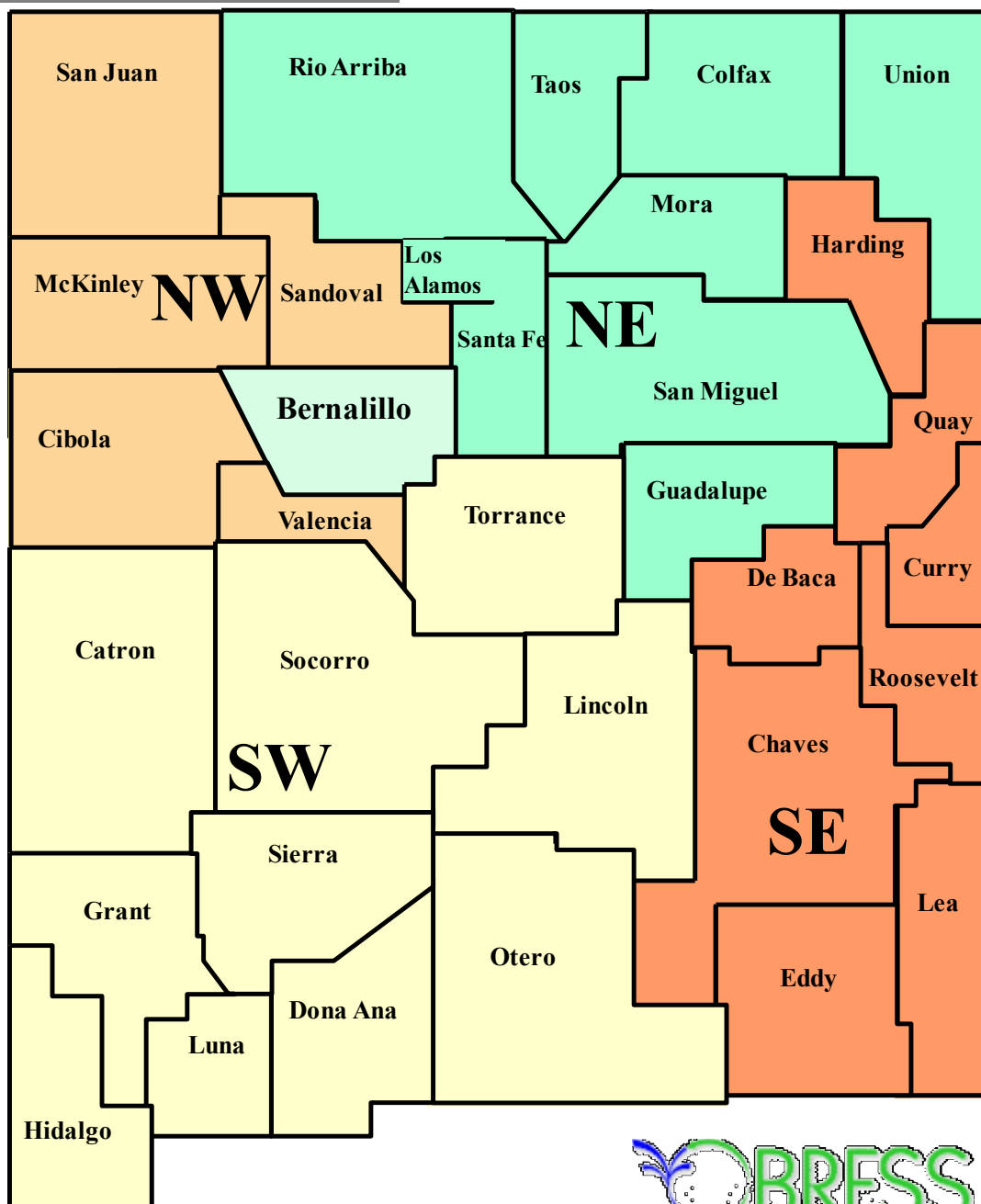




# *Health Behaviors and Conditions of Adult New Mexicans*

*2010*



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

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Adult New Mexicans  
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Behavioral Risk Factor Surveillance System  
(BRFSS)*

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# ACKNOWLEDGMENTS

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The 2010 BRFSS survey was funded by a cooperative agreement with the Centers for Disease Control and Prevention (Grant numbers 5U58DP001980-02 and 3U58DP001980-02W2), and through support from the Chronic Disease Prevention and Control Bureau, the Family Health Bureau, and the Epidemiology & Response Division, of the New Mexico Department of Health.

BRFSS data and supporting documentation are available at:

[www.cdc.gov/brfss](http://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 2010 questionnaire can be obtained by contacting: Wayne Honey at (505) 476-3595 or [wayne.honey@state.nm.us](mailto: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, use a cell phone or live in a private residential household with landline telephone service, are eligible for the survey. Adults who do not have a cell phone for personal use or have access to a landline telephone but live in group homes or in institutions, such as prisons, college dormitories, or nursing homes, or live in a household without a cell phone or landline telephone, are not eligible for the survey.

Estimates presented here are based on the landline sample, only. The CDC will formally include cellular telephone data beginning with the 2011 BRFSS. The estimates presented here can be compared to previous years.

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 1980s, 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 2010 NM BRFSS report is available in .pdf format at the NM Department of Health website:

**[http://nmhealth.org/ERD/HealthData/health\\_behaviors.shtml](http://nmhealth.org/ERD/HealthData/health_behaviors.shtml)**

# 2010 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2010 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):**

- Alcohol Consumption
- Asthma
- Cancer, History of
- Cardiovascular Disease Prevalence
- Colorectal Cancer Screening
- Cardiovascular Disease
- Depression
- Diabetes
- Disability
- General Health Status
- Healthy Days
- Health Care Access
- HIV Test History
- Immunization
- Injury, Falls
- Oral Health
- Overweight/Obesity
- Physical Activity
- Smoking, Cigarettes
- Women's Health
  - PAP Test
  - Breast Cancer Screening

## **Optional Modules**

- Anxiety and Depression
- Cancer Survivorship
- Childhood Asthma Prevalence
- H1N1 Adult Immunization
- High-Risk Health Care Worker
- Influenza-like Illness
- Pre-Diabetes & Diabetes Modules
- Random Child Selection

## **Demographics Section (all states):**

- Age
- Annual Household Income
- County of Residence
- Current Pregnancy Status (asked of female respondents less than 45 years of age)
- Education
- Employment Status
- Gender
- Height
- Marital Status
- Number of Children in Household
- Number of Residential Telephone Numbers
- Race/Ethnicity
- Telephone Coverage History
- Veteran Status
- Weight
- Zip Code of Residence

## **State-added Questions on the following topics were included:**

- Anxiety & Depression
- Binge Drinking
- Falls
- Incarceration
- Indian Health Service Coverage
- Industry and Occupation
- Sexual Orientation
- Suicide
- Tribal Affiliation
- Veteran's Administration Coverage



# LIMITATIONS OF BRFSS DATA

Households without landline telephones were 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 landline 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, a rapidly increasing proportion of the adult population is moving to exclusive use of cellular telephones. 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 the 2009 report. The 2010 NM BRFSS included a larger sample of cellular telephones but these were excluded from this report, as well. 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 the 2011 report, and will continue to be included into the future.

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 and 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 2010 NM BRFSS was 77.2%, well above the CDC minimum target of 65.0%. If the 22.8% 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. Since little is known about non-respondents, the magnitude and direction of any such bias is unknown.

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 2010 NM BRFSS was 61.0%, well above the CDC minimum target of 40.0%.

# 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 12.0 MP was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Stata 12.0 MP is statistical analysis software that takes into consideration the complex sample design of the BRFSS in order 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 2010 NEW MEXICO SAMPLE

Table 1. Demographics of the 2010 New Mexico BRFSS Sample.

