 47. Percentage of adults age 50+ with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension Among Adults Age 50+			
		Total # Reporting History of Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,745	2,647	45.3	43.7	46.9
SEXUAL ORIENTATION					
Heterosexual	4,892	2,250	45.2	43.5	47.0
LGBT**	102	38	40.1	29.8	51.4
AGE					
50-54	993	330	33.3	29.6	37.2
55-64	2,046	826	41.2	38.5	43.9
65-74	1,571	816	53.7	50.7	56.6
75+	1,135	675	57.7	54.3	61.1
RACE/ETHNICITY					
American Indian	350	163	46.8	39.3	54.5
Asian NHOPI**	40	-	-	-	-
Black/AA**	67	42	62.7	47.6	75.6
Hispanic	1,467	727	49.7	46.5	52.9
White	3,712	1,658	43.3	41.3	45.3
EDUCATION					
Less than High School Graduate	648	354	55.9	51.0	60.6
High School Graduate or G.E.D.	1,513	788	49.9	46.8	53.1
Some College	1,522	683	44.7	41.6	47.8
College Graduate	2,051	818	39.8	37.1	42.5
INCOME					
Less than \$10,000	276	139	45.7	38.7	52.9
\$10-19,999	903	489	54.4	50.3	58.5
\$20-49,999	2,001	929	46.6	43.8	49.3
\$50,000 or more	1,793	715	39.6	36.8	42.5
EMPLOYMENT					
Employed	2,223	797	35.5	33.0	38.2
Unemployed/Unable to Work	704	377	52.5	48.0	57.0
Homemaker/Student	468	222	47.6	42.2	53.0
Retired	2,335	1,241	53.2	50.7	55.7
Geographic Region ⊛					
Northwest	1,633	758	46.0	42.9	49.2
Northeast	1,074	422	38.5	35.2	41.9
Bernalillo County	952	431	45.1	41.5	48.8
Southeast	860	460	52.6	48.9	56.3
Southwest	1,226	576	46.1	42.9	49.3

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

HYPERTENSION AWARENESS, ADULT MALES AGE 50+

Table 48. Percentage of adult males age 50+ with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension Among Adult Males Age 50+			
		Total # Reporting History of Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,239	1,057	46.4	43.8	49.0
SEXUAL ORIENTATION					
Heterosexual	1,898	905	47.0	44.2	49.8
LGBT**	46	-	-	-	-
AGE					
50-54	385	132	34.7	28.8	41.0
55-64	837	357	42.6	38.5	46.9
65-74	599	322	57.2	52.5	61.7
75+	418	246	57.2	51.6	62.6
RACE/ETHNICITY					
American Indian	140	69	48.7	37.0	60.6
Asian NHOPI**	22	-	-	-	-
Black/AA**	17	-	-	-	-
Hispanic	533	258	48.6	43.4	53.8
White	1,469	687	45.6	42.4	48.8
EDUCATION					
Less than High School Graduate	234	112	48.8	40.9	56.8
High School Graduate or G.E.D.	551	292	50.0	44.8	55.2
Some College	538	256	47.6	42.4	52.8
College Graduate	913	397	43.4	39.3	47.5
INCOME					
Less than \$10,000**	75	32	32.0	21.9	44.0
\$10-19,999	312	166	50.4	43.5	57.3
\$20-49,999	807	390	47.7	43.4	52.0
\$50,000 or more	857	379	45.2	41.1	49.5
EMPLOYMENT					
Employed	950	363	37.6	33.7	41.7
Unemployed/Unable to Work	269	138	50.2	43.3	57.2
Homemaker/Student**	16	-	-	-	-
Retired	997	546	55.5	51.8	59.1
Geographic Region ⊙					
Northwest	647	300	47.2	42.3	52.1
Northeast	420	166	37.6	32.5	42.9
Bernalillo County	356	178	48.0	42.1	53.9
Southeast	328	170	50.4	44.5	56.3
Southwest	488	243	48.1	43.0	53.2

* 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 8,837 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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HYPERTENSION AWARENESS, ADULT FEMALES AGE 50+

Table 49. Percentage of adult females age 50+ with history of hypertension, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	History of Hypertension Among Adult Females Age 50+			
		Total # Reporting History of Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,506	1,590	44.3	42.3	46.4
SEXUAL ORIENTATION					
Heterosexual	2,994	1,345	43.7	41.5	45.9
LGBT**	56	19	33.0	20.7	48.3
AGE					
50-54	608	198	32.0	27.7	36.6
55-64	1,209	469	39.8	36.5	43.2
65-74	972	494	50.5	46.7	54.4
75+	717	429	58.1	53.7	62.3
RACE/ETHNICITY					
American Indian	210	94	44.4	35.9	53.3
Asian NHOPI**	52	15	15.7	8.3	27.7
Black/AA**	83	39	41.4	26.7	57.9
Hispanic	934	469	50.5	46.5	54.5
White	2,243	971	41.2	38.8	43.7
EDUCATION					
Less than High School Graduate	414	242	61.5	55.8	66.9
High School Graduate or G.E.D.	962	496	49.9	46.0	53.8
Some College	984	427	42.5	38.8	46.4
College Graduate	1,138	421	35.7	32.5	39.1
INCOME					
Less than \$10,000	201	107	53.0	44.4	61.5
\$10-19,999	591	323	57.4	52.5	62.2
\$20-49,999	1,194	539	45.5	42.1	49.0
\$50,000 or more	936	336	32.7	29.3	36.3
EMPLOYMENT					
Employed	1,273	434	33.2	30.1	36.4
Unemployed/Unable to Work	435	239	54.3	48.5	60.1
Homemaker/Student	452	217	48.2	42.7	53.7
Retired	1,338	695	50.9	47.6	54.2
Geographic Region[⊛]					
Northwest	986	458	44.9	41.0	48.9
Northeast	654	256	39.4	35.1	43.7
Bernalillo County	596	253	42.7	38.3	47.2
Southeast	532	290	54.6	49.9	59.2
Southwest	738	333	44.2	40.2	48.2

§ 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 8,837 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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DIABETES

QUESTION:

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

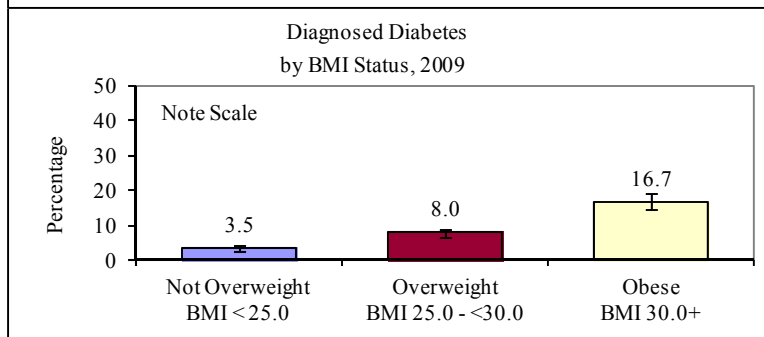
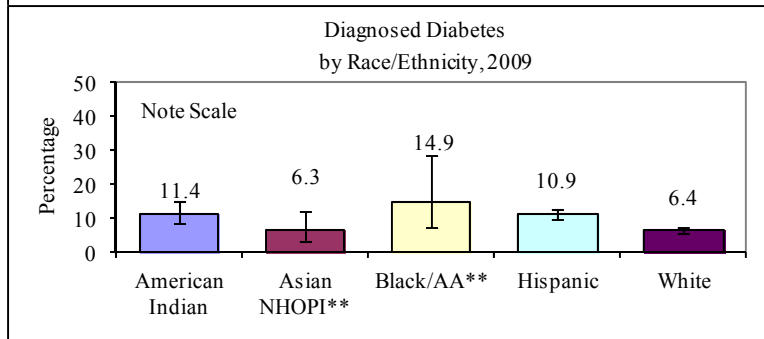
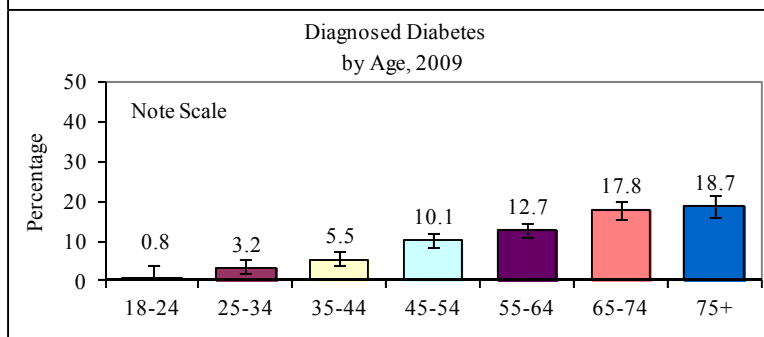
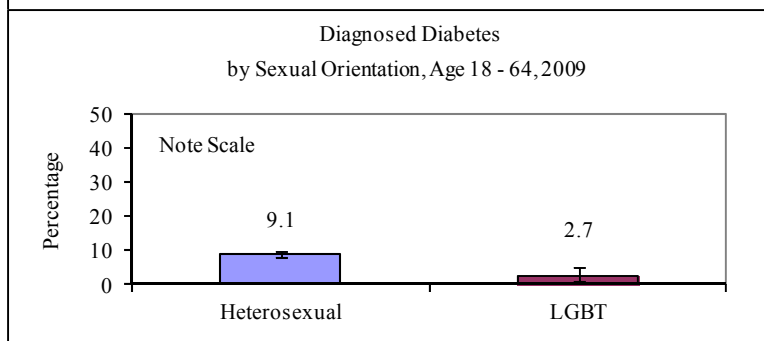
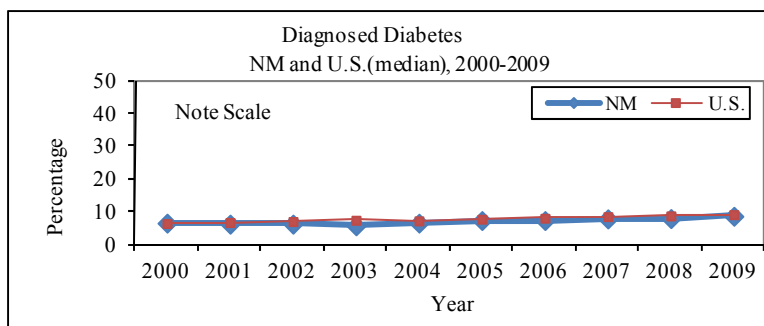
Diabetes Mellitus (DM) is a group of diseases characterized by high levels of blood glucose resulting from insufficient insulin production, insulin action, or both. Diabetes can be associated with serious complications including cardiovascular disease, end-stage renal disease, blindness, amputation, and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.¹⁴

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 8.6%. The NM rate was similar to that of the U.S. (9.1%). The prevalence of diabetes has increased in recent years, in NM and nationally.
- ◆ Adult members of the LGBT population less than 65 years of age were less likely to have diabetes than heterosexual adults less than 65 years of age.
- ◆ American Indian, Black or African American, and Hispanic adults were more likely to report a diagnosis of diabetes than White adults. Adjustment for differences in age distribution across these populations did not change this relationship.
- ◆ Adults with lower education and less income were more likely to report having diabetes.
- ◆ Adults who were obese had the highest prevalence of diabetes (16.7%), followed by overweight but not obese individuals (8.0%), and then followed by those who were not overweight or obese (3.5%).
- ◆ 50.7% of adults with DM had received all recommended prevention services in the past year.



DIABETES

Table 50. Percentage of adults who have been told by a doctor that they have diabetes, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,832	1,038	8.6	7.9	9.4
SEXUAL ORIENTATION					
Heterosexual	7,507	894	9.1	8.2	9.9
LGBT	174	11	2.7	1.3	5.3
AGE					
18-24	303	2	0.8	0.2	4.1
25-34	753	23	3.2	1.8	5.6
35-44	1,144	66	5.5	4.0	7.5
45-54	1,808	188	10.1	8.4	12.1
55-64	2,048	276	12.7	11.1	14.6
65-74	1,571	277	17.8	15.6	20.2
75+	1,137	200	18.7	16.1	21.7
RACE/ETHNICITY					
American Indian	769	130	11.4	8.5	15.1
Asian NHOPI**	88	11	6.3	3.1	12.2
Black/AA**	124	21	14.9	7.2	28.4
Hispanic	2,680	436	10.9	9.5	12.4
White	5,013	428	6.4	5.7	7.2
EDUCATION					
Less than High School Graduate	968	185	11.8	9.7	14.3
High School Graduate or G.E.D.	2,332	339	10.3	9.0	11.8
Some College	2,455	296	9.3	7.7	11.1
College Graduate	3,060	217	5.5	4.6	6.7
INCOME					
Less than \$10,000	422	80	13.0	9.8	17.1
\$10-19,999	1,322	220	11.5	9.5	13.9
\$20-49,999	3,016	405	11.0	9.7	12.5
\$50,000 or more	2,989	198	5.3	4.3	6.6
EMPLOYMENT					
Employed	4,352	315	5.3	4.5	6.2
Unemployed/Unable to Work	1,106	220	14.8	12.1	17.9
Homemaker/Student	969	93	5.7	4.1	7.7
Retired	2,380	406	17.5	15.7	19.5
Geographic Region ⊛					
Northwest	2,690	317	8.9	7.5	10.5
Northeast	1,598	162	7.6	6.3	9.2
Bernalillo County	1,476	154	7.7	6.2	9.5
Southeast	1,290	176	11.2	9.4	13.3
Southwest	1,778	229	9.0	7.7	10.5

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

DIABETES — MALES

Table 51. Percentage of adult males who have been told by a doctor that they have diabetes, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Men			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,425	424	8.6	7.6	9.8
SEXUAL ORIENTATION					
Heterosexual	2,891	368	9.1	7.9	10.5
LGBT**	79	4	2.6	0.9	7.0
AGE					
18-24	141	0	0.0		
25-34	280	8	1.9	0.7	4.7
35-44	431	29	6.5	4.0	10.4
45-54	697	77	10.9	8.3	14.2
55-64	838	116	13.7	11.2	16.8
65-74	599	114	20.0	16.4	24.1
75+	418	79	19.2	15.2	24.0
RACE/ETHNICITY					
American Indian	303	45	8.9	5.9	13.2
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	964	154	11.1	8.9	13.7
White	2,002	210	7.2	6.1	8.4
EDUCATION					
Less than High School Graduate	366	50	7.7	5.4	10.8
High School Graduate or G.E.D.	899	142	11.0	8.9	13.5
Some College	857	115	9.9	7.5	13.0
College Graduate	1,296	117	6.3	5.0	7.9
INCOME					
Less than \$10,000	119	22	11.8	6.9	19.2
\$10-19,999	459	63	9.2	6.3	13.2
\$20-49,999	1,199	185	12.2	10.1	14.6
\$50,000 or more	1,354	120	6.3	5.0	8.0
EMPLOYMENT					
Employed	1,885	153	5.6	4.5	6.9
Unemployed/Unable to Work	441	80	12.8	9.3	17.3
Homemaker/Student**	73	2	0.5	0.1	2.0
Retired	1,015	186	19.0	16.3	22.1
Geographic Region[⊛]					
Northwest	1,069	134	9.2	7.4	11.5
Northeast	631	69	7.4	5.5	9.9
Bernalillo County	548	62	7.4	5.4	10.2
Southeast	483	65	10.7	8.1	14.1
Southwest	694	94	9.6	7.6	12.2

* 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 8,837 across some categories for some variables.