Demographic Characteristics	2010 BRFSS Data			2010 Claritus Censal Estimates <sup>¥</sup>
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
<b>TOTAL</b>	6,997	100.0	100.0	
<b>GENDER</b>				
Male	2,729	39.0	48.8	48.8
Female	4,268	61.0	51.2	51.2
<b>AGE</b>				
18-24	211	3.7	13.9	13.4
25-34	517	10.6	18.0	18.2
35-44	829	14.5	17.4	16.6
45-54	1,289	20.6	18.7	18.3
55-64	1,730	22.3	14.9	15.5
65-74	1,333	16.4	9.1	9.7
75+	1,024	11.9	7.7	8.3
<b>RACE/ETHNICITY§</b>				
American Indian	595	8.6	7.6	7.9
Asian or NHOPI	62	0.9	1.5	3.0
Black/AA	89	1.3	1.8	2.2
Hispanic	2,123	30.8	38.9	41.8
White	4,017	58.3	50.2	45.1
<b>EDUCATION</b>				
Less than High School Graduate	793	11.4	12.2	18.8
High School Graduate or G.E.D.	1,889	27.1	27.9	28.3
Some College	1,828	26.2	26.9	30.8
College Graduate	2,468	35.4	33.1	22.1
<b>INCOME</b>				
Less than \$10,000	418	6.8	6.0	NA
\$10-19,999	1,061	17.3	17.0	NA
\$20-49,999	2,346	38.2	36.3	NA
\$50,000 or more	2,313	37.7	40.7	NA
<b>EMPLOYMENT</b>				
Employed	3,295	47.2	53.6	NA
Unemployed/Unable to Work	901	12.9	15.3	NA
Homemaker/Student	744	10.7	14.8	NA
Retired	2,044	29.3	16.3	NA
<b>Geographic Region☼</b>				
Northwest	2,118	30.5	20.6	20.6
Northeast	1,286	18.5	15.2	15.1
Bernalillo County	1,260	18.1	32.3	32.3
Southeast	1,051	15.1	12.1	12.0
Southwest	1,241	17.8	19.8	20.0

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes across categories for some variables may not add to 6,997.

¥ 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 2010. New Mexico rates were also compared to that of the U.S.\*, and are presented as being either better than (■), worse than (□), or similar to (■) meaning no statistically significant difference, to the U.S. rate. Relevant Healthy People 2010 objectives are presented in the far right column.

Risk Factor/Condition	Weighted Percent (95% CI)	New Mexico vs. U.S.* Rate^	HP2010 Objective
Have Health Insurance Coverage, Age 18+	<b>80.9</b> (79.2, 82.6)	Worse	100%
Have Health Care Coverage, Age 18-64	<b>77.0</b> (74.9, 79.0)	Worse	100%
General Health Status Reported as Fair or Poor	<b>18.3</b> (17.0, 19.6)	Worse	NA
No oral health visit in the past year	<b>32.8</b> (31.1, 34.6)	Worse	≥ 56%
Flu shot during the past year Age 65+	<b>69.3</b> (67.0, 71.4)	Better	≥ 90%
Pneumococcal vaccine ever Age 65+	<b>68.8</b> (66.2, 70.8)	Similar	≥ 90%
Colorectal cancer sigmoidoscopy Age 50+	<b>61.3</b> (59.5, 63.0)	Worse	≥ 50%
Mammogram within past 2 years - Women Age 50+	<b>75.2</b> (73.3, 77.1)	Worse	≥ 70%
Pap smear within past 3 years	<b>80.4</b> (77.9, 82.7)	Similar	≥ 90
Diabetes	<b>8.5</b> (7.8, 9.3)	Similar	< 2.5%
Disability	<b>23.0</b> (21.6, 24.4)	Worse	NA
Current smoking	<b>18.5</b> (16.9, 20.1)	Similar	≤ 12%
Binge drinking 5+ drinks on occasion, Males and Females	<b>11.1</b> (9.8, 12.5)	Better	≤ 14%
Binge drinking 5+ drinks on occasion, Males	<b>16.0</b> (13.7, 18.6)	Better	NA
Binge drinking 5+ drinks on occasion, Females	<b>6.5</b> (5.4, 7.8)	Better	NA
Obese (BMI ≥ 30.0)	<b>25.6</b> (24.0, 27.3)	Better	≤ 15%
Did not engage in physical activities in the past 30 days	<b>21.6</b> (20.2, 23.1)	Better	≤ 20%
Any Cardiovascular Disease (MI, CHD, or Stroke) Age 50+	<b>14.0</b> (12.8, 15.2)	Better	NA

\* 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.

# GENERAL HEALTH STATUS

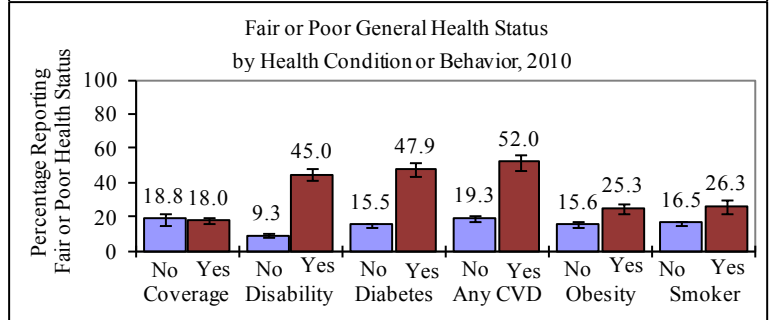
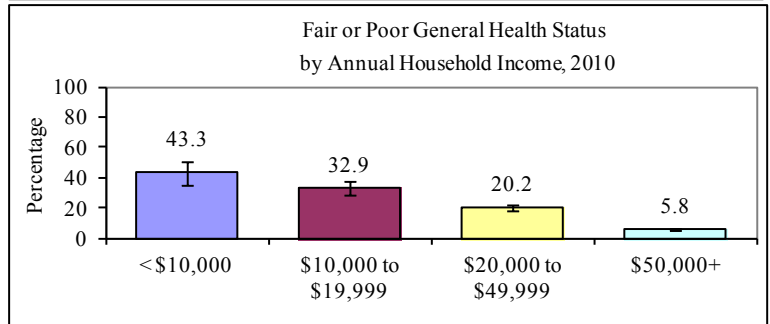
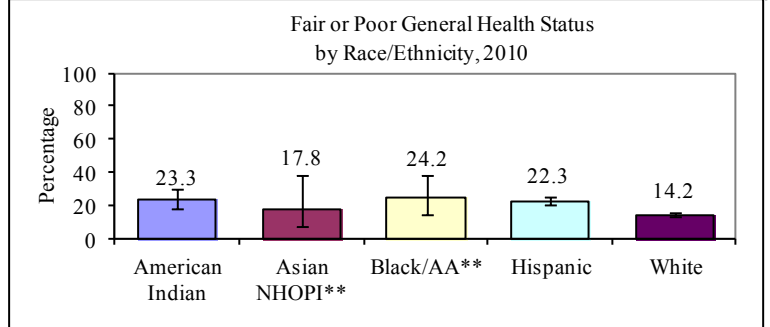
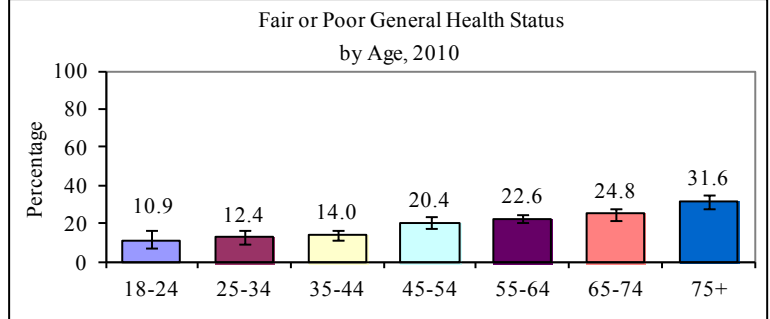
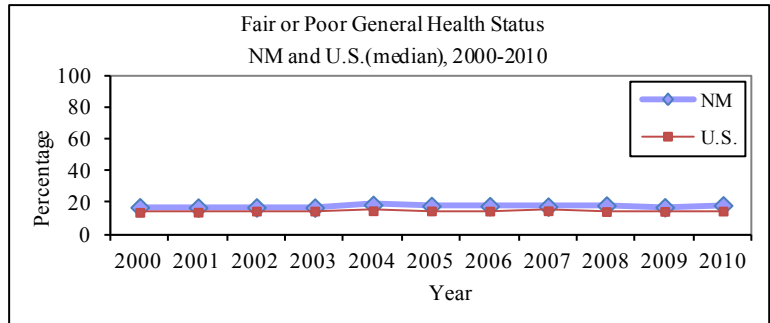
## QUESTION:

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

### IN NEW MEXICO,

- ◆ In 2010, the general health status of 81.7% of adults was excellent, very good, or good. The general health status of 18.3% of adults was fair or poor. This percentage was higher than that of the U.S. (16.1%).
- ◆ There was no difference between men and women, even after adjusting for differences in age distribution.
- ◆ Older adults were more likely to report fair or poor general health status.
- ◆ There was no difference by sexual orientation.
- ◆ American Indian and Hispanic adults were more likely to report fair or poor general health status than White, non-Hispanic adults.
- ◆ Adults with higher education or greater 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.
- ◆ There was no significant difference in self-reported health status by region of residence.
- ◆ Several important health characteristics were associated with Fair or Poor Health Status. For example, 52.0% of adults with a history of cardiovascular disease had Fair or Poor Health while only 19.3% of adults without a history of cardiovascular disease had 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, 2010.

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
<b>TOTAL</b>	6,987	1,538	18.3	17.0	19.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,594	1,425	18.2	16.9	19.6
LGBT	162	36	15.5	9.5	24.3
<b>AGE</b>					
18-24	211	23	10.9	7.1	16.6
25-34	517	66	12.4	9.1	16.7
35-44	829	131	14.0	11.4	17.0
45-54	1,288	255	20.4	17.8	23.4
55-64	1,729	404	22.6	20.2	25.1
65-74	1,331	329	24.8	22.1	27.7
75+	1,020	322	31.6	28.3	35.1
<b>RACE/ETHNICITY</b>					
American Indian	593	142	23.3	17.8	29.8
Asian NHOPI**	62	7	17.8	7.0	38.3
Black/AA**	89	29	24.2	14.0	38.4
Hispanic	2,122	643	22.3	20.0	24.8
White	4,010	696	14.2	12.8	15.7
<b>EDUCATION</b>					
Less than High School Graduate	791	381	35.2	30.2	40.6
High School Graduate or G.E.D.	1,886	529	24.5	21.7	27.6
Some College	1,826	359	16.6	14.3	19.1
College Graduate	2,465	264	8.1	6.8	9.6
<b>INCOME</b>					
Less than \$10,000	418	223	43.3	35.7	51.1
\$10-19,999	1,058	425	32.9	28.6	37.5
\$20-49,999	2,343	522	20.2	18.0	22.7
\$50,000 or more	2,311	168	5.8	4.7	7.1
<b>EMPLOYMENT</b>					
Employed	3,295	396	10.3	9.0	11.8
Unemployed/Unable to Work	900	458	40.6	35.8	45.7
Homemaker/Student	743	165	16.5	13.0	20.6
Retired	2,037	515	25.1	22.9	27.5
<b>Geographic Region</b> ⊛					
Northwest	2,115	442	16.8	14.7	19.1
Northeast	1,285	241	18.3	15.3	21.7
Bernalillo County	1,259	240	16.8	14.2	19.7
Southeast	1,048	298	22.3	19.4	25.5
Southwest	1,239	307	20.0	17.1	23.2

§ 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 were excluded. Consequently, the sample sizes may not add to 6,997 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, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,724	601	18.8	16.8	20.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,576	558	18.7	16.7	21.0
LGBT**	66	14	13.2	5.8	27.3
<b>AGE</b>					
18-24**	101	10	9.5	4.9	17.6
25-34	215	33	14.8	9.6	22.2
35-44	308	51	13.3	9.6	18.2
45-54	514	109	22.1	17.8	27.0
55-64	688	165	24.2	20.4	28.4
65-74	496	107	23.5	19.4	28.2
75+	377	121	34.5	29.1	40.4
<b>RACE/ETHNICITY</b>					
American Indian	213	54	25.1	15.8	37.5
Asian NHOPI**	22	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	789	243	22.2	18.6	26.3
White	1,608	278	14.8	12.7	17.3
<b>EDUCATION</b>					
Less than High School Graduate	282	120	30.0	22.8	38.4
High School Graduate or G.E.D.	751	229	26.6	22.2	31.5
Some College	648	141	17.3	13.8	21.6
College Graduate	1,039	109	9.0	7.0	11.5
<b>INCOME</b>					
Less than \$10,000	124	64	41.0	27.6	55.9
\$10-19,999	367	149	30.1	23.7	37.4
\$20-49,999	920	243	23.6	20.0	27.7
\$50,000 or more	1,053	86	6.9	5.1	9.3
<b>EMPLOYMENT</b>					
Employed	1,415	174	10.5	8.6	12.8
Unemployed/Unable to Work	381	198	41.8	34.8	49.1
Homemaker/Student**	62	10	12.8	5.8	26.2
Retired	864	219	26.4	23.1	30.1
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	822	171	17.0	13.9	20.5
Northeast	511	112	21.3	16.6	27.0
Bernalillo County	493	102	18.9	14.8	23.9
Southeast	392	107	21.9	17.4	27.1
Southwest	492	104	16.5	12.7	21.2

\* 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 6,997 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, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,263	937	17.8	16.3	19.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,018	867	17.7	16.1	19.4
LGBT**	96	22	17.8	9.9	30.0
<b>AGE</b>					
18-24**	110	13	12.5	6.9	21.5
25-34	302	33	9.9	6.4	14.8
35-44	521	80	14.6	11.4	18.6
45-54	774	146	18.9	15.8	22.6
55-64	1,041	239	21.1	18.4	24.2
65-74	835	222	25.9	22.5	29.6
75+	643	201	29.5	25.5	33.8
<b>RACE/ETHNICITY</b>					
American Indian	380	88	21.8	16.2	28.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	15	10.0	4.7	20.3
Hispanic	1,333	400	22.3	19.4	25.4
White	2,402	418	13.5	11.8	15.4
<b>EDUCATION</b>					
Less than High School Graduate	509	261	39.8	33.3	46.7
High School Graduate or G.E.D.	1,135	300	22.4	19.0	26.1
Some College	1,178	218	15.9	13.2	19.0
College Graduate	1,426	155	7.2	5.6	9.1
<b>INCOME</b>					
Less than \$10,000	294	159	45.0	37.1	53.1
\$10-19,999	691	276	35.4	30.0	41.2
\$20-49,999	1,423	279	17.0	14.5	19.8
\$50,000 or more	1,258	82	4.5	3.5	5.9
<b>EMPLOYMENT</b>					
Employed	1,880	222	10.1	8.4	12.0
Unemployed/Unable to Work	519	260	39.3	32.9	46.0
Homemaker/Student	681	155	17.5	13.8	21.8
Retired	1,173	296	23.7	21.0	26.8
<b>Geographic Region</b> ⊛					
Northwest	1,293	271	16.6	14.0	19.7
Northeast	774	129	15.4	12.0	19.6
Bernalillo County	766	138	14.7	11.9	18.1
Southeast	656	191	22.7	19.2	26.6
Southwest	747	203	23.3	19.3	27.9

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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