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

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

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

DIABETES — FEMALES

Table 52. Percentage of adult females who have been told by a doctor that they have diabetes, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Women			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,407	614	8.6	7.6	9.6
SEXUAL ORIENTATION					
Heterosexual	4,616	526	9.0	7.9	10.2
LGBT**	95	7	2.8	1.1	7.0
AGE					
18-24	162	2	1.7	0.3	8.2
25-34	473	15	4.5	2.2	9.1
35-44	713	37	4.4	3.0	6.3
45-54	1,111	111	9.4	7.4	11.8
55-64	1,210	160	11.8	9.8	14.1
65-74	972	163	15.9	13.4	18.8
75+	719	121	18.4	15.0	22.3
RACE/ETHNICITY					
American Indian	466	85	14.2	9.4	20.9
Asian NHOPI**	51	7	8.7	3.7	19.1
Black/AA**	83	16	20.2	8.4	41.0
Hispanic	1,716	282	10.7	9.1	12.6
White	3,011	218	5.6	4.7	6.7
EDUCATION					
Less than High School Graduate	602	135	16.0	12.7	19.9
High School Graduate or G.E.D.	1,433	197	9.6	8.0	11.5
Some College	1,598	181	8.8	6.9	11.2
College Graduate	1,764	100	4.7	3.4	6.5
INCOME					
Less than \$10,000	303	58	13.9	10.0	18.9
\$10-19,999	863	157	13.6	11.0	16.6
\$20-49,999	1,817	220	9.9	8.3	11.7
\$50,000 or more	1,635	78	4.2	2.8	6.3
EMPLOYMENT					
Employed	2,467	162	4.8	3.8	6.1
Unemployed/Unable to Work	665	140	16.9	13.3	21.4
Homemaker/Student	896	91	6.8	4.9	9.3
Retired	1,365	220	15.9	13.7	18.5
Geographic Region[⊛]					
Northwest	1,621	183	8.6	6.5	11.1
Northeast	967	93	7.8	6.1	9.9
Bernalillo County	928	92	8.0	6.0	10.5
Southeast	807	111	11.7	9.5	14.3
Southwest	1,084	135	8.3	6.8	10.1

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 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:

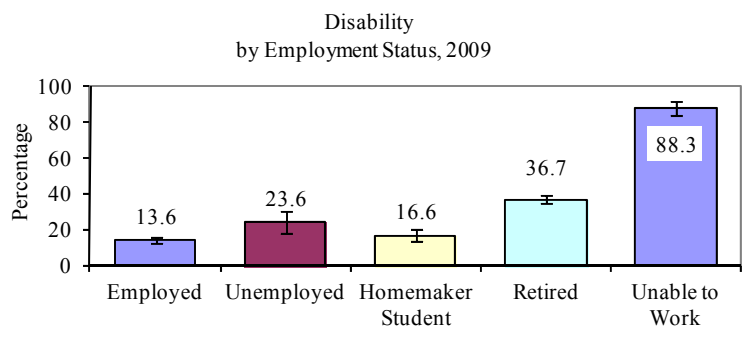
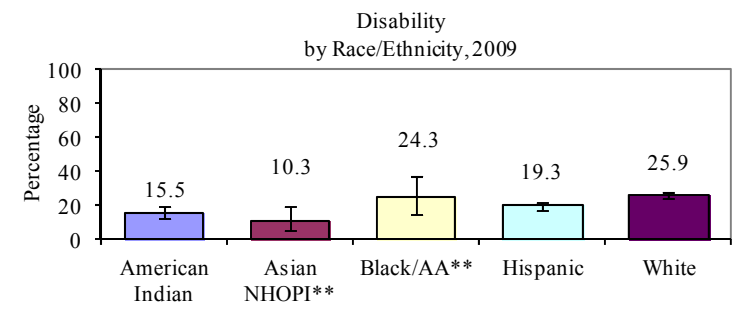
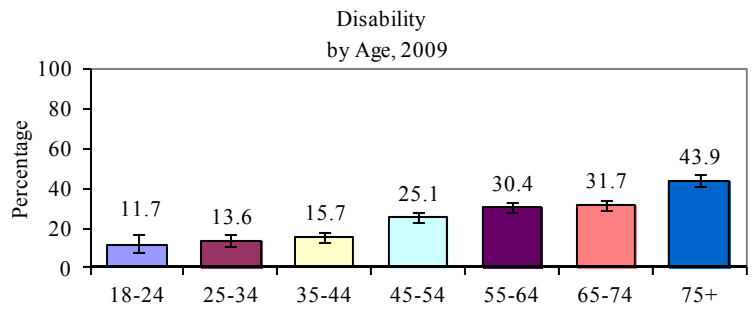
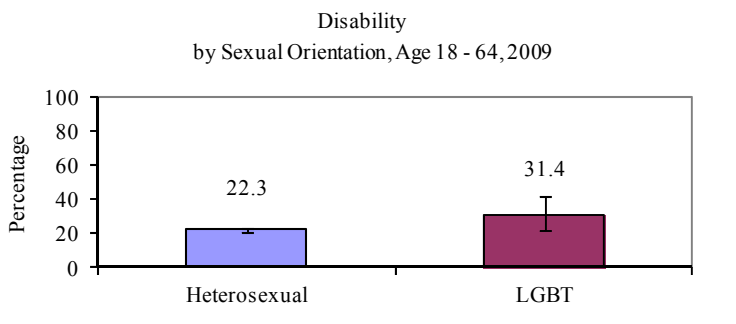
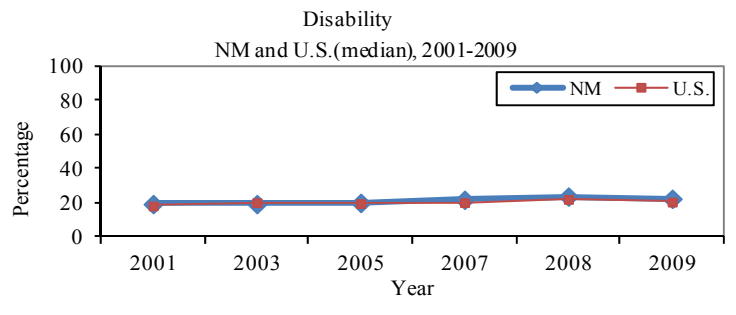
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

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

IN NEW MEXICO,

- ◆ New Mexico and U.S. estimates have been very similar for nearly a decade.
- ◆ Women (24.7%) were more likely to have a disability than men (20.1%).
- ◆ LGBT adults (31.4%) were more likely to have a disability than heterosexual adults (22.3%).
- ◆ Adults in older age groups were more likely to report having a disability. Over 40% adults age 75 or more reported a disability.
- ◆ White adults were more likely to report having a disability (25.9%) than American Indian (15.5%), Asian/NHOPI (10.3%) and Hispanic (19.3%) adults. However, disability is strongly associated with older age groups and the White adult population is older, on average, than the other groups. Adjusting for differences in age distribution eliminated statistical differences between Whites and all but Asian/NHOPI.
- ◆ Adults living in a household with an annual income below \$20,000 had the highest prevalence of disability.
- ◆ Over 85% of adults who were unable to work had some form of disability. Only 42.2% of adults with a disability were employed while nearly 70% of adults without a disability were employed. 25.1% of adults with a disability were unable to work, while less than one percent of adults without a disability were unable to work.



DISABILITY

Table 53. Percentage of adults who have a disability, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability			
		Total # Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,749	2,445	22.5	21.3	23.7
SEXUAL ORIENTATION					
Heterosexual	7,510	2,112	22.3	21.0	23.6
LGBT	174	61	31.4	22.0	42.6
AGE					
18-24	302	32	11.7	7.7	17.3
25-34	746	105	13.6	10.7	17.1
35-44	1,131	179	15.7	13.2	18.5
45-54	1,792	472	25.1	22.7	27.6
55-64	2,035	648	30.4	28.0	32.9
65-74	1,555	488	31.7	28.9	34.5
75+	1,123	508	43.9	40.6	47.4
RACE/ETHNICITY					
American Indian	755	163	15.5	12.1	19.5
Asian NHOPI**	87	13	10.3	5.1	19.4
Black/AA**	122	31	24.3	14.7	37.5
Hispanic	2,649	666	19.3	17.2	21.6
White	4,979	1,520	25.9	24.3	27.6
EDUCATION					
Less than High School Graduate	958	330	25.9	22.2	29.9
High School Graduate or G.E.D.	2,296	645	22.3	19.8	25.0
Some College	2,440	726	23.7	21.4	26.2
College Graduate	3,039	742	20.5	18.7	22.4
INCOME					
Less than \$10,000	416	214	44.0	36.6	51.6
\$10-19,999	1,314	536	34.0	30.2	38.0
\$20-49,999	2,988	818	23.5	21.3	25.8
\$50,000 or more	2,969	571	16.0	14.4	17.8
EMPLOYMENT					
Employed	4,309	662	13.6	12.1	15.2
Unemployed/Unable to Work	1,096	684	48.0	43.1	52.9
Homemaker/Student	964	220	16.6	13.8	19.8
Retired	2,358	871	36.7	34.4	39.1
Geographic Region ⊗					
Northwest	2,662	683	20.8	18.8	23.1
Northeast	1,585	418	22.9	20.4	25.7
Bernalillo County	1,462	413	21.0	18.4	23.8
Southeast	1,278	399	24.8	22.0	27.8
Southwest	1,762	532	24.8	22.2	27.6

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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 — MALES

Table 54. Percentage of adult males who have a disability, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Men			
		Total # Reporting Disability	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,396	908	20.1	18.3	22.0
SEXUAL ORIENTATION					
Heterosexual	2,892	769	19.5	17.6	21.4
LGBT**	79	27	33.4	19.8	50.3
AGE					
18-24	140	9	7.2	3.4	14.8
25-34	276	32	12.4	8.2	18.3
35-44	428	53	11.9	8.6	16.4
45-54	689	183	24.5	20.9	28.5
55-64	838	271	31.0	27.4	35.0
65-74	593	192	32.3	28.0	36.8
75+	412	165	37.9	32.7	43.4
RACE/ETHNICITY					
American Indian	298	66	14.1	10.1	19.2
Asian NHOPI**	36	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	953	234	18.0	14.8	21.6
White	1,990	568	22.3	20.0	24.7
EDUCATION					
Less than High School Graduate	363	111	22.8	17.3	29.4
High School Graduate or G.E.D.	885	249	20.6	17.1	24.6
Some College	855	242	20.4	17.1	24.1
College Graduate	1,286	305	18.7	16.1	21.7
INCOME					
Less than \$10,000	119	57	38.7	26.9	52.0
\$10-19,999	456	202	34.2	28.0	40.9
\$20-49,999	1,186	332	21.0	18.0	24.4
\$50,000 or more	1,346	242	14.7	12.4	17.3
EMPLOYMENT					
Employed	1,870	259	11.6	9.7	13.8
Unemployed/Unable to Work	436	262	42.4	35.2	49.9
Homemaker/Student**	73	13	9.3	4.4	18.3
Retired	1,007	369	35.9	32.4	39.5
Geographic Region[⊙]					
Northwest	1,063	252	17.5	14.8	20.4
Northeast	627	166	21.0	17.4	25.2
Bernalillo County	540	140	18.0	14.4	22.1
Southeast	478	134	21.3	17.1	26.1
Southwest	688	216	24.8	20.6	29.4

* 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 8,837 across some categories for some variables.

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

DISABILITY — FEMALES

Table 55. Percentage of adult females who have a disability, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Women			
		Total # Reporting Disability	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,353	1,537	24.7	23.1	26.4
SEXUAL ORIENTATION					
Heterosexual	4,618	1,343	25.0	23.2	26.8
LGBT**	95	34	29.2	17.8	44.0
AGE					
18-24	162	23	16.4	10.0	25.6
25-34	470	73	14.8	11.3	19.1
35-44	703	126	19.4	16.0	23.3
45-54	1,103	289	25.6	22.6	28.9
55-64	1,197	377	29.7	26.7	32.9
65-74	962	296	31.1	27.7	34.8
75+	711	343	48.2	43.8	52.6
RACE/ETHNICITY					
American Indian	457	97	17.1	11.9	23.8
Asian NHOPI**	51	8	12.8	5.5	27.1
Black/AA**	81	23	27.1	15.7	42.6
Hispanic	1,696	432	20.4	17.8	23.3
White	2,989	952	29.5	27.3	31.9
EDUCATION					
Less than High School Graduate	595	219	29.0	24.5	34.0
High School Graduate or G.E.D.	1,411	396	24.0	20.6	27.7
Some College	1,585	484	26.3	23.2	29.7
College Graduate	1,753	437	22.4	20.0	25.0
INCOME					
Less than \$10,000	297	157	47.6	38.9	56.5
\$10-19,999	858	334	33.9	29.4	38.6
\$20-49,999	1,802	486	25.8	22.7	29.1
\$50,000 or more	1,623	329	17.6	15.4	20.1
EMPLOYMENT					
Employed	2,439	403	16.0	13.8	18.5
Unemployed/Unable to Work	660	422	53.9	48.1	59.6
Homemaker/Student	891	207	18.1	15.0	21.7
Retired	1,351	502	37.6	34.5	40.8
Geographic Region ⊛					
Northwest	1,599	431	24.1	21.0	27.4
Northeast	958	252	24.8	21.4	28.6
Bernalillo County	922	273	23.8	20.3	27.6
Southeast	800	265	28.1	24.6	32.0
Southwest	1,074	316	24.9	21.8	28.2

§ 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 8,837 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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DISABILITY

QUESTIONS:

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

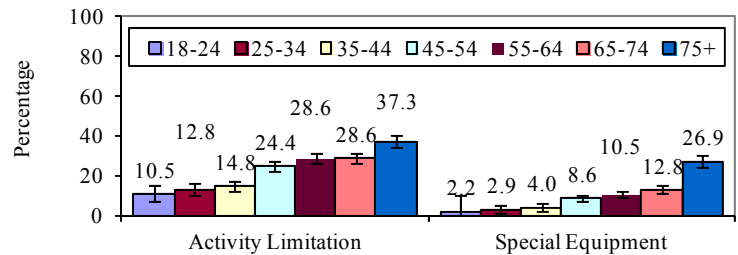
“Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?”

Here, responses to the two questions are presented separately.

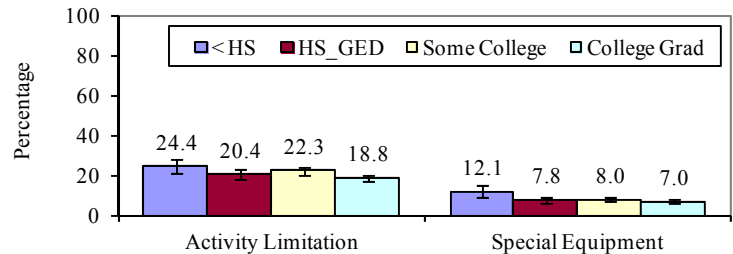
IN NEW MEXICO,

- ◆ The prevalence of limitations and use of special equipment was higher among older age groups.
- ◆ Women (23.1%) were slightly more likely to be limited in activities than men (18.4%) but there was no difference in use of specialized equipment.
- ◆ Adults with less than a high school education were more likely to be limited in activities due to health problems and were more likely to use specialized equipment.
- ◆ There was a strong association with annual household income. Adults living in households with lower annual income were more likely to be limited in activities due to health problems and were more likely to use specialized equipment.
- ◆ After adjustment for age, there was no difference by race/ethnicity for either activity limitation or need for special equipment.
- ◆ Adults who were unable to work were considerably more likely to be limited in activities due to health problems and to use specialized equipment. 86.2% of adults who were unable to work were limited in activities due to a physical, mental, or emotional problem.

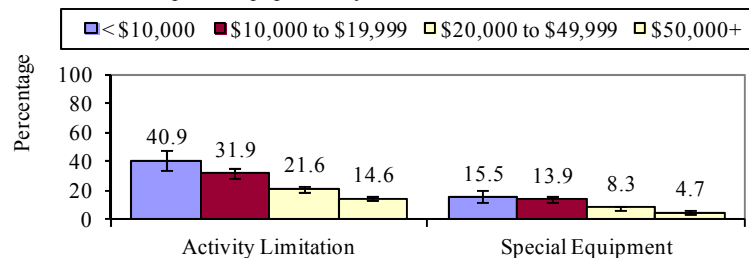
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Age, 2009



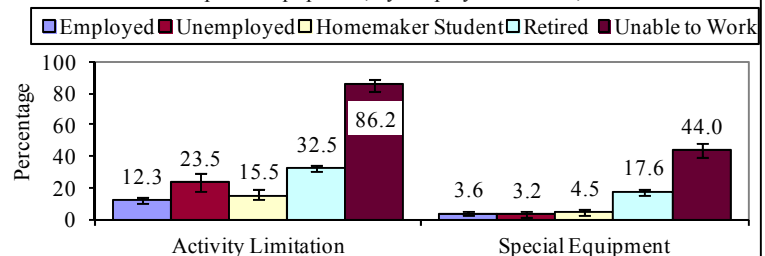
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Education, 2009



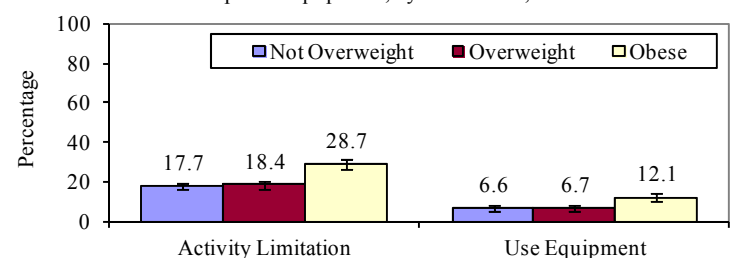
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Annual Household Income, 2009



Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Employment Status, 2009



Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by BMI Status, 2009



DISABILITY — ACTIVITY LIMITATION

Table 56. Percentage of adults who are limited in activities, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems			
		Total # Reporting Activity Limitation	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,716	2,251	20.8	19.7	22.0
SEXUAL ORIENTATION					
Heterosexual	7,486	1,952	20.6	19.4	21.9
LGBT	172	59	31.0	21.6	42.3
AGE					
18-24	301	31	10.5	7.0	15.5
25-34	745	101	12.8	10.0	16.2
35-44	1,130	173	14.8	12.5	17.5
45-54	1,789	459	24.4	22.1	26.9
55-64	2,019	609	28.6	26.2	31.0
65-74	1,549	438	28.6	25.9	31.4
75+	1,120	427	37.3	34.0	40.7
RACE/ETHNICITY					
American Indian	751	148	14.9	11.6	18.9
Asian NHOPI**	87	13	10.3	5.1	19.4
Black/AA**	122	30	23.9	14.3	37.1
Hispanic	2,638	605	17.8	15.8	19.8
White	4,963	1,412	23.9	22.4	25.6
EDUCATION					
Less than High School Graduate	948	290	24.4	20.8	28.4
High School Graduate or G.E.D.	2,284	594	20.4	18.2	22.9
Some College	2,435	680	22.3	20.0	24.7
College Graduate	3,033	685	18.8	17.0	20.6
INCOME					
Less than \$10,000	414	199	40.9	33.7	48.5
\$10-19,999	1,306	487	31.9	28.2	35.9
\$20-49,999	2,980	756	21.6	19.6	23.8
\$50,000 or more	2,963	529	14.6	13.1	16.3
EMPLOYMENT					
Employed	4,299	621	12.3	11.0	13.8
Unemployed/Unable to Work	1,085	655	47.4	42.6	52.2
Homemaker/Student	958	201	15.5	12.8	18.7
Retired	2,352	768	32.5	30.2	34.9
Geographic Region ⊗					
Northwest	2,652	643	19.9	17.8	22.1
Northeast	1,576	388	22.0	19.4	24.7
Bernalillo County	1,457	371	18.6	16.3	21.1
Southeast	1,275	364	22.9	20.2	25.9
Southwest	1,756	485	23.3	20.7	26.1

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 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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DISABILITY — ACTIVITY LIMITATION, MALES

Table 57. Percentage of adult males who are limited in activities, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems Among Adult Men			
		Total # Reporting Activity Limitation	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,383	823	18.4	16.8	20.2
SEXUAL ORIENTATION					
Heterosexual	2,884	693	17.7	16.0	19.5
LGBT**	77	26	33.7	20.0	50.8
AGE					
18-24	139	9	7.4	3.5	15.2
25-34	275	29	11.2	7.2	16.9
35-44	428	50	10.4	7.4	14.3
45-54	688	176	23.8	20.2	27.8
55-64	833	251	28.7	25.1	32.5
65-74	591	167	28.6	24.5	33.1
75+	410	138	32.0	27.1	37.3
RACE/ETHNICITY					
American Indian	296	59	13.5	9.7	18.6
Asian NHOPI**	36	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	950	214	17.1	14.0	20.7
White	1,982	515	19.8	17.7	22.1
EDUCATION					
Less than High School Graduate	360	101	22.4	16.9	29.1
High School Graduate or G.E.D.	879	226	19.4	15.9	23.4
Some College	855	219	18.4	15.3	22.0
College Graduate	1,282	276	16.5	14.2	19.2
INCOME					
Less than \$10,000	118	54	35.9	24.6	49.1
\$10-19,999	453	181	31.9	25.9	38.6
\$20-49,999	1,184	304	19.7	16.8	23.0
\$50,000 or more	1,343	212	12.4	10.4	14.7
EMPLOYMENT					
Employed	1,866	237	10.4	8.6	12.5
Unemployed/Unable to Work	431	252	42.4	35.4	49.9
Homemaker/Student**	73	10	7.5	3.3	16.1
Retired	1,003	321	31.8	28.4	35.4
Geographic Region ⊛					
Northwest	1,060	232	16.2	13.7	19.1
Northeast	622	156	20.4	16.8	24.6
Bernalillo County	538	118	15.1	11.9	19.0
Southeast	477	120	19.7	15.7	24.4
Southwest	686	197	23.6	19.5	28.3

* 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 8,837 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 — ACTIVITY LIMITATION, FEMALES

Table 58. Percentage of adult females who are limited in activities, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems Among Adult Women			
		Total # Reporting Activity Limitation	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,333	1,428	23.1	21.5	24.7
SEXUAL ORIENTATION					
Heterosexual	4,602	1,259	23.4	21.8	25.1
LGBT**	95	33	28.1	17.0	42.9
AGE					
18-24	162	22	13.6	8.5	21.2
25-34	470	72	14.6	11.1	18.9
35-44	702	123	19.2	15.8	23.1
45-54	1,101	283	25.0	22.0	28.2
55-64	1,186	358	28.5	25.5	31.7
65-74	958	271	28.5	25.2	32.1
75+	710	289	41.1	36.8	45.4
RACE/ETHNICITY					
American Indian	455	89	16.4	11.3	23.2
Asian NHOPI**	51	8	12.8	5.5	27.1
Black/AA**	81	22	26.4	15.1	41.9
Hispanic	1,688	391	18.3	16.1	20.8
White	2,981	897	28.1	25.9	30.4
EDUCATION					
Less than High School Graduate	588	189	26.4	22.0	31.3
High School Graduate or G.E.D.	1,405	368	21.4	18.6	24.5
Some College	1,580	461	25.4	22.3	28.7
College Graduate	1,751	409	21.1	18.8	23.7
INCOME					
Less than \$10,000	296	145	44.3	35.8	53.2
\$10-19,999	853	306	31.9	27.5	36.7
\$20-49,999	1,796	452	23.4	20.7	26.3
\$50,000 or more	1,620	317	17.1	14.9	19.6
EMPLOYMENT					
Employed	2,433	384	14.8	12.9	16.9
Unemployed/Unable to Work	654	403	52.5	46.8	58.2
Homemaker/Student	885	191	17.2	14.2	20.8
Retired	1,349	447	33.3	30.3	36.4
Geographic Region[⊛]					
Northwest	1,592	411	23.4	20.3	26.7
Northeast	954	232	23.4	20.0	27.2
Bernalillo County	919	253	21.7	18.6	25.1
Southeast	798	244	26.0	22.6	29.8
Southwest	1,070	288	23.0	20.0	26.3

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 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 59. Percentage of adults using special equipment, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment			
		Total # Reporting Use of Special Equipment	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,734	942	8.1	7.3	8.9
SEXUAL ORIENTATION					
Heterosexual	7,508	808	8.1	7.3	9.0
LGBT	174	18	5.2	2.9	9.3
AGE					
18-24	301	2	2.2	0.5	8.5
25-34	743	20	2.9	1.7	4.9
35-44	1,130	40	4.0	2.6	6.1
45-54	1,788	150	8.6	7.1	10.4
55-64	2,033	217	10.5	9.0	12.3
65-74	1,552	201	12.8	10.9	14.9
75+	1,122	308	26.9	24.0	30.0
RACE/ETHNICITY					
American Indian	753	66	5.4	3.9	7.6
Asian NHOPI**	87	5	4.9	1.6	14.0
Black/AA**	119	14	8.2	4.1	15.9
Hispanic	2,646	261	6.8	5.5	8.3
White	4,972	576	9.5	8.5	10.6
EDUCATION					
Less than High School Graduate	956	162	12.1	9.6	15.3
High School Graduate or G.E.D.	2,293	242	7.8	6.2	9.7
Some College	2,436	274	8.0	6.8	9.3
College Graduate	3,034	264	7.0	5.9	8.3
INCOME					
Less than \$10,000	415	83	15.5	11.7	20.2
\$10-19,999	1,312	250	13.9	11.8	16.3
\$20-49,999	2,983	303	8.3	6.9	9.9
\$50,000 or more	2,964	159	4.7	3.8	6.0
EMPLOYMENT					
Employed	4,298	155	3.6	2.7	4.8
Unemployed/Unable to Work	1,096	310	18.6	16.0	21.5
Homemaker/Student	962	73	4.5	3.3	6.1
Retired	2,356	400	17.6	15.7	19.6
Geographic Region☼					
Northwest	2,657	236	6.2	5.1	7.4
Northeast	1,584	152	7.0	5.7	8.5
Bernalillo County	1,461	179	8.9	7.2	10.9
Southeast	1,275	155	8.6	7.1	10.3
Southwest	1,757	220	9.2	7.6	11.0

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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, MALES

Table 60. Percentage of adult males using special equipment, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Men			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,390	364	7.8	6.7	9.0
SEXUAL ORIENTATION					
Heterosexual	2,892	308	7.8	6.7	9.2
LGBT**	79	8	5.1	2.2	11.6
AGE					
18-24	139	1	1.6	0.2	10.4
25-34	275	9	2.7	1.2	5.8
35-44	427	19	5.2	2.8	9.3
45-54	687	69	10.2	7.7	13.3
55-64	837	98	11.9	9.4	15.0
65-74	593	76	12.5	9.6	15.9
75+	412	92	20.4	16.4	25.0
RACE/ETHNICITY					
American Indian	298	31	6.5	4.1	10.2
Asian NHOPI**	36	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	952	92	6.3	4.6	8.4
White	1,988	226	9.0	7.5	10.8
EDUCATION					
Less than High School Graduate	363	53	10.8	7.0	16.5
High School Graduate or G.E.D.	885	102	7.4	5.7	9.7
Some College	852	97	7.8	6.1	10.1
College Graduate	1,284	112	7.1	5.4	9.1
INCOME					
Less than \$10,000	119	26	17.8	11.0	27.7
\$10-19,999	456	96	14.3	11.0	18.5
\$20-49,999	1,184	122	6.9	5.5	8.6
\$50,000 or more	1,343	86	5.8	4.2	7.8
EMPLOYMENT					
Employed	1,864	73	3.6	2.5	5.2
Unemployed/Unable to Work	436	121	17.1	13.4	21.6
Homemaker/Student**	73	5	2.2	0.6	7.9
Retired	1,007	162	16.7	14.0	19.8
Geographic Region[⊛]					
Northwest	1,061	88	5.6	4.3	7.3
Northeast	626	56	5.9	4.2	8.2
Bernalillo County	539	72	8.8	6.5	11.7
Southeast	477	56	7.8	5.7	10.5
Southwest	687	92	9.9	7.3	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 8,837 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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DISABILITY — USE OF SPECIAL EQUIPMENT, FEMALES

Table 61. Percentage of adult females using special equipment, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Women			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,344	578	8.3	7.3	9.5
SEXUAL ORIENTATION					
Heterosexual	4,616	500	8.4	7.3	9.7
LGBT**	95	10	5.3	2.3	11.6
AGE					
18-24	162	1	2.8	0.4	17.0
25-34	468	11	3.1	1.5	6.4
35-44	703	21	2.9	1.8	4.7
45-54	1,101	81	7.2	5.5	9.3
55-64	1,196	119	9.2	7.5	11.3
65-74	959	125	13.0	10.7	15.8
75+	710	216	31.5	27.6	35.7
RACE/ETHNICITY					
American Indian	455	35	4.2	2.6	6.6
Asian NHOPI**	51	2	3.7	0.8	15.3
Black/AA**	81	12	9.4	4.7	17.8
Hispanic	1,694	169	7.2	5.4	9.5
White	2,984	350	10.0	8.8	11.5
EDUCATION					
Less than High School Graduate	593	109	13.4	10.5	17.0
High School Graduate or G.E.D.	1,408	140	8.1	5.7	11.4
Some College	1,584	177	8.1	6.6	9.8
College Graduate	1,750	152	7.0	5.7	8.7
INCOME					
Less than \$10,000	296	57	13.8	10.0	18.7
\$10-19,999	856	154	13.5	11.0	16.6
\$20-49,999	1,799	181	9.5	7.3	12.3
\$50,000 or more	1,621	73	3.6	2.6	5.0
EMPLOYMENT					
Employed	2,434	82	3.5	2.2	5.6
Unemployed/Unable to Work	660	189	20.1	16.8	24.0
Homemaker/Student	889	68	5.0	3.6	6.8
Retired	1,349	238	18.4	16.0	21.1
Geographic Region[⊛]					
Northwest	1,596	148	6.7	5.3	8.5
Northeast	958	96	8.0	6.3	10.1
Bernalillo County	922	107	9.0	6.7	12.1
Southeast	798	99	9.4	7.5	11.7
Southwest	1,070	128	8.5	6.9	10.3

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

may not add to 8,837 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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OVERWEIGHT AND OBESITY

QUESTIONS:

“About how much do you weigh without shoes?”

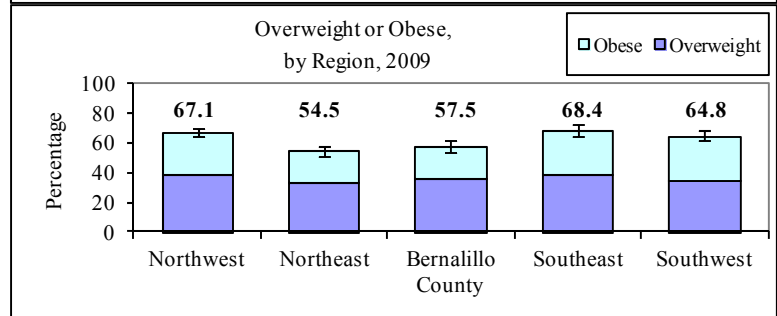
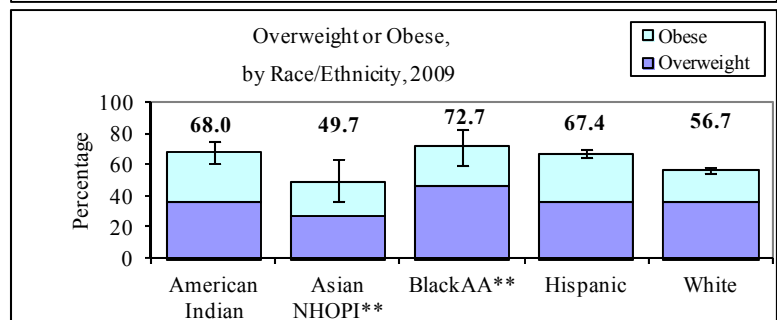
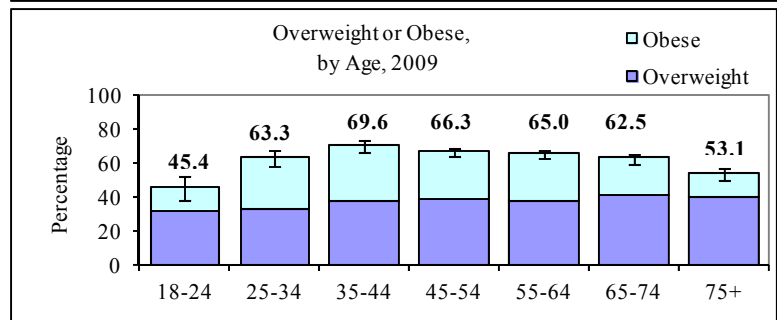
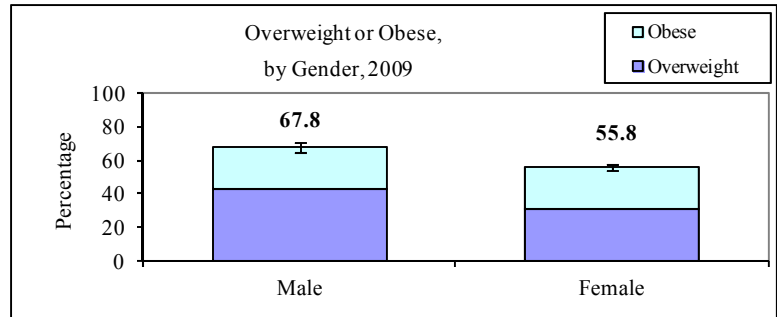
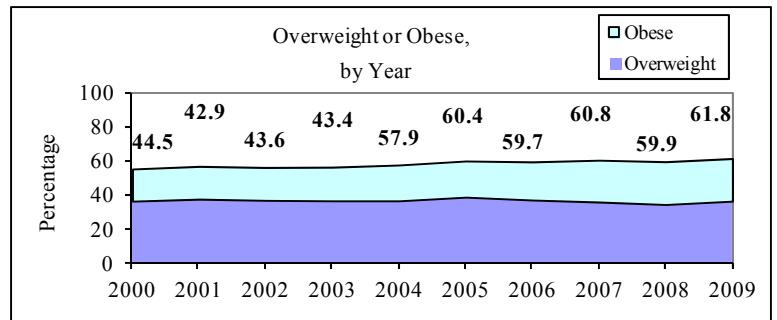
“About how tall are you without shoes?”

Being overweight or obese is a known risk factor for diabetes, heart disease and stroke, hypertension, gallbladder disease, osteoarthritis (degeneration of cartilage and bone of joints), sleep apnea and other breathing problems, and some forms of cancer (uterine, breast, colorectal, kidney, and gallbladder).¹⁵

Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is based on height and weight and is not gender-specific. $BMI = \text{weight in pounds} \times 704.5 / (\text{height in inches})^2$. 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,

- ◆ 61.8% of the adults were either overweight or obese: 36.2% of adults were overweight and an additional 25.6% were obese, based on Body Mass Index (BMI). The percentages adults who were obese was lower than that of the U.S., as a whole.(27.4%).
- ◆ Men were more likely to be overweight than women, 42.7% versus 30.5%, 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 American Indians were more likely to be obese than White 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.



- ◆ Adults with a college education were less likely to be obese.