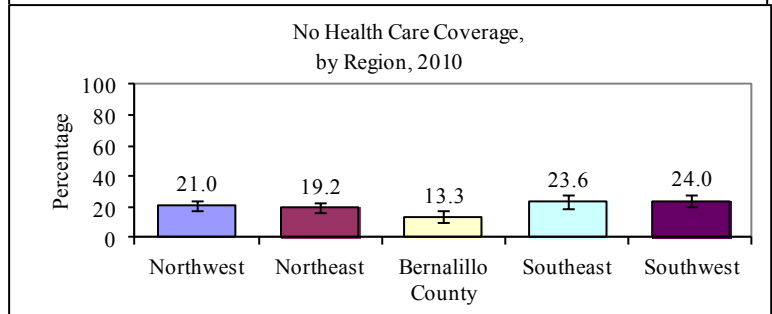
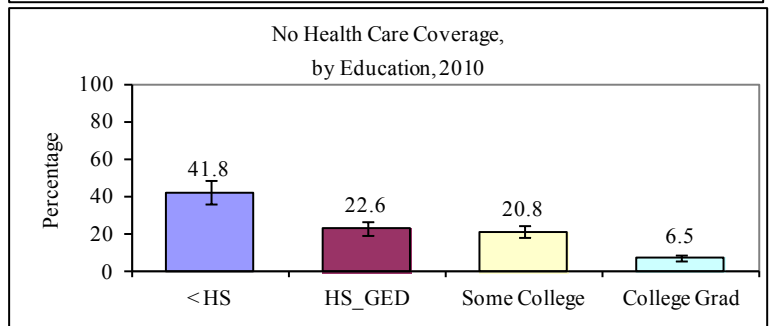
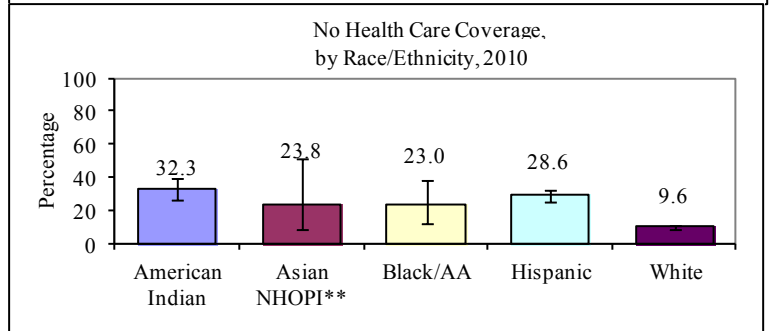
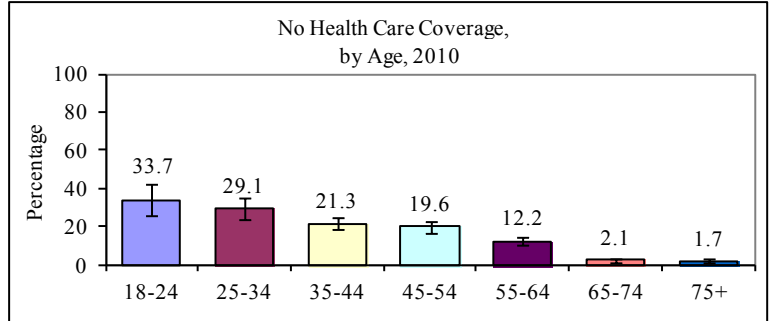
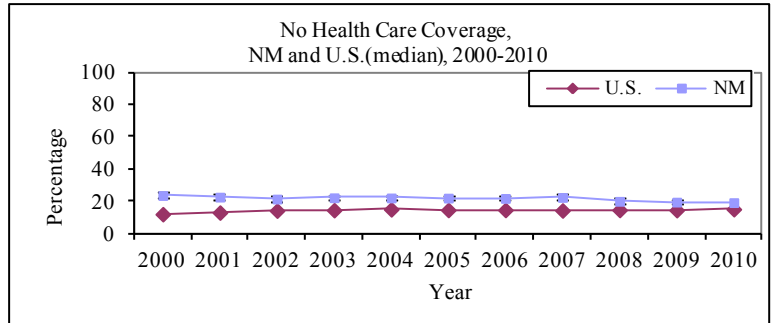
## QUESTION:

“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.<sup>2</sup> 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.<sup>2,3</sup>

## 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. However, 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 (9.6%) were less likely to be without health care coverage than Hispanics (28.6%), American Indian (32.3%), or Black/AA adults (23.0%). 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, 18.2% of employed adults were without coverage.
- ◆ Adults living in Bernalillo County were less likely to be without coverage than those living in the NW, SE, and SW regions.



# HEALTH CARE COVERAGE

Table 6. Percentage of adults without health care coverage, New Mexico, 2010.

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
<b>TOTAL</b>	6,969	979	19.1	17.4	20.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,576	926	19.0	17.3	20.8
LGBT	161	27	24.1	13.6	39.1
<b>AGE</b>					
18-24	201	65	33.7	26.2	42.2
25-34	517	160	29.1	24.2	34.6
35-44	825	201	21.3	18.3	24.7
45-54	1,287	267	19.6	17.0	22.4
55-64	1,726	234	12.2	10.6	14.1
65-74	1,330	28	2.1	1.3	3.3
75+	1,020	18	1.7	1.0	2.9
<b>RACE/ETHNICITY</b>					
American Indian	592	193	32.3	26.4	38.8
Asian NHOPI**	61	9	23.8	8.6	50.9
Black/AA	88	14	23.0	12.4	38.6
Hispanic	2,111	448	28.6	25.4	32.1
White	4,006	305	9.6	8.1	11.2
<b>EDUCATION</b>					
Less than High School Graduate	788	239	41.8	35.8	48.1
High School Graduate or G.E.D.	1,874	302	22.6	19.3	26.3
Some College	1,824	286	20.8	17.6	24.5
College Graduate	2,465	151	6.5	5.2	8.0
<b>INCOME</b>					
Less than \$10,000	417	124	40.6	32.8	48.9
\$10-19,999	1,058	279	36.3	30.8	42.1
\$20-49,999	2,341	393	23.6	20.7	26.8
\$50,000 or more	2,312	83	4.1	3.0	5.5
<b>EMPLOYMENT</b>					
Employed	3,287	535	18.2	16.1	20.6
Unemployed/Unable to Work	894	216	31.9	27.0	37.1
Homemaker/Student	735	155	26.2	21.0	32.2
Retired	2,040	69	3.5	2.7	4.6
<b>Geographic Region</b> ⊛					
Northwest	2,108	355	21.0	18.2	24.0
Northeast	1,281	166	19.2	16.0	22.8
Bernalillo County	1,258	114	13.3	10.2	17.3
Southeast	1,048	146	23.6	19.5	28.2
Southwest	1,236	193	24.0	20.1	28.5

§ 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 6,997 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 — MALES

Table 7. Percentage of adult males without health care coverage, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Men			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,716	415	21.4	18.7	24.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,566	399	21.4	18.7	24.4
LGBT**	66	11	24.4	9.3	50.6
<b>AGE</b>					
18-24**	95	36	41.3	30.2	53.5
25-34	215	78	34.7	26.6	43.9
35-44	307	72	19.0	14.7	24.3
45-54	513	111	20.1	16.1	24.7
55-64	686	92	10.9	8.6	13.8
65-74	494	13	3.0	1.5	5.6
75+	379	9	2.7	1.3	5.5
<b>RACE/ETHNICITY</b>					
American Indian	211	68	36.4	26.2	47.9
Asian NHOPI**	22	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	787	175	31.6	26.3	37.4
White	1,605	158	11.7	9.3	14.6
<b>EDUCATION</b>					
Less than High School Graduate	280	97	48.5	38.9	58.3
High School Graduate or G.E.D.	746	142	27.1	21.8	33.1
Some College	648	117	22.7	17.4	29.0
College Graduate	1,038	59	6.0	4.3	8.5
<b>INCOME</b>					
Less than \$10,000	123	47	44.2	30.2	59.2
\$10-19,999	369	114	43.2	34.1	52.8
\$20-49,999	917	179	28.1	23.3	33.5
\$50,000 or more	1,053	40	3.9	2.6	5.7
<b>EMPLOYMENT</b>					
Employed	1,411	250	20.6	17.3	24.5
Unemployed/Unable to Work	376	107	36.4	29.2	44.2
Homemaker/Student**	60	16	33.0	18.8	51.1
Retired	867	41	4.2	3.0	6.0
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	820	156	23.5	19.2	28.3
Northeast	511	74	22.4	17.4	28.3
Bernalillo County	493	45	16.3	11.0	23.5
Southeast	392	70	26.8	20.2	34.6
Southwest	489	67	23.4	17.5	30.6

\* 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 6,997 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 — FEMALES