OVERWEIGHT

Table 62. Percentage of adults who were overweight (but not obese) based on Body Mass Index (BMI = 25.0-29.9), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight: BMI 25.0 to Less than 30.0			
		Total # Classified as Overweight BMI 25.0 to < 30.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,532	3,115	36.2	34.6	37.8
SEXUAL ORIENTATION					
Heterosexual	7,290	2,665	36.1	34.4	37.8
LGBT	173	58	37.2	26.1	49.9
AGE					
18-24	293	89	31.5	25.0	38.9
25-34	730	245	32.5	28.2	37.2
35-44	1,105	394	37.4	33.9	41.2
45-54	1,750	631	38.0	35.0	41.0
55-64	1,988	713	37.1	34.5	39.8
65-74	1,519	621	40.4	37.5	43.5
75+	1,099	409	39.6	36.2	43.1
RACE/ETHNICITY					
American Indian	756	261	35.9	30.1	42.1
Asian NHOPI**	88	24	27.0	16.8	40.4
Black/AA**	118	48	46.6	32.4	61.4
Hispanic	2,562	990	36.0	33.2	38.9
White	4,868	1,741	36.3	34.2	38.4
EDUCATION					
Less than High School Graduate	897	334	36.3	31.5	41.4
High School Graduate or G.E.D.	2,247	812	33.7	30.8	36.8
Some College	2,386	878	36.5	33.4	39.7
College Graduate	2,991	1,086	37.9	35.2	40.6
INCOME					
Less than \$10,000	392	127	29.9	23.0	37.8
\$10-19,999	1,283	429	33.1	29.0	37.4
\$20-49,999	2,937	1,110	36.3	33.7	38.9
\$50,000 or more	2,944	1,093	38.4	35.7	41.1
EMPLOYMENT					
Employed	4,217	1,597	38.7	36.4	41.0
Unemployed/Unable to Work	1,061	333	29.7	25.5	34.1
Homemaker/Student	912	268	27.5	23.1	32.4
Retired	2,320	908	41.0	38.5	43.5
Geographic Region ⊙					
Northwest	2,613	983	38.2	35.4	41.0
Northeast	1,555	525	33.4	30.4	36.6
Bernalillo County	1,420	522	36.4	32.9	40.2
Southeast	1,231	462	38.9	35.0	42.9
Southwest	1,713	623	34.3	31.2	37.6

§ 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 8,837 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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OBESITY

Table 63. Percentage of adults who were obese based on Body Mass Index (BMI \geq 30), New Mexico,

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI 30.0+			
		Total # Classified as Obese BMI 30.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,532	2,207	25.6	24.2	27.0
SEXUAL ORIENTATION					
Heterosexual	7,290	1,892	25.8	24.2	27.3
LGBT	173	43	22.8	15.1	32.9
AGE					
18-24	293	53	13.9	10.1	18.9
25-34	730	216	30.8	26.3	35.8
35-44	1,105	368	32.2	28.8	35.8
45-54	1,750	517	28.3	25.8	31.1
55-64	1,988	571	27.9	25.5	30.4
65-74	1,519	328	22.1	19.6	24.7
75+	1,099	149	13.5	11.1	16.3
RACE/ETHNICITY					
American Indian	756	306	32.1	27.0	37.7
Asian NHOPI**	88	18	22.7	12.7	37.2
Black/AA**	118	34	26.1	15.8	39.9
Hispanic	2,562	796	31.4	28.6	34.2
White	4,868	1,026	20.4	18.8	22.1
EDUCATION					
Less than High School Graduate	897	314	32.1	27.5	37.1
High School Graduate or G.E.D.	2,247	625	27.9	25.1	30.8
Some College	2,386	659	27.6	24.8	30.7
College Graduate	2,991	608	20.0	18.0	22.1
INCOME					
Less than \$10,000	392	122	33.6	26.7	41.2
\$10-19,999	1,283	413	32.5	28.4	36.8
\$20-49,999	2,937	784	26.7	24.4	29.2
\$50,000 or more	2,944	706	23.8	21.7	26.1
EMPLOYMENT					
Employed	4,217	1,131	26.4	24.5	28.4
Unemployed/Unable to Work	1,061	405	36.4	31.7	41.3
Homemaker/Student	912	223	19.4	15.9	23.3
Retired	2,320	445	19.4	17.4	21.6
Geographic Region☼					
Northwest	2,613	781	28.9	26.4	31.5
Northeast	1,555	295	21.1	18.4	24.0
Bernalillo County	1,420	295	21.1	18.3	24.2
Southeast	1,231	365	29.5	26.2	33.1
Southwest	1,713	471	30.5	27.3	34.0

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* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 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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OVERWEIGHT OR OBESE

Table 64. Percentage of adults who were overweight or obese based on Body Mass Index (BMI \geq 25.0), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI 25.0+			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,532	5,322	61.8	60.1	63.4
SEXUAL ORIENTATION					
Heterosexual	7,290	4,557	61.8	60.0	63.6
LGBT	173	101	60.0	48.2	70.8
AGE					
18-24	293	142	45.4	38.3	52.7
25-34	730	461	63.3	58.5	68.0
35-44	1,105	762	69.6	66.2	72.9
45-54	1,750	1,148	66.3	63.5	69.0
55-64	1,988	1,284	65.0	62.4	67.6
65-74	1,519	949	62.5	59.5	65.4
75+	1,099	558	53.1	49.6	56.5
RACE/ETHNICITY					
American Indian	756	567	68.0	60.7	74.5
Asian NHOPI**	88	42	49.7	36.0	63.5
Black/AA**	118	82	72.7	60.1	82.5
Hispanic	2,562	1,786	67.4	64.4	70.3
White	4,868	2,767	56.7	54.5	58.8
EDUCATION					
Less than High School Graduate	897	648	68.4	62.4	73.8
High School Graduate or G.E.D.	2,247	1,437	61.6	58.2	64.9
Some College	2,386	1,537	64.2	61.0	67.2
College Graduate	2,991	1,694	57.8	55.2	60.4
INCOME					
Less than \$10,000	392	249	63.4	54.9	71.2
\$10-19,999	1,283	842	65.6	61.0	69.9
\$20-49,999	2,937	1,894	63.0	60.2	65.8
\$50,000 or more	2,944	1,799	62.2	59.6	64.7
EMPLOYMENT					
Employed	4,217	2,728	65.1	62.8	67.2
Unemployed/Unable to Work	1,061	738	66.0	60.8	70.9
Homemaker/Student	912	491	46.8	41.7	52.0
Retired	2,320	1,353	60.4	58.0	62.8
Geographic Region*					
Northwest	2,613	1,764	67.1	64.2	69.8
Northeast	1,555	820	54.5	51.1	57.9
Bernalillo County	1,420	817	57.5	53.8	61.3
Southeast	1,231	827	68.4	64.4	72.2
Southwest	1,713	1,094	64.8	61.4	68.1

§ 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 8,837 across some categories for some variables.

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

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

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

OVERWEIGHT OR OBESE — MALES

Table 65. Percentage of adult males who were overweight or obese based on Body Mass Index (BMI \geq 25.0), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI 25.0+ Among Adult Men			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	3,385	2,353	67.8	65.2	70.3
SEXUAL ORIENTATION					
Heterosexual	2,867	1,997	68.0	65.1	70.6
LGBT**	78	47	64.8	48.6	78.2
AGE					
18-24	137	70	50.1	39.6	60.6
25-34	276	200	69.3	61.5	76.1
35-44	428	335	77.6	72.4	82.2
45-54	690	501	72.7	68.5	76.5
55-64	831	593	70.0	65.9	73.8
65-74	592	416	69.0	64.3	73.2
75+	414	228	56.7	51.1	62.0
RACE/ETHNICITY					
American Indian	302	228	68.4	57.5	77.6
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	949	713	72.8	68.0	77.2
White	1,984	1,312	64.5	61.2	67.7
EDUCATION					
Less than High School Graduate	356	262	69.6	60.0	77.7
High School Graduate or G.E.D.	886	616	66.4	61.2	71.3
Some College	852	607	70.2	65.1	74.9
College Graduate	1,284	863	66.5	62.5	70.3
INCOME					
Less than \$10,000	112	71	59.7	44.2	73.5
\$10-19,999	455	309	68.3	60.4	75.3
\$20-49,999	1,186	833	68.2	64.0	72.2
\$50,000 or more	1,348	944	69.0	65.4	72.5
EMPLOYMENT					
Employed	1,864	1,362	71.3	68.1	74.2
Unemployed/Unable to Work	435	296	63.5	55.1	71.2
Homemaker/Student**	71	36	43.1	28.1	59.4
Retired	1,004	651	66.1	62.5	69.5
Geographic Region ⊛					
Northwest	1,060	801	73.1	69.0	76.9
Northeast	627	386	61.5	56.1	66.7
Bernalillo County	543	355	64.2	58.3	69.8
Southeast	472	340	73.1	66.3	79.0
Southwest	683	471	69.8	64.5	74.6

§ 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 8,837 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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OVERWEIGHT OR OBESE — FEMALES

Table 66. Percentage of adult females who were overweight or obese based on Body Mass Index (BMI \geq 25.0), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI 25.0+ Among Adult Women			
		Total # Classified as Overweight or Obese BMI 25.0+	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,147	2,969	55.8	53.7	57.9
SEXUAL ORIENTATION					
Heterosexual	4,423	2,560	55.9	53.6	58.1
LGBT**	95	54	54.9	38.2	70.5
AGE					
18-24**	156	72	40.3	31.3	50.0
25-34	454	261	57.0	50.9	62.8
35-44	677	427	61.3	56.7	65.7
45-54	1,060	647	60.2	56.5	63.8
55-64	1,157	691	60.2	56.7	63.5
65-74	927	533	56.6	52.7	60.4
75+	685	330	50.4	46.0	54.9
RACE/ETHNICITY					
American Indian	454	339	67.5	57.6	76.0
Asian NHOPI**	51	19	42.1	24.8	61.7
Black/AA**	77	50	67.4	51.3	80.3
Hispanic	1,613	1,073	62.6	58.8	66.3
White	2,884	1,455	48.5	45.9	51.2
EDUCATION					
Less than High School Graduate	541	386	67.0	59.7	73.6
High School Graduate or G.E.D.	1,361	821	56.7	52.3	60.9
Some College	1,534	930	59.3	55.2	63.2
College Graduate	1,707	831	48.2	44.9	51.5
INCOME					
Less than \$10,000	280	178	66.2	57.0	74.3
\$10-19,999	828	533	63.1	57.7	68.2
\$20-49,999	1,751	1,061	58.0	54.2	61.6
\$50,000 or more	1,596	855	54.3	50.8	57.8
EMPLOYMENT					
Employed	2,353	1,366	56.9	53.9	59.9
Unemployed/Unable to Work	626	442	68.9	62.9	74.2
Homemaker/Student	841	455	47.6	42.5	52.8
Retired	1,316	702	54.4	51.1	57.6
Geographic Region*					
Northwest	1,553	963	61.1	57.1	64.9
Northeast	928	434	47.4	43.2	51.7
Bernalillo County	877	462	51.0	46.3	55.7
Southeast	759	487	63.8	59.2	68.1
Southwest	1,030	623	59.9	55.5	64.0

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 8,837 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:

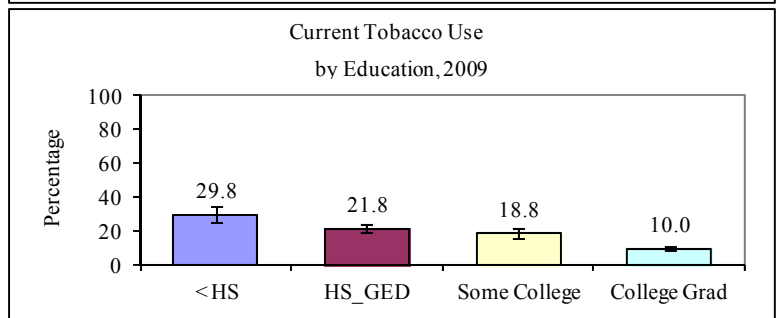
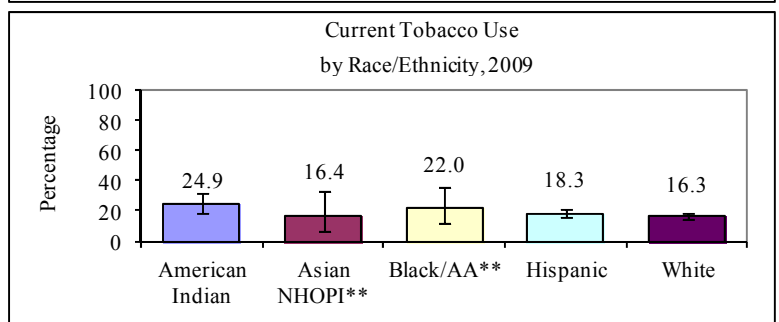
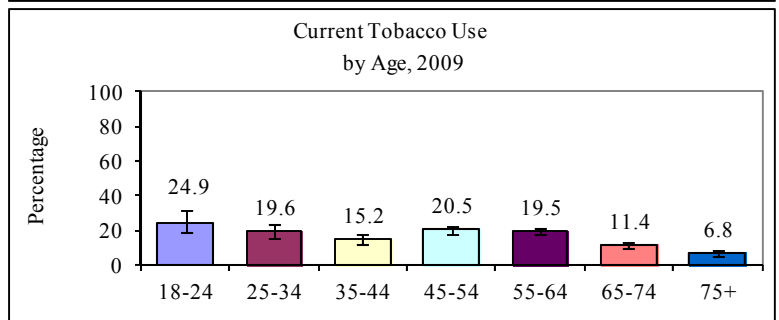
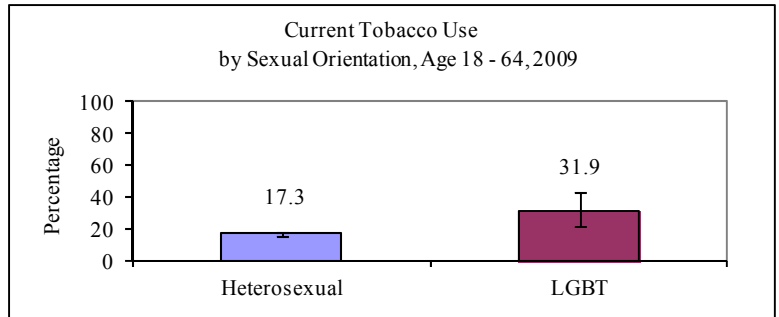
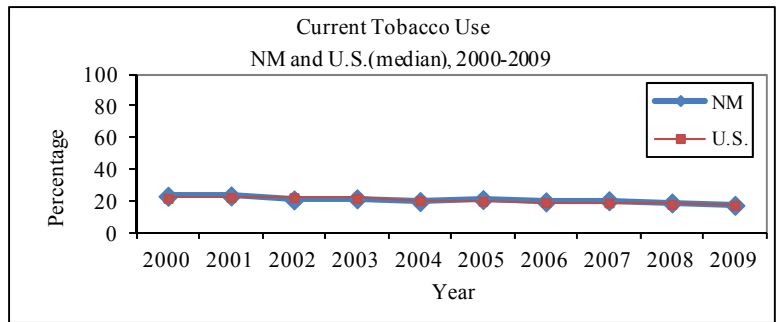
“Have you smoked at least 100 cigarettes in your entire life?”

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

Smoking tobacco has been shown to be a risk factor for lung, oral, bladder, kidney, and pancreatic cancer, as well as for cardiovascular disease, particularly stroke.¹⁶ 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,

- ◆ 17.9% of New Mexico adults were current smokers, which was not statistically different from the U.S. (18.0%).
- ◆ Other than the youngest age group, the prevalence of current smoking was fairly stable through age 64 but was lower within each successive age group above age 64.
- ◆ American Indian adults were more likely to be current smokers than White adults. However, this population is younger, on average, than the White population and smoking is associated with age. Adjusting for differences in the age distributions between the groups explained this difference.
- ◆ The prevalence of smoking was highest among those with the lowest education and annual household income.
- ◆ A greater percentage of adult residents of the SE region were current smokers than adults of Bernalillo Co. or of the NE region. A greater percentage of adult residents of the SW region were current smokers than adults of the NE.
- ◆ Current smokers were more likely than non-smokers to describe their general health as Fair or Poor; to have been unable to do their usual activities in the past 30 days due to poor physical or mental health; to have a disability; or to be unemployed or unable to work.
- ◆ 59.5% of adult smokers tried to quit smoking at least once during the past year.



TOBACCO USE

Table 67. Percentage of adults who were current smokers, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use			
		Total # Reporting Current Smoking	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,813	1,483	17.9	16.6	19.3
SEXUAL ORIENTATION					
Heterosexual	7,490	1,259	17.3	16.0	18.8
LGBT	174	45	31.9	21.8	44.0
AGE					
18-24	302	67	24.9	19.1	31.8
25-34	752	152	19.6	16.1	23.6
35-44	1,140	183	15.2	12.8	18.0
45-54	1,806	367	20.5	18.2	23.0
55-64	2,046	422	19.5	17.5	21.7
65-74	1,568	201	11.4	9.7	13.4
75+	1,131	80	6.8	5.3	8.7
RACE/ETHNICITY					
American Indian	764	135	24.9	19.2	31.7
Asian NHOPI**	89	11	16.4	7.3	32.7
Black/AA**	124	22	22.0	12.4	36.0
Hispanic	2,674	459	18.3	16.0	20.8
White	5,005	818	16.3	14.8	18.0
EDUCATION					
Less than High School Graduate	964	238	29.8	25.0	35.1
High School Graduate or G.E.D.	2,329	465	21.8	19.2	24.6
Some College	2,449	441	18.8	16.2	21.8
College Graduate	3,054	337	10.0	8.7	11.6
INCOME					
Less than \$10,000	420	127	25.6	20.2	31.7
\$10-19,999	1,321	326	28.9	24.9	33.3
\$20-49,999	3,008	532	20.1	17.9	22.4
\$50,000 or more	2,984	342	11.3	9.5	13.2
EMPLOYMENT					
Employed	4,343	694	15.9	14.2	17.6
Unemployed/Unable to Work	1,103	351	33.6	29.1	38.5
Homemaker/Student	970	149	17.9	14.0	22.5
Retired	2,373	286	12.1	10.5	14.0
Geographic Region ⊙					
Northwest	2,684	460	18.3	16.1	20.7
Northeast	1,594	226	15.4	13.0	18.0
Bernalillo County	1,471	227	16.5	13.7	19.6
Southeast	1,289	255	21.1	18.0	24.6
Southwest	1,775	315	19.9	17.1	23.1

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 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 — MALES

Table 68. Percentage of adult males who were current smokers, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use Among Adult Men			
		Total # Reporting Current Smoking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,417	627	19.8	17.8	22.1
SEXUAL ORIENTATION					
Heterosexual	2,885	527	19.0	16.8	21.4
LGBT**	79	20	32.7	19.2	49.8
AGE					
18-24	141	43	32.2	23.3	42.5
25-34	279	64	20.7	15.5	27.2
35-44	428	80	16.4	12.7	21.0
45-54	696	160	22.1	18.4	26.3
55-64	840	186	20.7	17.6	24.2
65-74	598	68	10.3	7.9	13.4
75+	414	21	4.6	2.8	7.3
RACE/ETHNICITY					
American Indian	302	70	32.6	23.4	43.3
Asian NHOPI**	37	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	963	184	21.2	17.5	25.5
White	1,997	339	16.8	14.5	19.3
EDUCATION					
Less than High School Graduate	366	99	33.7	25.9	42.5
High School Graduate or G.E.D.	897	205	26.2	21.8	31.0
Some College	856	172	19.3	15.4	23.9
College Graduate	1,291	151	10.9	8.8	13.5
INCOME					
Less than \$10,000	119	44	28.0	18.8	39.4
\$10-19,999	460	130	32.2	25.7	39.5
\$20-49,999	1,194	242	23.1	19.6	27.1
\$50,000 or more	1,351	153	10.8	8.7	13.5
EMPLOYMENT					
Employed	1,881	333	17.4	15.0	20.1
Unemployed/Unable to Work	441	159	38.9	31.5	46.8
Homemaker/Student**	73	20	21.6	11.6	36.7
Retired	1,011	113	12.5	9.9	15.6
Geographic Region[⊙]					
Northwest	1,067	203	21.9	18.2	26.0
Northeast	631	98	16.9	13.3	21.3
Bernalillo County	545	86	15.9	12.0	20.9
Southeast	482	114	25.6	20.2	31.8
Southwest	692	126	22.9	18.1	28.5

* 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 8,837 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 — FEMALES

Table 69. Percentage of adult females who were current smokers, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Tobacco Use Among Adult Women			
		Total # Reporting Current Smoking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,396	856	16.1	14.6	17.8
SEXUAL ORIENTATION					
Heterosexual	4,605	732	15.8	14.2	17.6
LGBT**	95	25	30.9	17.3	48.9
AGE					
18-24	161	24	17.0	10.4	26.6
25-34	473	88	18.3	14.2	23.4
35-44	712	103	14.0	11.2	17.4
45-54	1,110	207	19.0	16.3	22.1
55-64	1,206	236	18.4	15.9	21.2
65-74	970	133	12.4	10.1	15.1
75+	717	59	8.3	6.2	11.0
RACE/ETHNICITY					
American Indian	462	65	16.0	11.5	21.7
Asian NHOPI**	52	5	14.1	3.4	43.1
Black/AA**	83	15	28.2	14.4	47.8
Hispanic	1,711	275	15.8	13.2	18.9
White	3,008	479	15.9	14.0	18.0
EDUCATION					
Less than High School Graduate	598	139	25.7	20.7	31.5
High School Graduate or G.E.D.	1,432	260	17.6	15.0	20.5
Some College	1,593	269	18.5	15.0	22.5
College Graduate	1,763	186	9.1	7.5	10.9
INCOME					
Less than \$10,000	301	83	23.9	17.8	31.2
\$10-19,999	861	196	26.1	21.3	31.5
\$20-49,999	1,814	290	17.2	14.7	20.0
\$50,000 or more	1,633	189	11.8	9.2	14.9
EMPLOYMENT					
Employed	2,462	361	14.0	12.0	16.1
Unemployed/Unable to Work	662	192	27.9	23.2	33.1
Homemaker/Student	897	129	17.1	13.1	21.9
Retired	1,362	173	11.8	9.8	14.1
Geographic Region[⊛]					
Northwest	1,617	257	14.9	12.6	17.5
Northeast	963	128	13.9	11.1	17.1
Bernalillo County	926	141	17.0	13.4	21.2
Southeast	807	141	16.9	14.0	20.3
Southwest	1,083	189	17.0	14.3	20.2

§ 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 8,837 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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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?”

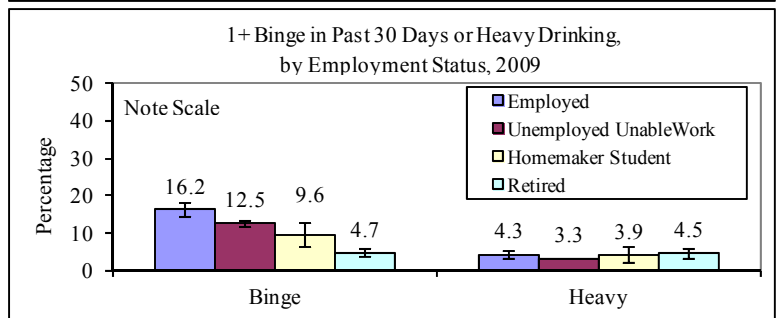
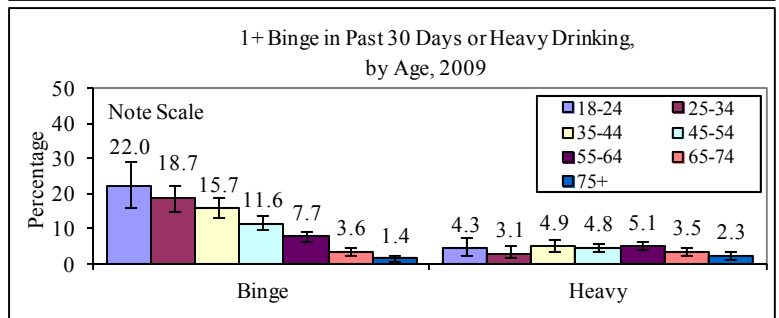
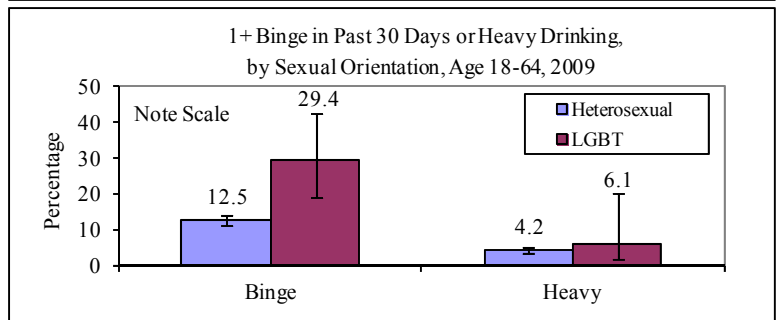
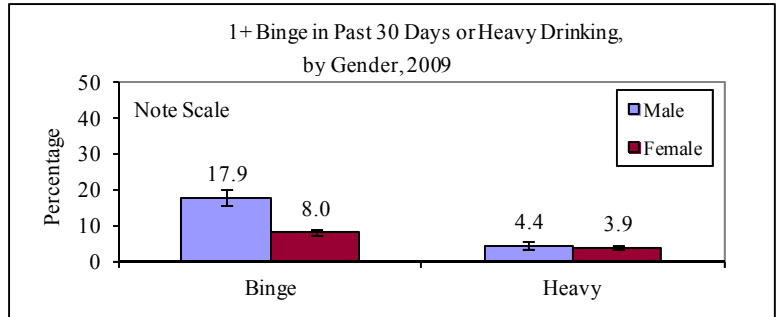
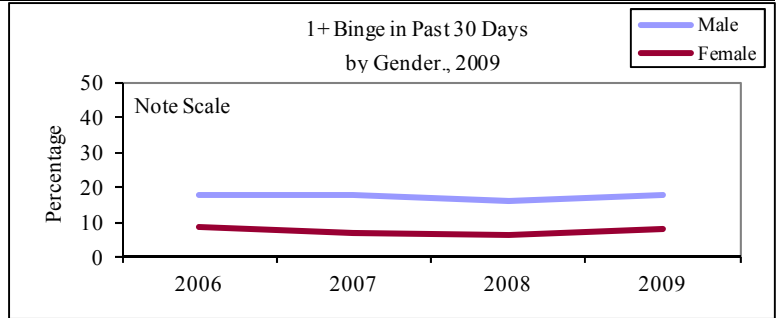
“During the past 30 days, how many times have you driven when you’ve had perhaps too much to drink?”

Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.¹⁷ 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.¹⁸

Though the rates of binge drinking and heavy drinking were lower in NM than the U.S., over the past 20 years, New Mexico has consistently had among the highest alcohol-related death rates in the United States.¹⁸

IN NEW MEXICO,

- ◆ 12.8% of adults were binge drinkers and 4.1% were heavy drinkers. Both estimates were lower than the corresponding estimates for the U.S., 15.0% and 5.1%, respectively.
- ◆ The prevalence of binge drinking was higher within the adult LGBT population than the heterosexual population, 29.4% versus 12.5%, respectively.
- ◆ Binge drinking is strongly associated with age. The percentage of adults who binge drink was highest among the younger age groups.
- ◆ Binge drinking was higher among adult males (17.9%) than adult females (8.0%). There was no measurable difference in heavy drinking.
- ◆ 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.

ALCOHOL CONSUMPTION — BINGE

Table 70. Percentage of adults who binged at least once in the past 30 days (males \geq 5 drinks on one occasion or females \geq 4 drinks), New Mexico, 2009.

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	8,607	762	12.8	11.5	14.2
SEXUAL ORIENTATION					
Heterosexual	7,452	649	12.5	11.1	13.9
LGBT	174	32	29.4	19.1	42.3
AGE					
18-24	295	58	22.0	16.2	29.0
25-34	734	130	18.7	15.3	22.6
35-44	1,120	164	15.7	13.1	18.8
45-54	1,760	182	11.6	9.8	13.7
55-64	1,996	151	7.7	6.3	9.3
65-74	1,530	62	3.6	2.7	4.8
75+	1,112	14	1.4	0.8	2.6
RACE/ETHNICITY					
American Indian	745	91	16.1	11.2	22.6
Asian NHOPI**	86	4	10.8	3.8	26.9
Black/AA**	118	8	6.9	2.9	15.3
Hispanic	2,599	249	13.9	11.9	16.1
White	4,907	402	11.9	10.2	13.8
EDUCATION					
Less than High School Graduate	941	59	10.8	7.3	15.7
High School Graduate or G.E.D.	2,265	197	12.3	10.3	14.7
Some College	2,392	241	14.0	11.8	16.6
College Graduate	2,996	265	12.9	10.6	15.5
INCOME					
Less than \$10,000	410	28	8.9	5.2	14.8
\$10-19,999	1,296	91	11.6	8.8	15.3
\$20-49,999	2,944	279	14.2	12.1	16.5
\$50,000 or more	2,930	313	14.1	12.0	16.6
EMPLOYMENT					
Employed	4,229	513	16.2	14.4	18.2
Unemployed/Unable to Work	1,082	96	12.5	9.2	16.7
Homemaker/Student	956	53	9.6	6.8	13.2
Retired	2,318	100	4.7	3.7	6.1
Geographic Region[⊛]					
Northwest	2,629	225	12.0	10.0	14.4
Northeast	1,551	139	12.7	10.3	15.6
Bernalillo County	1,441	134	13.6	10.8	16.9
Southeast	1,257	113	12.9	10.2	16.3
Southwest	1,729	151	12.3	10.1	15.0

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

ALCOHOL CONSUMPTION — HEAVY

Table 71. Percentage of adults who reported heavy drinking (more than 2 drinks per day for men and more than 1 drink per day for women, on average, in past month), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	8,554	342	4.1	3.6	4.8
SEXUAL ORIENTATION					
Heterosexual	7,414	308	4.2	3.6	4.9
LGBT	171	7	6.1	1.6	20.1
AGE					
18-24	289	13	4.3	2.4	7.6
25-34	729	23	3.1	1.8	5.2
35-44	1,119	46	4.9	3.4	7.0
45-54	1,752	76	4.8	3.7	6.2
55-64	1,990	100	5.1	4.0	6.5
65-74	1,520	59	3.5	2.6	4.6
75+	1,097	24	2.3	1.5	3.5
RACE/ETHNICITY					
American Indian	741	17	2.0	1.1	3.6
Asian NHOPI**	86	-	-	-	-
Black/AA**	116	2	2.4	0.5	11.7
Hispanic	2,586	64	3.7	2.6	5.1
White	4,875	253	5.0	4.3	5.9
EDUCATION					
Less than High School Graduate	935	11	1.5	0.6	3.5
High School Graduate or G.E.D.	2,242	63	3.6	2.6	5.1
Some College	2,379	112	4.9	3.7	6.5
College Graduate	2,986	156	4.8	3.9	5.9
INCOME					
Less than \$10,000	411	10	2.5	1.1	5.5
\$10-19,999	1,290	31	2.7	1.5	4.6
\$20-49,999	2,935	115	4.2	3.3	5.4
\$50,000 or more	2,916	157	5.1	4.1	6.3
EMPLOYMENT					
Employed	4,204	179	4.3	3.5	5.3
Unemployed/Unable to Work	1,079	36	3.3	2.1	5.2
Homemaker/Student	951	26	3.9	2.4	6.4
Retired	2,299	101	4.5	3.5	5.8
Geographic Region[⊙]					
Northwest	2,609	86	3.2	2.5	4.2
Northeast	1,543	71	5.1	3.6	7.2
Bernalillo County	1,435	64	4.1	3.0	5.6
Southeast	1,245	48	4.6	3.1	6.9
Southwest	1,722	73	4.2	3.0	5.6

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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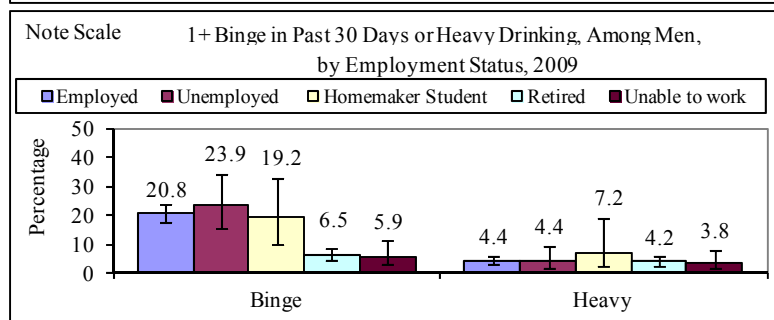
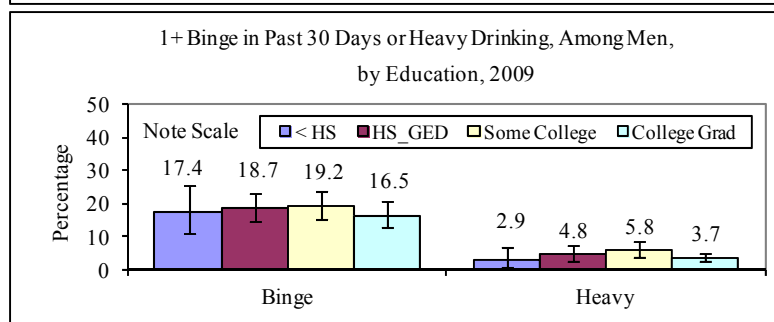
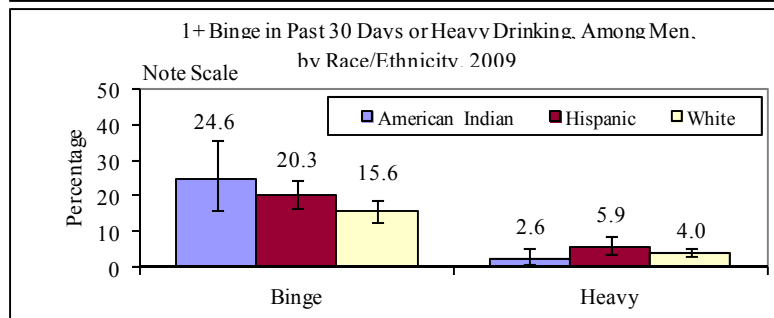
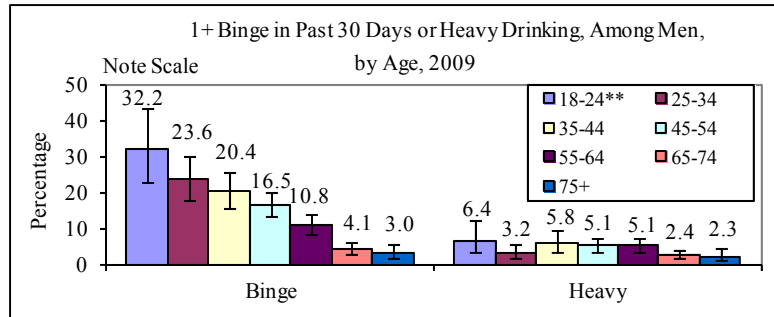
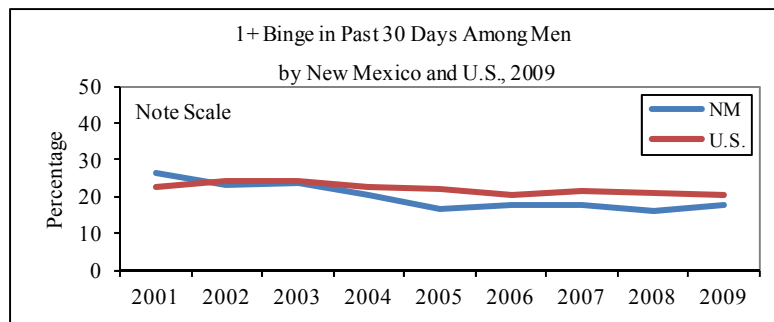
ALCOHOL CONSUMPTION — MALES

The relationship of drinking behavior to demographic factors follows similar patterns between men and women but the magnitude is quite different. Males have roughly twice the alcohol-related death rates of females, in both the United States and in New Mexico.¹⁸

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 NEW MEXICO,

- ◆ 17.9% of adult males reported binge drinking in the past 30 days which was less than that of the U.S. (20.5%).
- ◆ Binge drinking among men declined over the first half of the past decade, from 26.6% in 2001 to 16.7% in 2005. Since then, the prevalence of binge drinking has remained relatively stable.
- ◆ 4.4% of adult males reported heavy drinking, which was similar to that of the U.S. (5.8%).
- ◆ Among males, binge drinking was highest among those age 18-34 and was much lower among older adult males. For heavy drinking there was no clear association with age.
- ◆ Apparent differences in binge and heavy drinking by Race/Ethnicity were not statistically significant. Small sample size prevented reporting of a estimates for all groups.
- ◆ Adult males who were retired or who were unable to work had the lowest prevalence of binge drinking. After adjustment for differences in age distribution across employment categories, only those who were unable to work (disability) had a lower prevalence of binge drinking. There was no difference in heavy drinking by employment status.