Table 8. Percentage of adult females without health care coverage, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Women			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,253	564	16.9	15.1	18.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,010	527	16.7	14.8	18.7
LGBT**	95	16	23.7	12.4	40.6
<b>AGE</b>					
18-24**	106	29	25.7	16.7	37.3
25-34	302	82	23.2	18.2	29.1
35-44	518	129	23.6	19.6	28.1
45-54	774	156	19.1	15.9	22.8
55-64	1,040	142	13.4	11.2	16.1
65-74	836	15	1.3	0.8	2.3
75+	641	9	1.0	0.5	2.0
<b>RACE/ETHNICITY</b>					
American Indian	381	125	29.3	23.0	36.4
Asian NHOPI**	39	-	-	-	-
Black/AA**	51	9	26.1	12.2	47.5
Hispanic	1,324	273	25.9	22.2	30.1
White	2,401	147	7.4	6.0	9.1
<b>EDUCATION</b>					
Less than High School Graduate	508	142	36.0	29.0	43.6
High School Graduate or G.E.D.	1,128	160	18.0	14.6	21.9
Some College	1,176	169	19.2	15.5	23.5
College Graduate	1,427	92	6.9	5.3	8.9
<b>INCOME</b>					
Less than \$10,000	294	77	37.9	29.7	46.8
\$10-19,999	689	165	30.0	24.3	36.5
\$20-49,999	1,424	214	19.2	16.2	22.6
\$50,000 or more	1,259	43	4.3	2.6	6.8
<b>EMPLOYMENT</b>					
Employed	1,876	285	15.4	13.2	17.8
Unemployed/Unable to Work	518	109	26.3	20.7	32.9
Homemaker/Student	675	139	24.4	19.3	30.3
Retired	1,173	28	2.7	1.8	4.2
<b>Geographic Region</b> ✪					
Northwest	1,288	199	18.6	15.2	22.5
Northeast	770	92	16.1	12.5	20.4
Bernalillo County	765	69	10.5	7.5	14.5
Southeast	656	76	20.6	16.2	25.8
Southwest	747	126	24.6	19.7	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 or were male were excluded. Consequently, the sample sizes may not add to 6,997 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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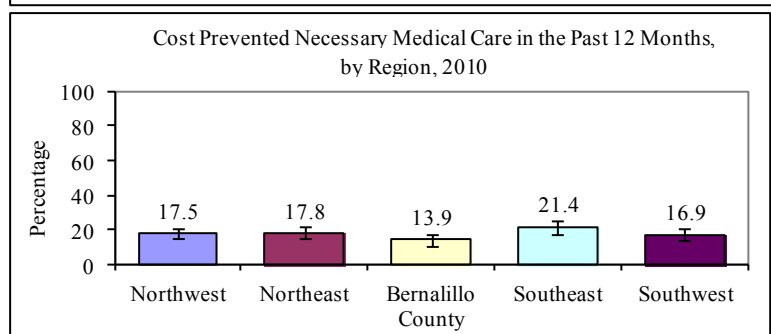
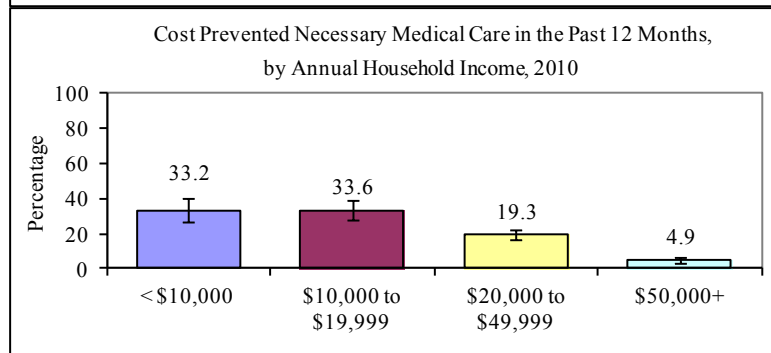
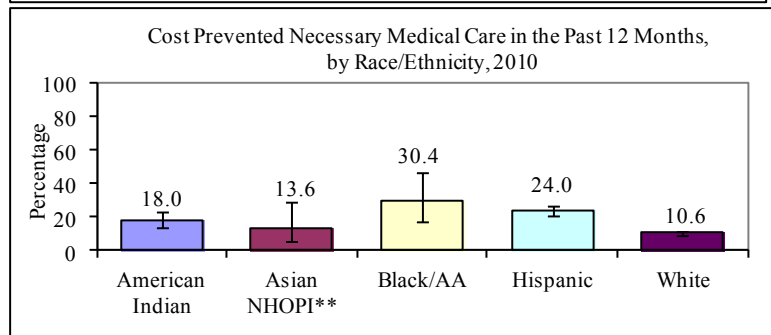
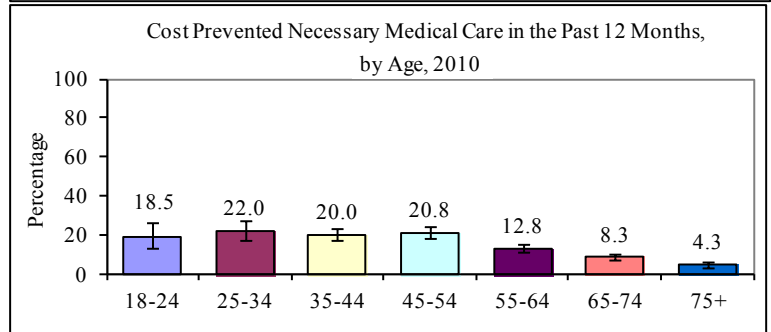
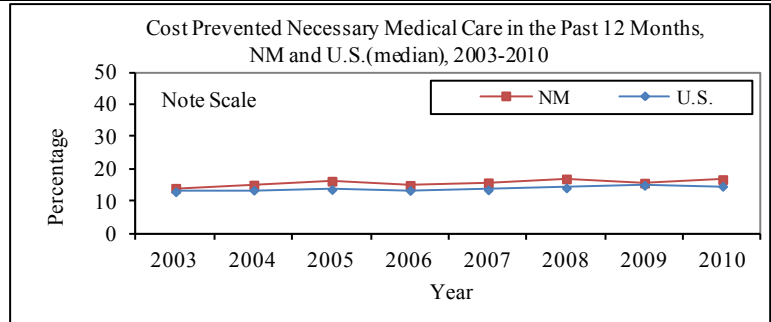
# HEALTH CARE ACCESS, IMPACT OF COST

## 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 2010, cost prevented 16.7% of adult New Mexicans from getting needed medical care in the previous 12 months.
- ◆ Cost was more likely to prevent women from getting needed medical care. 18.3% of women and 15.1% 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 6.4% of adults aged 65 or older from getting necessary medical care while cost prevented 19.1% of adults less than 65 from getting necessary care. Adults age 65 or older qualified for coverage through Federally-funded Medicare. Over 98% of adults aged 65+ had some form of coverage while only 77.0% 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 (18.0%, 30.4%, and 24.0%, respectively) than were White adults (10.6%). 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 or unable to work were more likely to forego needed medical care in the past 12 months because of cost.
- ◆ After adjusting for differences in age distribution, differences between regions were not statistically significant.