- ◆ Binge and heavy drinking were not associated with education level, annual household income, or region of residence.

BINGE DRINKING — MALES

Table 72. Percentage of adult males who binged (≥ 5 drinks on an occasion) at least once in the past 30 days, New Mexico, 2009.

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	3,314	446	17.9	15.7	20.3
SEXUAL ORIENTATION					
Heterosexual	2,856	373	17.6	15.2	20.2
LGBT**	79	20	39.4	24.2	56.9
AGE					
18-24	137	42	32.2	22.8	43.3
25-34	269	75	23.6	18.1	30.2
35-44	422	83	20.4	15.9	25.7
45-54	669	109	16.5	13.3	20.2
55-64	812	92	10.8	8.4	13.8
65-74	579	32	4.1	2.8	6.1
75+	409	12	3.0	1.6	5.6
RACE/ETHNICITY					
American Indian	291	55	24.6	16.2	35.5
Asian NHOPI**	35	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	925	153	20.3	16.8	24.5
White	1,952	225	15.6	12.8	19.0
EDUCATION					
Less than High School Graduate	353	44	17.4	11.2	25.9
High School Graduate or G.E.D.	867	129	18.7	15.0	23.0
Some College	829	130	19.2	15.2	23.9
College Graduate	1,260	143	16.5	12.8	21.1
INCOME					
Less than \$10,000**	116	15	16.6	8.5	29.8
\$10-19,999	444	52	17.7	12.5	24.3
\$20-49,999	1,166	157	19.3	15.9	23.2
\$50,000 or more	1,317	195	18.3	14.8	22.3
EMPLOYMENT					
Employed	1,817	308	20.8	17.9	24.1
Unemployed/Unable to Work	427	57	18.4	12.6	26.0
Homemaker/Student** ^ψ	72	15	19.2	10.4	32.6
Retired	989	66	6.5	4.8	8.8
Geographic Region[⊛]					
Northwest	1,040	141	19.2	15.4	23.6
Northeast	604	77	17.0	12.9	21.9
Bernalillo County	531	66	16.9	12.2	22.9
Southeast	465	69	19.2	14.3	25.3
Southwest	674	93	18.0	14.1	22.7

* 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 8,837 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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HEAVY DRINKING — MALES

Table 73. Percentage of adult males who reported heavy drinking (2 or more drinks per day, on average, in past month), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking Among Adult Men: 3+ Drinks/Day			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,286	145	4.4	3.6	5.6
SEXUAL ORIENTATION					
Heterosexual	2,838	129	4.6	3.6	5.8
LGBT**	77	3	1.2	0.4	3.7
AGE					
18-24	134	9	6.4	3.2	12.3
25-34	265	14	3.2	1.7	5.7
35-44	422	22	5.8	3.5	9.5
45-54	661	28	4.4	2.9	6.7
55-64	810	44	5.1	3.4	7.5
65-74	575	18	2.4	1.5	3.9
75+	402	10	2.3	1.2	4.3
RACE/ETHNICITY					
American Indian	289	10	2.6	1.2	5.5
Asian NHOPI**	35	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	916	40	5.9	3.9	8.6
White	1,937	91	4.0	3.1	5.2
EDUCATION					
Less than High School Graduate	347	8	2.9	1.2	7.1
High School Graduate or G.E.D.	858	30	4.8	3.0	7.6
Some College	824	51	5.8	3.9	8.5
College Graduate	1,252	56	3.7	2.7	5.2
INCOME					
Less than \$10,000**	118	4	3.5	1.1	11.0
\$10-19,999	441	17	4.6	2.3	8.8
\$20-49,999	1,157	59	5.1	3.6	7.2
\$50,000 or more	1,311	56	4.1	2.9	5.9
EMPLOYMENT					
Employed	1,799	78	4.4	3.3	5.8
Unemployed/Unable to Work	426	22	4.2	2.3	7.5
Homemaker/Student**	71	4	7.2	2.5	19.1
Retired	981	41	4.2	2.8	6.3
Geographic Region[⊙]					
Northwest	1,032	42	3.6	2.5	5.2
Northeast	603	27	6.0	3.5	9.9
Bernalillo County	528	18	3.2	1.9	5.6
Southeast	455	25	6.7	3.9	11.3
Southwest	668	33	4.7	3.0	7.2

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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⊕ Among Males, 90% were students.

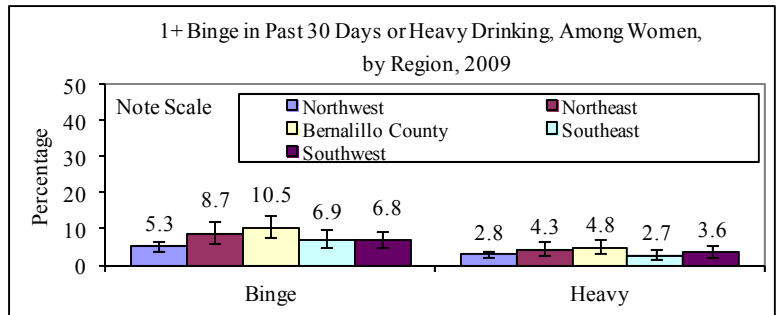
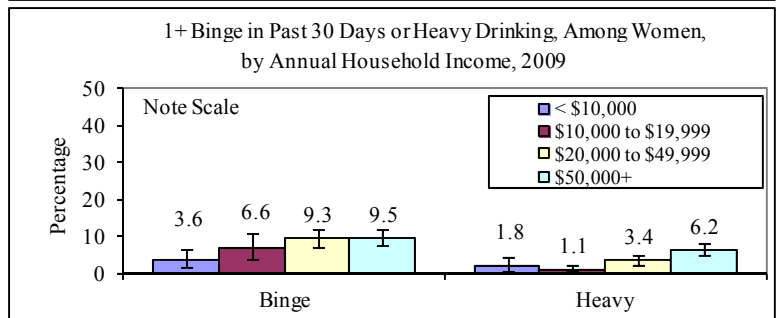
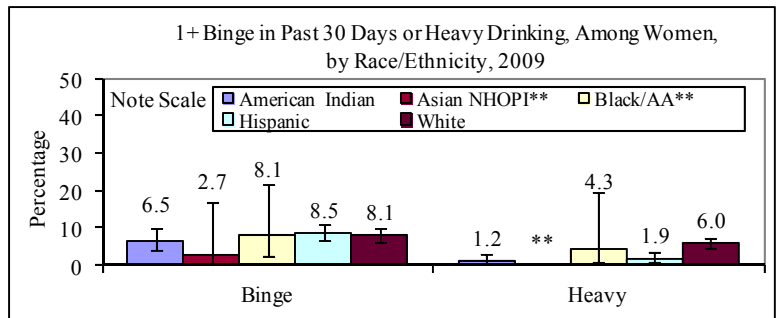
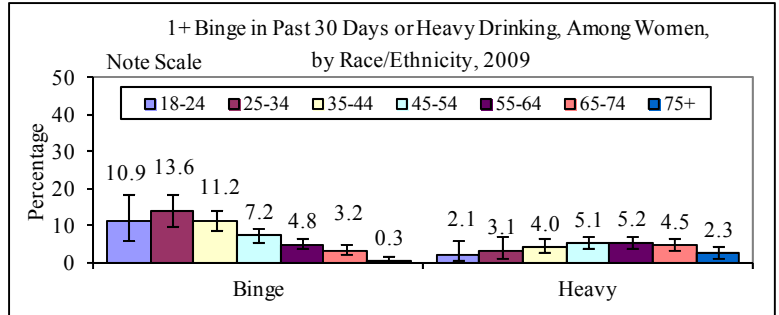
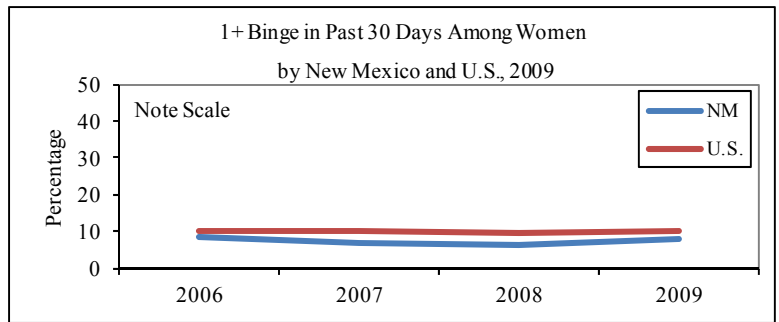
ALCOHOL CONSUMPTION — FEMALES

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

In New Mexico, as across the country, the prevalence of binge drinking among adult women is much lower than among adult men. There was no difference in heavy drinking by gender.

IN NEW MEXICO,

- ◆ Binge drinking among adult females has remained fairly stable over time and has remained slightly lower (8.0% in 2009) than that of adults across the U.S. (9.9%).
- ◆ 3.9% of adult females reported heavy drinking, which was lower than the U.S. (4.5%).
- ◆ Binge drinking was lower among older women.
- ◆ Apparent differences in binge drinking by Race/Ethnicity were not statistically significant, even after adjusting for differences in age distribution between the groups. The prevalence of heavy drinking was significantly higher among White women than American Indian and Hispanic women. Small sample size made comparison between other groups difficult.
- ◆ There was no statistically measureable difference in either binge drinking or heavy drinking by education status.
- ◆ Women living in households with an annual income of \$20,000 or more were more likely to binge and those of households of \$50,000 or more were more likely to be heavy drinkers.
- ◆ Women residing in Bernalillo County were more likely to binge than women living in the Northeast region. There were no differences by region of residence within the state for heavy drinking.



BINGE DRINKING — FEMALES

Table 74. Percentage of adult females who binged (≥ 4 drinks on an occasion) at least once in the past 30 days, New Mexico, 2009.

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	5,293	316	8.0	6.8	9.3
SEXUAL ORIENTATION					
Heterosexual	4,596	276	7.7	6.6	9.0
LGBT**	95	12	18.4	7.4	38.9
AGE					
18-24	158	16	10.9	6.2	18.3
25-34	465	55	13.6	9.9	18.4
35-44	698	81	11.2	8.6	14.3
45-54	1,091	73	7.2	5.5	9.3
55-64	1,184	59	4.8	3.6	6.5
65-74	951	30	3.2	2.1	4.8
75+	703	2	0.3	0.1	1.5
RACE/ETHNICITY					
American Indian	454	36	6.5	4.1	10.1
Asian NHOPI**	51	1	2.7	0.4	17.2
Black/AA**	80	4	8.1	2.7	21.9
Hispanic	1,674	96	8.5	6.6	11.0
White	2,955	177	8.1	6.5	9.9
EDUCATION					
Less than High School Graduate	588	15	4.3	1.8	9.9
High School Graduate or G.E.D.	1,398	68	6.2	4.6	8.4
Some College	1,563	111	10.0	7.7	13.0
College Graduate	1,736	122	8.9	7.0	11.3
INCOME					
Less than \$10,000	294	13	3.6	1.8	6.8
\$10-19,999	852	39	6.6	3.9	10.7
\$20-49,999	1,778	122	9.3	7.2	12.0
\$50,000 or more	1,613	118	9.5	7.5	12.0
EMPLOYMENT					
Employed	2,412	205	10.5	8.7	12.6
Unemployed/Unable to Work	655	39	6.2	4.1	9.3
Homemaker/Student ^ψ	884	38	7.5	5.0	11.2
Retired	1,329	34	2.8	1.8	4.4
Geographic Region[⊙]					
Northwest	1,589	84	5.3	4.1	6.8
Northeast	947	62	8.7	6.3	12.0
Bernalillo County	910	68	10.5	7.8	13.9
Southeast	792	44	6.9	4.8	9.8
Southwest	1,055	58	6.8	4.8	9.5

* 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 8,837 across some categories for some variables.

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

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^ψ Among Females, 87% were homemakers.

HEAVY DRINKING — FEMALES

Table 75. Percentage of adult females who reported heavy drinking (more than 1 drink per day, on average, in past month), New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking Among Adult Women: 2+ Drinks/Day			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	5,268	197	3.9	3.2	4.7
SEXUAL ORIENTATION					
Heterosexual	4,576	179	3.9	3.2	4.7
LGBT**	94	4	11.3	2.7	36.6
AGE					
18-24	155	4	2.1	0.8	5.9
25-34	464	9	3.1	1.3	7.2
35-44	697	24	4.0	2.5	6.4
45-54	1,091	48	5.1	3.7	7.0
55-64	1,180	56	5.2	3.9	6.9
65-74	945	41	4.5	3.2	6.3
75+	695	14	2.3	1.3	4.1
RACE/ETHNICITY					
American Indian	452	7	1.2	0.5	3.2
Asian NHOPI**	51	-	-	-	-
Black/AA**	80	2	4.3	0.8	19.4
Hispanic	1,670	24	1.9	1.0	3.4
White	2,938	162	6.0	4.9	7.3
EDUCATION					
Less than High School Graduate	588	3	0.2	0.0	0.7
High School Graduate or G.E.D.	1,384	33	2.5	1.7	3.8
Some College	1,555	61	4.2	2.8	6.3
College Graduate	1,734	100	6.0	4.7	7.6
INCOME					
Less than \$10,000	293	6	1.8	0.7	4.6
\$10-19,999	849	14	1.1	0.6	2.0
\$20-49,999	1,778	56	3.4	2.4	4.9
\$50,000 or more	1,605	101	6.2	4.7	8.1
EMPLOYMENT					
Employed	2,405	101	4.2	3.2	5.6
Unemployed/Unable to Work	653	14	2.4	1.2	4.7
Homemaker/Student	880	22	3.2	1.9	5.5
Retired	1,318	60	4.9	3.7	6.4
Geographic Region[⊙]					
Northwest	1,577	44	2.8	2.0	4.1
Northeast	940	44	4.3	2.9	6.4
Bernalillo County	907	46	4.8	3.3	7.0
Southeast	790	23	2.7	1.7	4.3
Southwest	1,054	40	3.6	2.3	5.5

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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⊕ Among Females, 87% were homemakers.

MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

QUESTION:

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

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

“On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

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

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

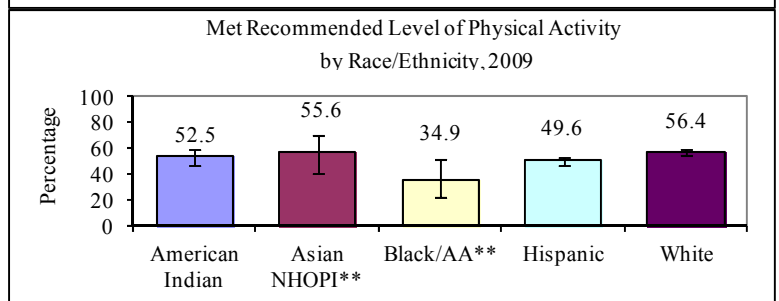
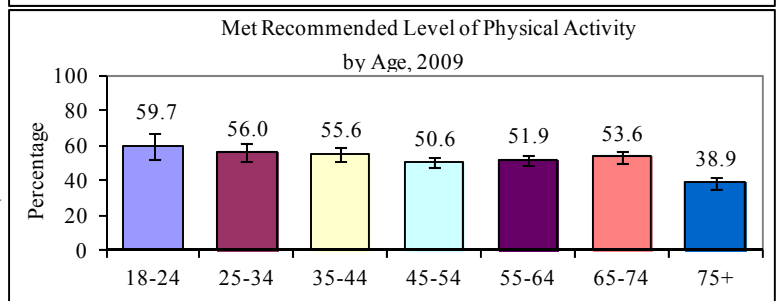
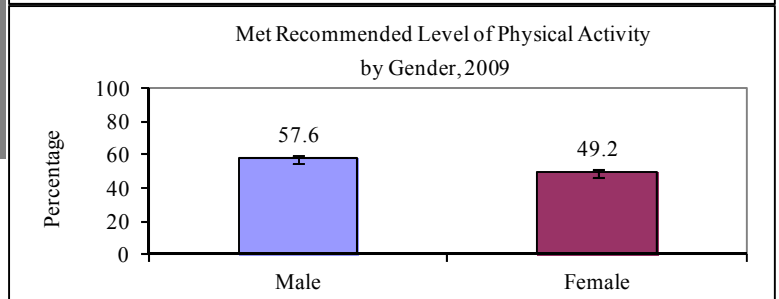
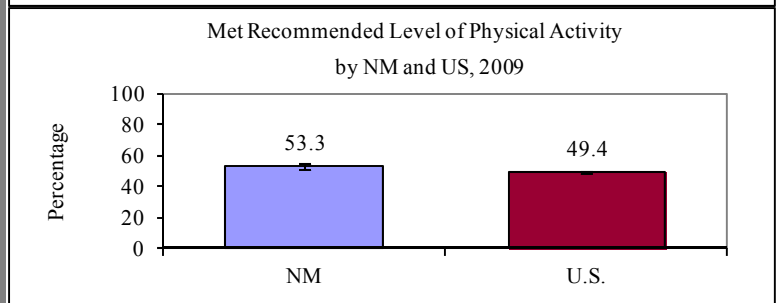
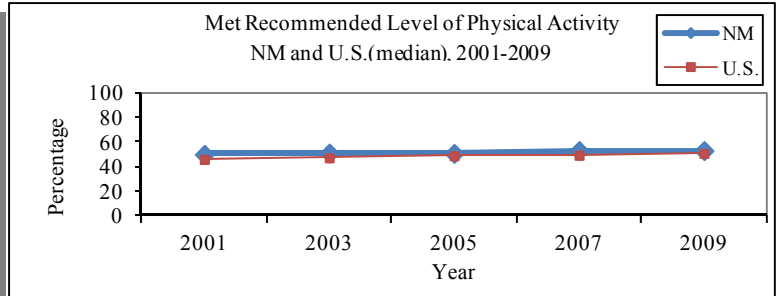
“On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?”

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.¹⁹

Recommendation: Strengthening exercise twice per week and 150 minutes per week of moderate activity or 75 minutes per week of vigorous activity.²⁰

IN NEW MEXICO,

- ◆ 53.3% of adults met recommended levels of physical activity. This percentage was slightly higher than that of the U.S. (49.4%). New Mexico and national rates of recommended physical activity have remained stable over the past eight years.
- ◆ Adult males (53.3%) were slightly more likely to have met recommended levels of physical activity than adult females (49.2%), even after adjusting for differences in age distribution.
- ◆ The rate of recommended physical activity was fairly similar across age groups with the exception of the oldest group, age 75+.

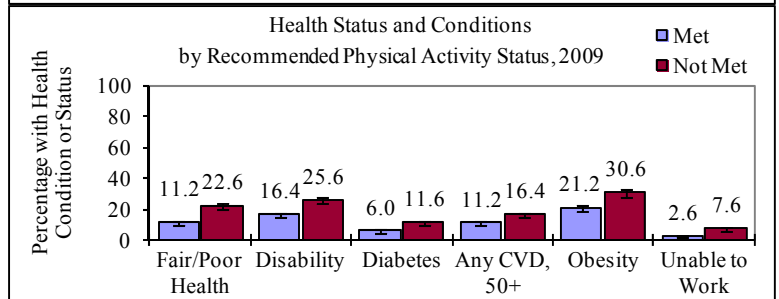
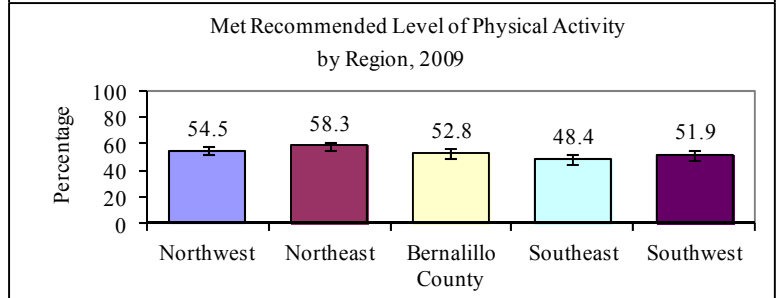
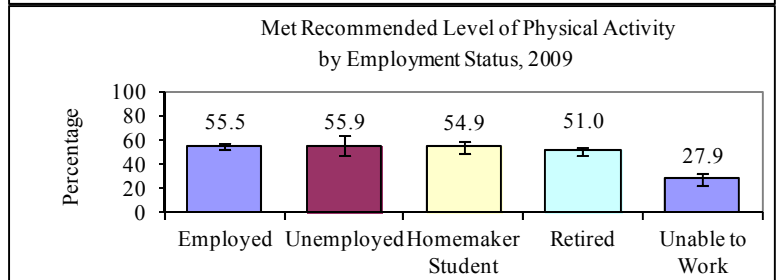
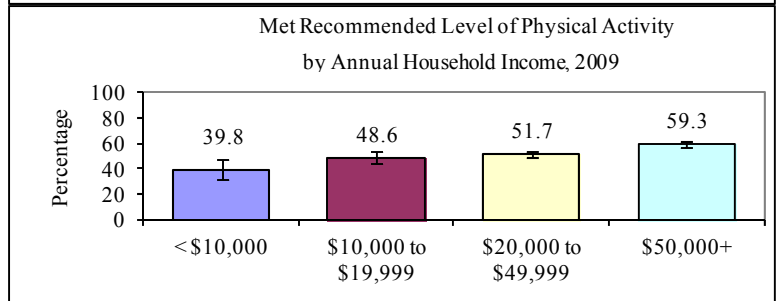
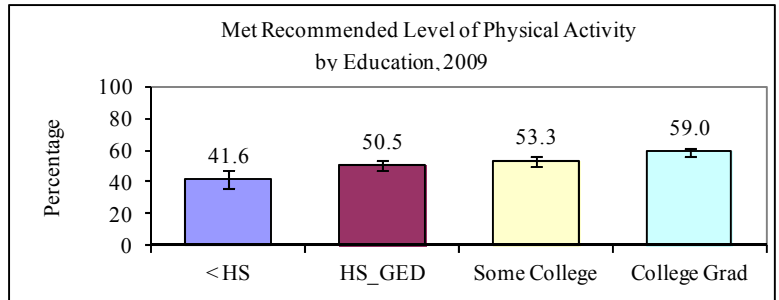


- ◆ Though recommended levels of physical activity appear to vary by Race/Ethnicity, there was little measurable difference between groups. White adults were slightly more likely to have met recommended levels than Hispanic or Black/African American adults. Adjustment for differences in age distribution did not change this relationship.

MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

IN NEW MEXICO,

- ◆ There was a clear association between physical activity and annual household income and education level. While 41.6% of adults with less than a high school education met recommended levels of physical activity, nearly sixty percent (59.0%) of adults with a college education met recommended levels. While just short of forty percent (39.8%) of adults living in households with annual income of less than \$10,000 met recommended levels of physical activity, nearly sixty percent (59.3%) of adults living in households with annual income of \$50,000 or more met recommended levels of physical activity.
- ◆ Physical activity was similar across employment categories with the exception of Unable to Work. Less than thirty percent (27.9%) of adults who were unable to work met recommended levels of physical activity. Nearly all adults (86.2%) in this employment category had some form of disability.
- ◆ Adults residing in the Southeast region (48.4%) of the state were less likely to have met recommended levels of physical activity than those of the Northeast region (58.3%).
- ◆ Adults who met recommended levels of physical activity were less likely to have fair or poor general health status (11.2% vs. 22.6%), less likely to have a disability (16.4% vs. 25.6%), diabetes (6.0% vs. 11.6%), any cardiovascular disease (11.2% vs. 16.4%), to be obese (21.2% vs. 30.6%), or to be unable to work (2.6% vs. 7.6%). However, it should be noted that this survey cannot describe the direction of these relationships; in other words, which came first, the poor health condition which might then limit physical activity, or low levels of physical activity which might increase likelihood of a variety of health conditions.



MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

Table 76. Percentage of adults who met recommended level of physical activity, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Level of Physical Activity			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	8,080	4,129	53.3	51.6	55.0
SEXUAL ORIENTATION					
Heterosexual	7,294	3,753	53.3	51.5	55.1
LGBT	170	86	53.4	41.6	64.9
AGE					
18-24	281	170	59.7	52.3	66.7
25-34	699	395	56.0	50.9	61.0
35-44	1,066	590	55.6	51.8	59.3
45-54	1,657	846	50.6	47.5	53.7
55-64	1,898	977	51.9	49.1	54.7
65-74	1,434	744	53.6	50.4	56.7
75+	992	381	38.9	35.4	42.5
RACE/ETHNICITY					
American Indian	672	340	52.5	45.8	59.2
Asian NHOPI**	77	41	55.6	40.5	69.7
Black/AA**	112	40	34.9	21.3	51.5
Hispanic	2,439	1,159	49.6	46.5	52.7
White	4,646	2,468	56.4	54.2	58.6
EDUCATION					
Less than High School Graduate	849	299	41.6	36.1	47.3
High School Graduate or G.E.D.	2,079	996	50.5	47.2	53.9
Some College	2,278	1,166	53.3	49.9	56.6
College Graduate	2,861	1,659	59.0	56.3	61.7
INCOME					
Less than \$10,000	375	136	39.8	32.1	48.1
\$10-19,999	1,187	528	48.6	43.9	53.4
\$20-49,999	2,785	1,409	51.7	48.9	54.5
\$50,000 or more	2,817	1,645	59.3	56.6	61.9
EMPLOYMENT					
Employed	4,007	2,190	55.5	53.1	57.8
Unemployed/Unable to Work	1,002	395	45.5	40.3	50.8
Homemaker/Student	895	457	54.9	49.7	59.9
Retired	2,157	1,080	51.0	48.3	53.6
Geographic Region ⊛					
Northwest	2,446	1,273	54.5	51.5	57.5
Northeast	1,481	850	58.3	54.9	61.7
Bernalillo County	1,350	666	52.8	48.9	56.6
Southeast	1,168	513	48.4	44.3	52.4
Southwest	1,635	827	51.9	48.3	55.4

§ 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 were excluded. Consequently, the sample sizes may not add to 8,837 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.

MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY — MALES

Table 77. Percentage of adult males who met recommended level of physical activity, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Level of Physical Activity Among Adult Men			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,142	1,730	57.6	54.8	60.2
SEXUAL ORIENTATION					
Heterosexual	2,816	1,557	57.5	54.7	60.4
LGBT**	78	39	56.2	39.9	71.2
AGE					
18-24	132	90	65.9	55.0	75.4
25-34	259	157	60.4	52.3	68.0
35-44	407	257	63.7	57.8	69.2
45-54	628	326	50.1	45.2	55.0
55-64	775	417	53.4	49.1	57.8
65-74	553	310	56.7	51.8	61.5
75+	372	165	45.0	39.2	50.9
RACE/ETHNICITY					
American Indian	265	151	58.5	48.2	68.1
Asian NHOPI**	32	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	888	481	57.2	52.2	62.1
White	1,855	1,024	57.4	53.9	60.8
EDUCATION					
Less than High School Graduate	325	133	47.2	38.5	56.2
High School Graduate or G.E.D.	809	440	57.9	52.7	62.9
Some College	793	456	59.4	53.7	64.9
College Graduate	1,209	696	59.2	54.9	63.3
INCOME					
Less than \$10,000	109	41	29.3	19.4	41.5
\$10-19,999	408	196	53.6	45.8	61.2
\$20-49,999	1,114	611	57.6	53.2	61.8
\$50,000 or more	1,266	747	61.3	57.4	65.0
EMPLOYMENT					
Employed	1,721	980	58.4	55.0	61.8
Unemployed/Unable to Work	403	189	53.1	44.8	61.3
Homemaker/Student**	71	48	69.3	53.0	81.9
Retired	938	510	54.4	50.5	58.3
Geographic Region ⊛					
Northwest	974	535	57.4	53.0	61.8
Northeast	586	364	65.0	59.7	70.0
Bernalillo County	500	269	57.2	51.0	63.2
Southeast	432	213	54.5	47.9	61.0
Southwest	650	349	54.4	48.7	59.9

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 8,837 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.

MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY — FEMALES

Table 78. Percentage of adult females who met recommended level of physical activity, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Level of Physical Activity Among Adult Women			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,938	2,399	49.2	47.0	51.3
SEXUAL ORIENTATION					
Heterosexual	4,478	2,196	49.3	47.1	51.5
LGBT**	92	47	50.3	33.9	66.7
AGE					
18-24	149	80	52.8	42.9	62.6
25-34	440	238	51.4	45.3	57.5
35-44	659	333	47.3	42.7	51.9
45-54	1,029	520	51.1	47.3	54.8
55-64	1,123	560	50.5	46.9	54.0
65-74	881	434	50.7	46.7	54.7
75+	620	216	34.5	30.2	39.0
RACE/ETHNICITY					
American Indian	407	189	45.3	37.3	53.5
Asian NHOPI**	45	-	-	-	-
Black/AA**	76	-	-	-	-
Hispanic	1,551	678	43.2	39.4	47.0
White	2,791	1,444	55.4	52.8	58.0
EDUCATION					
Less than High School Graduate	524	166	35.7	29.6	42.2
High School Graduate or G.E.D.	1,270	556	43.3	39.3	47.5
Some College	1,485	710	48.4	44.3	52.6
College Graduate	1,652	963	58.9	55.5	62.1
INCOME					
Less than \$10,000	266	95	46.9	37.3	56.7
\$10-19,999	779	332	44.4	39.0	50.0
\$20-49,999	1,671	798	46.1	42.6	49.7
\$50,000 or more	1,551	898	57.1	53.5	60.7
EMPLOYMENT					
Employed	2,286	1,210	51.8	48.7	54.8
Unemployed/Unable to Work	599	206	37.1	31.4	43.0
Homemaker/Student	824	409	51.6	46.4	56.8
Retired	1,219	570	47.2	43.8	50.7
Geographic Region[⊛]					
Northwest	1,472	738	51.7	47.7	55.7
Northeast	895	486	51.9	47.5	56.3
Bernalillo County	850	397	48.6	43.8	53.3
Southeast	736	300	42.5	38.0	47.1
Southwest	985	478	49.4	45.1	53.8

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 8,837 across some categories for some variables.