# 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, 2010.

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
<b>TOTAL</b>	6,990	977	16.7	15.3	18.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,597	912	16.1	14.7	17.7
LGBT	162	35	33.9	21.9	48.3
<b>AGE</b>					
18-24	211	35	18.5	12.8	26.0
25-34	517	116	22.0	17.4	27.3
35-44	827	183	20.0	17.0	23.4
45-54	1,289	261	20.8	18.1	23.8
55-64	1,729	233	12.8	11.0	14.9
65-74	1,331	100	8.3	6.6	10.3
75+	1,022	43	4.3	3.0	6.0
<b>RACE/ETHNICITY</b>					
American Indian	591	101	18.0	13.7	23.3
Asian NHOPI**	62	8	13.6	5.5	29.7
Black/AA	89	19	30.4	17.9	46.7
Hispanic	2,122	470	24.0	21.1	27.2
White	4,015	366	10.6	9.1	12.3
<b>EDUCATION</b>					
Less than High School Graduate	789	204	26.8	21.6	32.8
High School Graduate or G.E.D.	1,888	290	19.9	16.9	23.3
Some College	1,826	277	19.8	16.8	23.2
College Graduate	2,468	203	7.8	6.5	9.3
<b>INCOME</b>					
Less than \$10,000	418	131	33.2	26.5	40.6
\$10-19,999	1,059	281	33.6	28.3	39.3
\$20-49,999	2,344	368	19.3	16.8	22.1
\$50,000 or more	2,313	104	4.9	3.8	6.3
<b>EMPLOYMENT</b>					
Employed	3,293	457	15.1	13.2	17.3
Unemployed/Unable to Work	898	261	28.1	23.9	32.7
Homemaker/Student	743	140	22.6	17.8	28.1
Retired	2,043	116	5.9	4.7	7.2
<b>Geographic Region☼</b>					
Northwest	2,114	309	17.5	14.9	20.4
Northeast	1,284	179	17.8	14.7	21.4
Bernalillo County	1,260	139	13.9	11.0	17.5
Southeast	1,050	161	21.4	17.7	25.6
Southwest	1,241	179	16.9	13.8	20.4

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

\* Those who responded "don't know/not sure" or refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# HEALTH CARE ACCESS, IMPACT OF COST — 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, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,725	315	15.1	12.8	17.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,576	303	14.9	12.6	17.6
LGBT**	66	8	21.1	6.9	49.0
<b>AGE</b>					
18-24**	101	16	19.8	11.5	31.9
25-34	215	40	20.0	13.2	29.1
35-44	306	49	15.0	10.9	20.3
45-54	514	92	19.2	15.2	24.1
55-64	688	68	9.7	7.2	12.9
65-74	495	32	7.0	4.8	10.2
75+	379	16	4.2	2.3	7.5
<b>RACE/ETHNICITY</b>					
American Indian	211	25	10.9	6.6	17.4
Asian NHOPI**	22	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	789	153	24.3	19.4	29.8
White	1,611	123	8.6	6.5	11.4
<b>EDUCATION</b>					
Less than High School Graduate	280	61	26.5	17.7	37.6
High School Graduate or G.E.D.	752	102	18.6	14.1	23.9
Some College	648	91	18.4	13.6	24.4
College Graduate	1,041	60	5.4	3.9	7.5
<b>INCOME</b>					
Less than \$10,000**	124	37	24.2	15.0	36.7
\$10-19,999	368	89	36.8	27.7	46.9
\$20-49,999	920	126	16.5	12.8	21.1
\$50,000 or more	1,053	33	3.6	2.4	5.4
<b>EMPLOYMENT</b>					
Employed	1,413	156	13.0	10.2	16.5
Unemployed/Unable to Work	380	95	24.3	18.6	31.2
Homemaker/Student**	62	17	34.0	19.9	51.7
Retired	868	46	5.1	3.6	7.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	821	100	16.1	12.3	20.6
Northeast	511	61	16.3	11.9	22.0
Bernalillo County	494	49	14.8	9.9	21.4
Southeast	392	49	16.8	11.4	23.9
Southwest	493	51	12.3	8.2	18.0

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

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# HEALTH CARE ACCESS, IMPACT OF COST — FEMALES

Table 11. Percentage of adult females who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,265	662	18.3	16.5	20.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,021	609	17.3	15.5	19.1
LGBT**	96	27	46.4	31.7	61.9
<b>AGE</b>					
18-24**	110	19	17.1	10.4	27.0
25-34	302	76	24.0	18.7	30.2
35-44	521	134	25.0	20.9	29.6
45-54	775	169	22.3	18.8	26.2
55-64	1,041	165	15.7	13.2	18.6
65-74	836	68	9.4	7.2	12.2
75+	643	27	4.3	2.8	6.6
<b>RACE/ETHNICITY</b>					
American Indian	380	76	23.5	17.1	31.3
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	13	31.9	16.1	53.4
Hispanic	1,333	317	23.8	20.5	27.4
White	2,404	243	12.6	10.7	14.7
<b>EDUCATION</b>					
Less than High School Graduate	509	143	27.1	21.7	33.3
High School Graduate or G.E.D.	1,136	188	21.3	17.5	25.8
Some College	1,178	186	21.0	17.5	24.9
College Graduate	1,427	143	10.2	8.3	12.4
<b>INCOME</b>					
Less than \$10,000	294	94	40.1	32.0	48.7
\$10-19,999	691	192	30.7	25.6	36.3
\$20-49,999	1,424	242	22.0	18.7	25.6
\$50,000 or more	1,260	71	6.4	4.6	8.8
<b>EMPLOYMENT</b>					
Employed	1,880	301	17.5	15.1	20.2
Unemployed/Unable to Work	518	166	32.8	26.9	39.2
Homemaker/Student	681	123	19.4	15.3	24.4
Retired	1,175	70	6.6	5.0	8.6
<b>Geographic Region</b> ⊛					
Northwest	1,293	209	18.9	15.5	22.8
Northeast	773	118	19.3	15.3	24.1
Bernalillo County	766	90	13.1	10.1	16.8
Southeast	658	112	25.8	21.1	31.1
Southwest	748	128	21.3	17.1	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 6,997 across some categories for some variables.

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

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

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



# HEALTH CARE ACCESS, ROUTINE CHECKUP

## QUESTION:

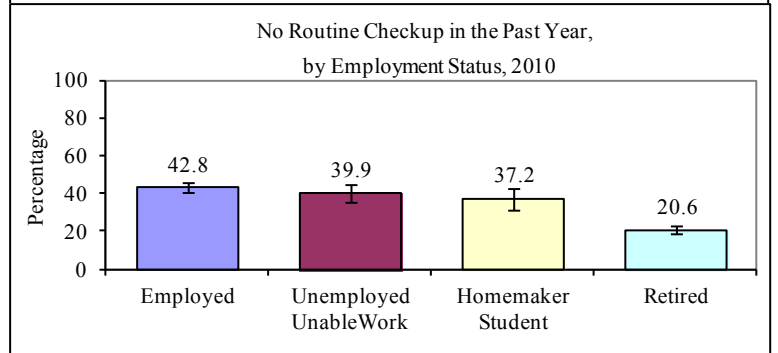
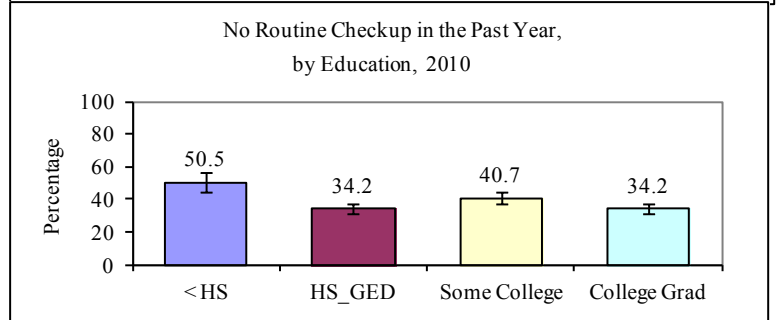
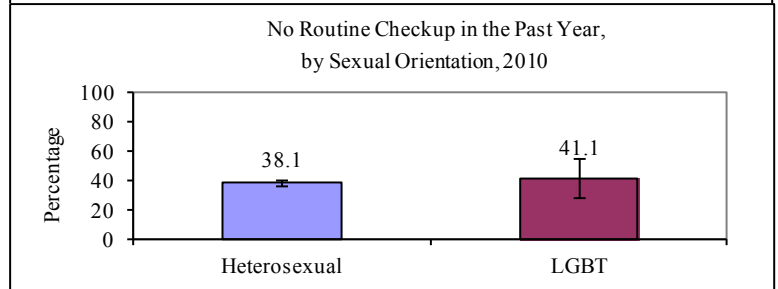
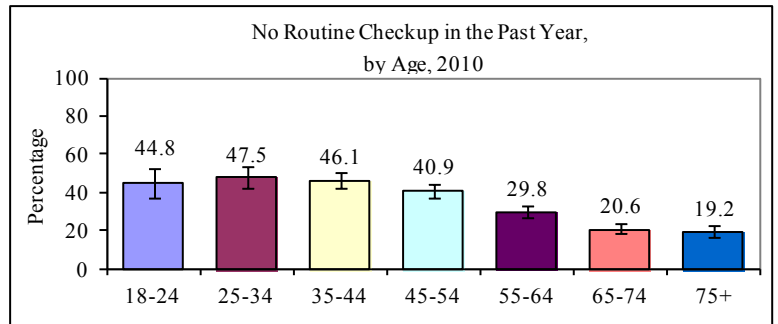
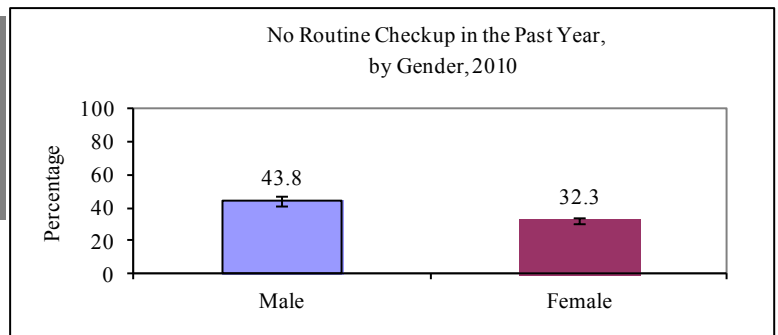
“Do you have one person you think of as your personal doctor or health care provider?”

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

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

## IN NEW MEXICO,

- ◆ A greater percentage of men had not visited a physician for a routine checkup in the previous 12 months (43.8% and 32.3%, 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 and Asian/NHOPI 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 than adults living in households falling in the two intermediate annual income groups.
- ◆ Adults with some form of health care coverage or who had a personal health care provider were more likely to have had a routine checkup in the past year. Even among adults who did not have a health care coverage plan, those who had a personal health care provider were more likely to have had a routine checkup in the past year.



# 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, 2010.

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
<b>TOTAL</b>	6,905	2,246	37.9	36.1	39.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,520	2,124	38.1	36.2	40.1
LGBT	160	66	41.1	28.7	54.7
<b>AGE</b>					
18-24	207	94	44.8	36.9	52.9
25-34	510	243	47.5	41.8	53.2
35-44	815	373	46.1	42.0	50.3
45-54	1,274	521	40.9	37.6	44.3
55-64	1,714	516	29.8	27.2	32.5
65-74	1,318	294	20.6	18.1	23.2
75+	1,005	189	19.2	16.4	22.3
<b>RACE/ETHNICITY</b>					
American Indian	584	192	36.3	30.3	42.7
Asian NHOPI**	62	24	49.1	30.3	68.2
Black/AA	87	20	32.2	19.0	49.0
Hispanic	2,096	751	40.8	37.5	44.3
White	3,968	1,215	35.6	33.3	37.9
<b>EDUCATION</b>					
Less than High School Graduate	774	292	50.5	44.5	56.6
High School Graduate or G.E.D.	1,857	585	34.2	30.8	37.8
Some College	1,807	618	40.7	37.0	44.4
College Graduate	2,450	745	34.2	31.5	37.1
<b>INCOME</b>					
Less than \$10,000	404	149	41.7	34.1	49.7
\$10-19,999	1,045	379	45.8	40.3	51.4
\$20-49,999	2,319	803	39.9	36.7	43.2
\$50,000 or more	2,299	680	34.6	31.7	37.5
<b>EMPLOYMENT</b>					
Employed	3,259	1,262	42.8	40.2	45.4
Unemployed/Unable to Work	880	304	39.9	34.9	45.1
Homemaker/Student	732	244	37.2	31.6	43.2
Retired	2,021	429	20.6	18.6	22.8
<b>Geographic Region</b> ⊛					
Northwest	2,101	746	42.4	39.0	45.8
Northeast	1,268	416	42.0	38.0	46.1
Bernalillo County	1,245	347	32.0	28.2	36.1
Southeast	1,031	330	38.4	34.2	42.8
Southwest	1,221	388	39.7	35.4	44.1

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# HEALTH CARE ACCESS, ROUTINE CHECKUP — MALES

Table 13. Percentage of adult males who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,691	980	43.8	40.8	46.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,546	931	44.5	41.5	47.5
LGBT**	64	31	41.5	22.1	64.0
<b>AGE</b>					
18-24**	101	53	56.1	44.7	66.9
25-34	212	117	54.7	45.4	63.6
35-44	301	164	53.3	46.7	59.9
45-54	504	224	45.4	40.2	50.8
55-64	682	223	31.5	27.4	35.8
65-74	492	114	21.4	17.6	25.8
75+	372	76	19.8	15.4	25.0
<b>RACE/ETHNICITY</b>					
American Indian	209	71	38.5	28.7	49.2
Asian NHOPI**	22	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	782	321	48.2	42.7	53.8
White	1,588	546	40.4	36.8	44.1
<b>EDUCATION</b>					
Less than High School Graduate	277	122	60.6	51.7	68.8
High School Graduate or G.E.D.	738	270	39.4	34.0	45.1
Some College	641	252	48.4	42.4	54.6
College Graduate	1,032	334	38.1	33.9	42.5
<b>INCOME</b>					
Less than \$10,000**	117	56	48.0	33.7	62.7
\$10-19,999	366	142	51.7	42.5	60.8
\$20-49,999	909	350	45.7	40.6	50.9
\$50,000 or more	1,046	349	40.4	36.1	44.8
<b>EMPLOYMENT</b>					
Employed	1,396	612	48.9	45.0	52.9
Unemployed/Unable to Work	371	143	45.1	37.7	52.6
Homemaker/Student**	62	22	49.0	33.0	65.2
Retired	860	201	22.5	19.4	26.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	816	315	47.7	42.6	52.8
Northeast	504	199	50.2	44.1	56.4
Bernalillo County	487	162	39.3	33.1	46.0
Southeast	387	138	40.5	33.8	47.7
Southwest	484	161	44.6	37.8	51.6

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

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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# HEALTH CARE ACCESS, ROUTINE CHECKUP — FEMALES

Table 14. Percentage of adult females who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,214	1,266	32.3	30.2	34.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,974	1,193	32.0	29.8	34.3
LGBT**	96	35	40.6	27.1	55.8
<b>AGE</b>					
18-24**	106	41	32.4	23.0	43.5
25-34	298	126	39.8	33.3	46.7
35-44	514	209	39.0	34.2	44.1
45-54	770	297	36.8	32.7	41.0
55-64	1,032	293	28.2	25.0	31.6
65-74	826	180	19.8	16.8	23.2
75+	633	113	18.8	15.3	22.8
<b>RACE/ETHNICITY</b>					
American Indian	375	121	34.6	27.4	42.5
Asian NHOPI**	40	-	-	-	-
Black/AA**	50	11	22.5	10.4	42.0
Hispanic	1,314	430	34.2	30.3	38.2
White	2,380	669	30.6	27.9	33.4
<b>EDUCATION</b>					
Less than High School Graduate	497	170	41.5	34.2	49.1
High School Graduate or G.E.D.	1,119	315	28.8	24.9	33.1
Some College	1,166	366	33.7	29.8	37.9
College Graduate	1,418	411	30.5	27.0	34.1
<b>INCOME</b>					
Less than \$10,000	287	93	36.8	29.1	45.3
\$10-19,999	679	237	40.3	34.2	46.8
\$20-49,999	1,410	453	34.3	30.6	38.3
\$50,000 or more	1,253	331	28.1	24.7	31.9
<b>EMPLOYMENT</b>					
Employed	1,863	650	35.6	32.6	38.8
Unemployed/Unable to Work	509	161	33.3	27.3	39.9
Homemaker/Student	670	222	33.9	28.6	39.7
Retired	1,161	228	18.6	16.1	21.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,285	431	37.3	33.1	41.7
Northeast	764	217	33.9	29.1	39.1
Bernalillo County	758	185	25.0	21.0	29.6
Southeast	644	192	36.3	31.3	41.6
Southwest	737	227	35.0	30.0	40.3