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

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

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

RISK FACTORS FOR HIV INFECTION

QUESTION:

“...please tell me if any of the situations apply to you.
You do not need to tell me which one:

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

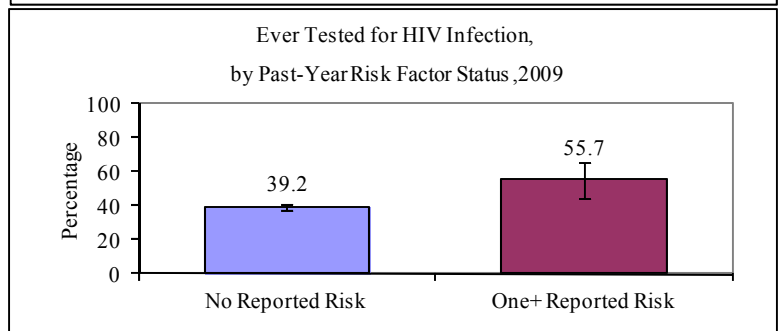
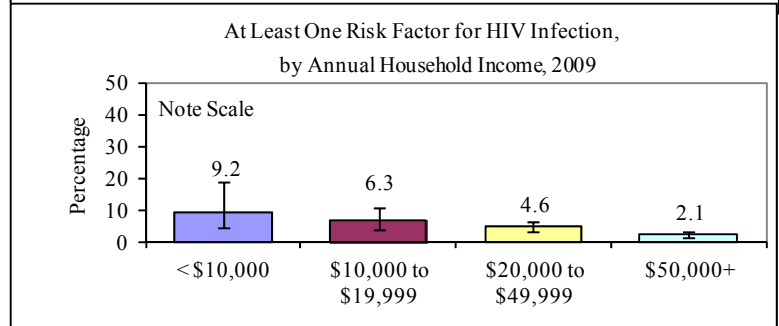
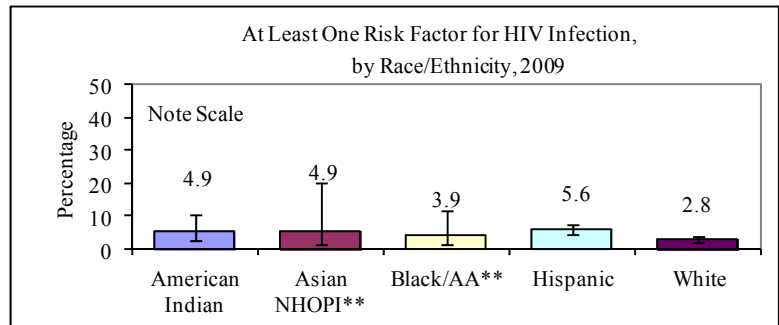
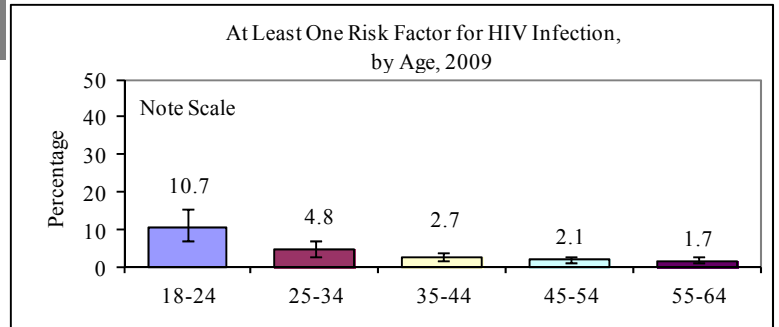
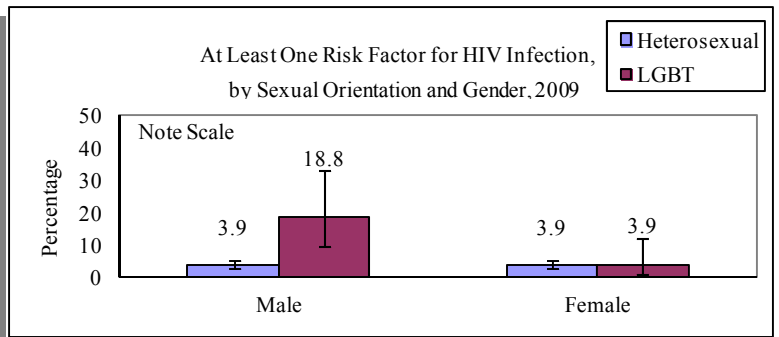
Do any of these situations apply to you? ”

Among reported cases of HIV infection in NM, the most prevalent risk factor category was men having sex with men, followed by injection-drug use.⁷

The wording of this question has changed over the years. These results can be compared to results for 2008, but should not be compared to those of earlier years.

IN NEW MEXICO,

- ◆ 4.1% of adults reported one or more risk factors for HIV infection. There was no measurable difference between males and females, overall; however, males who were Gay or Bisexual, were significantly more likely to report one or more risk factors for HIV.
- ◆ 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 lowest 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. However, only slightly more than half of those reporting one or more risk factors reported ever having been tested for HIV infection.
- ◆ The chart at the top of the page indicates that male LGBT had the highest prevalence of at least one risk factor. Among this population, 71.8% had ever been tested for HIV infection.



RISK FACTORS FOR HIV INFECTION

Table 79. Percentage of adults with one or more risk factors for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors 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	5,694	167	4.1	3.3	5.1
SEXUAL ORIENTATION					
Heterosexual	5,211	138	3.9	3.1	5.0
LGBT	146	19	11.7	6.6	19.8
AGE					
18-24	277	31	10.7	7.2	15.7
25-34	686	35	4.8	3.1	7.2
35-44	1,069	32	2.7	1.8	4.0
45-54	1,681	40	2.1	1.4	3.0
55-64	1,923	29	1.7	1.1	2.8
RACE/ETHNICITY					
American Indian	595	18	4.9	2.2	10.2
Asian NHOPI**	67	2	4.9	1.1	20.2
Black/AA**	85	5	3.9	1.3	11.4
Hispanic	1,869	71	5.6	4.1	7.5
White	2,978	70	2.8	2.0	3.9
EDUCATION					
Less than High School Graduate	525	26	5.1	3.1	8.2
High School Graduate or G.E.D.	1,411	39	5.1	3.4	7.7
Some College	1,682	60	5.5	3.9	7.9
College Graduate	2,067	42	1.9	1.3	2.7
INCOME					
Less than \$10,000	266	19	9.2	4.2	18.7
\$10-19,999	773	32	6.3	3.6	10.8
\$20-49,999	1,824	55	4.6	3.2	6.4
\$50,000 or more	2,282	44	2.1	1.5	3.0
EMPLOYMENT					
Employed	3,662	91	3.5	2.6	4.7
Unemployed/Unable to Work	869	39	5.4	3.6	7.9
Homemaker/Student	669	31	6.4	4.1	10.0
Retired	481	5	1.1	0.4	3.1
Geographic Region ⊛					
Northwest	1,844	53	4.2	2.8	6.1
Northeast	1,032	47	6.4	4.4	9.2
Bernalillo County	939	21	2.4	1.4	4.2
Southeast	800	16	5.3	2.8	9.7
Southwest	1,079	30	4.6	2.8	7.3

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 8,837 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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RISK FACTORS HIV INFECTION — MALES

Table 80. Percentage of adult males with one or more risk factors for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors for HIV Infection Among Adult Men Less Than Age 65			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,242	77	4.3	3.2	5.9
SEXUAL ORIENTATION					
Heterosexual	2,027	57	3.9	2.8	5.6
LGBT**	65	15	18.8	9.9	33.0
AGE					
18-24	130	17	11.0	6.4	18.3
25-34	251	11	4.8	2.3	9.5
35-44	409	14	2.6	1.5	4.5
45-54	645	17	2.2	1.3	3.6
55-64	789	18	2.2	1.2	4.0
RACE/ETHNICITY					
American Indian	234	7	5.6	2.0	15.2
Asian NHOPI**	27	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	691	38	6.9	4.6	10.2
White	1,211	28	2.1	1.2	3.6
EDUCATION					
Less than High School Graduate	225	11	4.8	2.4	9.5
High School Graduate or G.E.D.	580	20	5.6	3.2	9.8
Some College	606	22	5.6	3.2	9.7
College Graduate	826	24	2.3	1.4	3.8
INCOME					
Less than \$10,000**	87	7	12.4	3.9	33.1
\$10-19,999	273	13	5.4	2.2	12.5
\$20-49,999	723	26	4.9	3.0	7.9
\$50,000 or more	980	22	2.2	1.3	3.7
EMPLOYMENT					
Employed	1,593	49	4.0	2.7	6.0
Unemployed/Unable to Work	367	17	4.9	2.7	8.8
Homemaker/Student**	67	7	7.9	3.3	17.8
Retired	210	3	1.5	0.4	5.4
Geographic Region[⊛]					
Northwest	742	24	3.8	2.3	6.4
Northeast	414	26	8.6	5.3	13.8
Bernalillo County	348	7	1.2	0.5	2.9
Southeast	307	7	7.1	3.0	16.0
Southwest	431	13	5.1	2.6	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", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 8,837 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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RISK FACTORS FOR HIV INFECTION — FEMALES

Table 81. Percentage of adult females with one or more risk factors for HIV, New Mexico, 2009.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors for HIV Infection Among Adult Women Less Than Age 65			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,452	90	3.9	2.9	5.2
SEXUAL ORIENTATION					
Heterosexual	3,184	81	3.9	2.9	5.3
LGBT**	81	4	3.9	1.2	12.0
AGE					
18-24	147	14	10.4	5.7	18.2
25-34	435	24	4.7	3.0	7.4
35-44	660	18	2.9	1.7	4.8
45-54	1,036	23	2.0	1.1	3.5
55-64	1,134	11	1.3	0.6	2.7
RACE/ETHNICITY					
American Indian	361	11	3.9	1.4	10.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	56	3	4.2	1.0	16.3
Hispanic	1,178	33	4.4	2.8	6.9
White	1,767	42	3.5	2.3	5.3
EDUCATION					
Less than High School Graduate	300	15	5.5	2.8	10.5
High School Graduate or G.E.D.	831	19	4.6	2.6	8.1
Some College	1,076	38	5.4	3.4	8.6
College Graduate	1,241	18	1.5	0.9	2.6
INCOME					
Less than \$10,000	179	12	6.5	3.0	13.3
\$10-19,999	500	19	7.1	3.4	14.1
\$20-49,999	1,101	29	4.3	2.7	6.7
\$50,000 or more	1,302	22	2.0	1.2	3.2
EMPLOYMENT					
Employed	2,069	42	2.8	1.8	4.3
Unemployed/Unable to Work	502	22	5.9	3.6	9.6
Homemaker/Student	602	24	6.0	3.5	10.2
Retired	271	2	0.7	0.1	3.2
Geographic Region[⊛]					
Northwest	1,102	29	4.5	2.5	7.9
Northeast	618	21	4.1	2.4	6.8
Bernalillo County	591	14	3.6	1.9	6.9
Southeast	493	9	3.5	1.7	7.0
Southwest	648	17	4.0	2.1	7.3

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

* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 8,837 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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APPENDICES

APPENDIX I—METHODS

The 2009 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. According to the National Health Interview Survey, in the latter half of 2009, only 69% of New Mexico adults subscribed to landline telephone service.²³ 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.²⁴

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.²⁵ Beginning in 2011, the NM BRFSS will include a full sample of cell-phone-only adults, which should address many concerns regarding the shift to exclusive use of cell phones.

In 2009, 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 2009 sample size was 8,837.

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 2009, 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 a higher 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

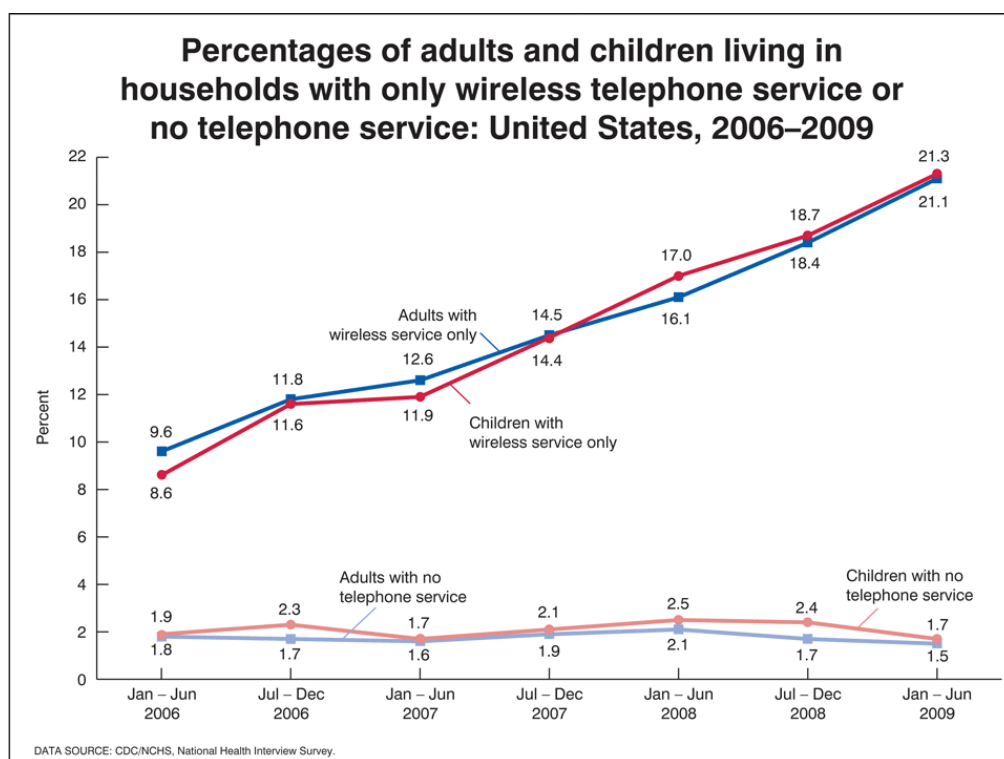
Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The information presented below was abstracted from two sources: the BRFSS User's Guide²⁷ and an article from the Journal of the American Statistical Association.²⁸

Sampling error results because the estimates are based on a sample of the population rather than a census of the entire population. 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.
 - ◆ Only a small test sample of adults living in cell-phone-only households was included. The proportion of the adult population that can be reached by landline telephone is decreasing rapidly across the country. Rates of landline telephone non-coverage were lower for some subgroups within the population than for others, e.g., lower income households may be under-represented in the final estimates.



- ◆ **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
 - ◆ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers or a disability that precludes participation in a telephone interview.
 - ◆ Item non-response occurs when a respondent refuses to answer a particular question or doesn't know or can't recall the answer, or the question is inadvertently skipped in the interview (though use of a computer-aided telephone interviewing system, Ci3 CATI, in the case of the NM BRFSS, prevents errors in skip patterns).

APPENDIX I—METHODS

Non-sampling error, continued:

- ◆ **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.

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.

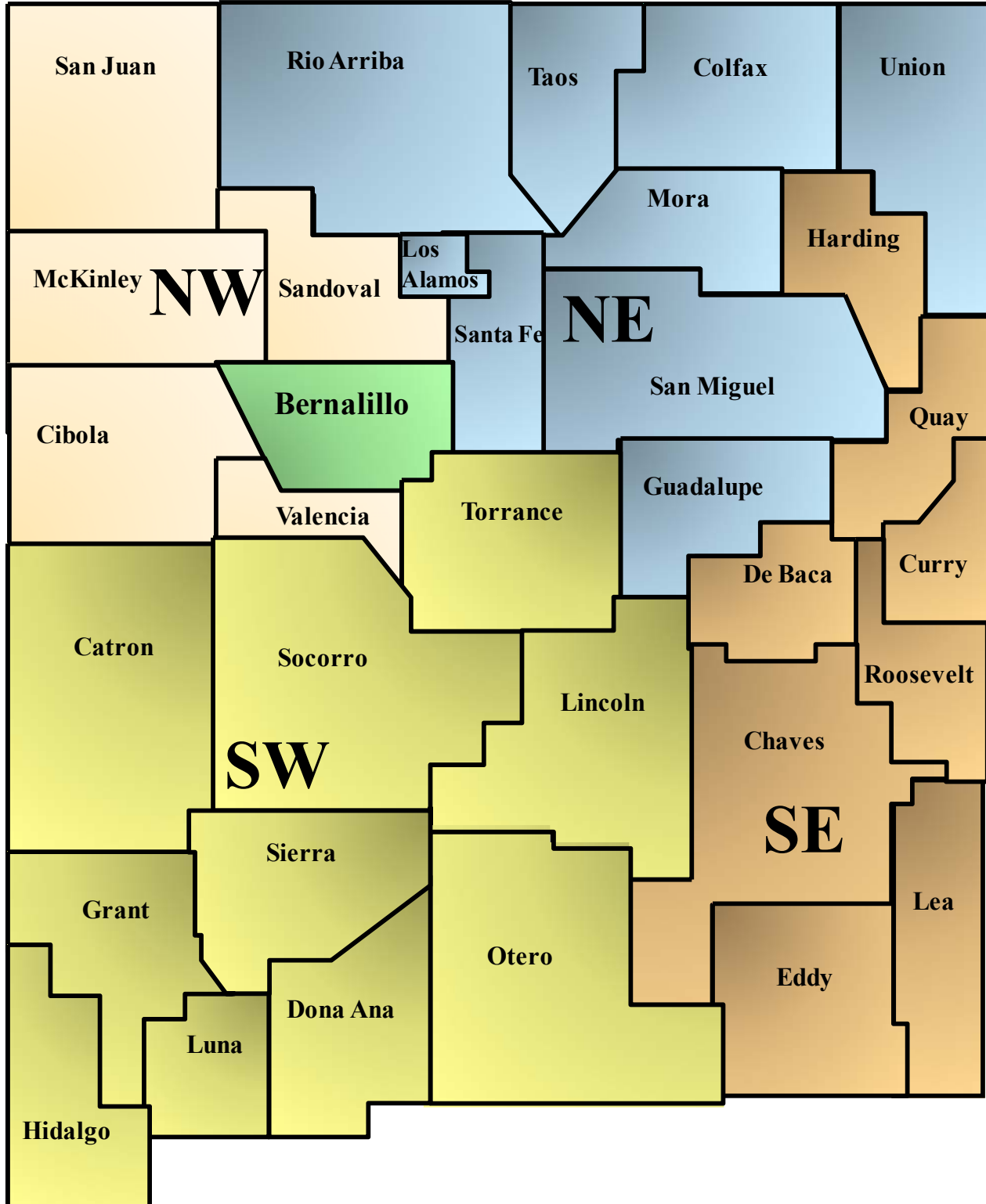
- ◆ The Sampling Weight adjusts for the fact that adults within the population had different probabilities of being included in the sample, because:
 - ◆ Households with phone numbers in the low-density stratum (described under Sample Selection above) had a lower probability of being selected than households 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 11 MP software was used for all analyses in this report. Stata 11 MP includes a suite of data analysis commands which are specifically designed for the analysis of complex sample survey data, such as that of the BRFSS.

APPENDIX II—MAP

The 2009 NM BRFSS sample was stratified according to the NM Department of Health Regions of the time, depicted below, with the exception that Dona Ana County was treated as a stratum separate from the rest of Region 5. Estimates for Regions have been presented at the bottom of each table, throughout this report.



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