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

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# IMMUNIZATION

**QUESTION:**

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

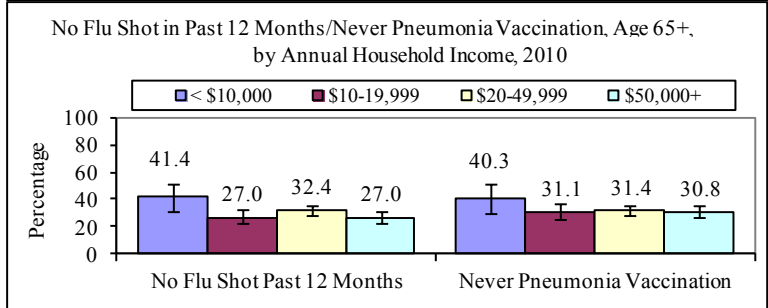
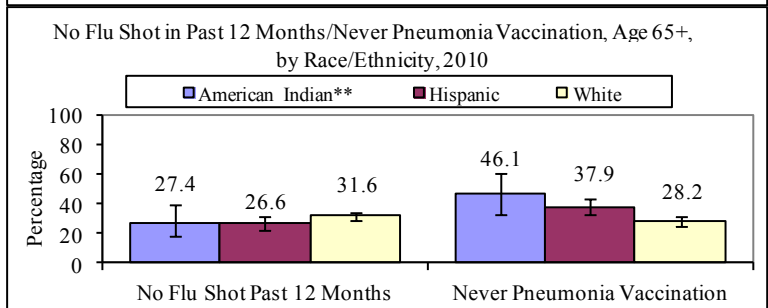
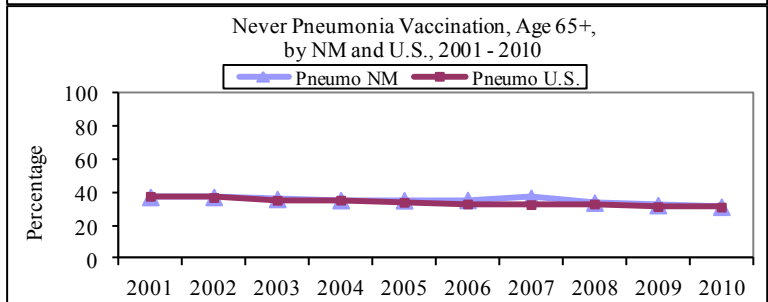
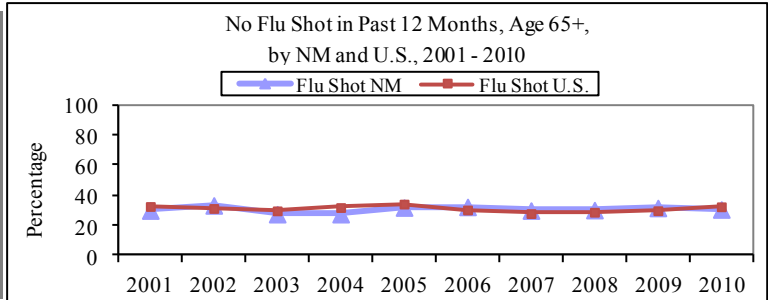
“A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

It is recommended that people 65 years of age and older receive a seasonal influenza vaccination as part of routine health maintenance.<sup>4,5</sup> 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.<sup>5</sup> 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.<sup>4,5</sup>

**IN NEW MEXICO,**

- ◆ 30.7% of adults ages 65 years and older had not been immunized against seasonal influenza during the past 12 months. There has been little change over the past decade.
- ◆ 31.4% of adults ages 65 years and older had never received the pneumonia vaccine. However, there has been steady improvement over the past decade.
- ◆ There was no difference between race/ethnic groups, even after adjusting for differences in age distribution. The small sample of adults in this age range precluded effective estimation and comparison of two race/ethnic groups.
- ◆ American Indian and Hispanic adults age 65 or more were less likely to have ever received the pneumococcal vaccine than White adults in this age group.
- ◆ After adjusting for differences in age distribution, there was no difference in influenza vaccination by annual household income.
- ◆ There was no difference in pneumococcal vaccination by annual household income.



- ◆ There was no difference in influenza vaccination by education level. Adults with some college education were more likely to have received the pneumococcal vaccination than adults of other education groups.
- ◆ 29.8% 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, 2010.

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
<b>TOTAL</b>	2,315	761	30.7	28.6	33.0
<b>GENDER</b>					
Male	855	284	30.8	27.4	34.4
Female	1,460	477	30.6	27.9	33.5
<b>AGE</b>					
65-74	1,318	463	32.5	29.6	35.6
75+	997	298	28.6	25.4	32.0
<b>RACE/ETHNICITY</b>					
American Indian**	97	29	27.4	18.1	39.3
Asian NHOPI**	10	-	-	-	-
Black/AA**	25	-	-	-	-
Hispanic	560	165	26.6	22.6	30.9
White	1,585	529	31.6	29.0	34.4
<b>EDUCATION</b>					
Less than High School Graduate	327	105	32.6	26.8	39.0
High School Graduate or G.E.D.	671	221	30.3	26.4	34.5
Some College	564	187	30.3	26.1	34.9
College Graduate	745	246	30.6	26.9	34.6
<b>INCOME</b>					
Less than \$10,000	137	52	41.4	31.5	52.0
\$10-19,999	421	130	27.0	22.3	32.2
\$20-49,999	856	304	32.4	28.9	36.1
\$50,000 or more	516	150	27.0	22.9	31.5
<b>EMPLOYMENT</b>					
Employed	345	141	37.1	31.4	43.1
Unemployed/Unable to Work	159	57	34.9	26.4	44.4
Homemaker/Student	222	78	34.3	27.2	42.3
Retired	1,587	484	28.3	25.8	31.0
<b>Geographic Region</b> ⊛					
Northwest	604	194	29.8	25.6	34.4
Northeast	429	148	33.4	28.6	38.6
Bernalillo County	411	108	24.6	20.3	29.4
Southeast	388	141	36.2	31.1	41.7
Southwest	473	166	34.0	29.5	38.8

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# IMMUNIZATION, PNEUMOCOCCAL VACCINATION

Table 16. Percentage of adults ages 65 years and older who have never had a pneumococcal vaccination, New Mexico, 2010.

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
<b>TOTAL</b>	2,225	726	31.4	29.2	33.8
<b>GENDER</b>					
Male	807	283	34.0	30.4	37.9
Female	1,418	443	29.4	26.7	32.3
<b>AGE</b>					
65-74	1,263	487	37.6	34.4	40.9
75+	962	239	24.3	21.2	27.6
<b>RACE/ETHNICITY</b>					
American Indian**	89	42	46.1	32.7	60.0
Asian NHOPI**	10	-	-	-	-
Black/AA**	23	-	-	-	-
Hispanic	539	208	37.9	33.2	42.8
White	1,529	447	28.2	25.5	31.0
<b>EDUCATION</b>					
Less than High School Graduate	307	111	37.0	30.8	43.7
High School Graduate or G.E.D.	648	235	35.4	31.1	39.9
Some College	541	144	23.9	20.0	28.2
College Graduate	720	234	31.4	27.4	35.7
<b>INCOME</b>					
Less than \$10,000**	127	52	40.3	30.3	51.1
\$10-19,999	400	120	31.1	25.6	37.2
\$20-49,999	830	273	31.4	27.9	35.2
\$50,000 or more	501	161	30.8	26.3	35.8
<b>EMPLOYMENT</b>					
Employed	332	155	45.5	39.2	51.8
Unemployed/Unable to Work	147	43	25.4	18.2	34.3
Homemaker/Student	216	73	36.4	28.9	44.7
Retired	1,528	454	28.1	25.5	30.8
<b>Geographic Region☼</b>					
Northwest	581	190	31.2	26.8	35.9
Northeast	410	139	32.7	27.8	38.0
Bernalillo County	392	97	24.5	20.0	29.6
Southeast	377	137	36.4	31.3	41.9
Southwest	455	158	36.4	31.6	41.5

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 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.

# COLORECTAL CANCER SCREENING

## QUESTION:

“A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?”

“How long has it been since your last blood stool test using a home kit?”

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

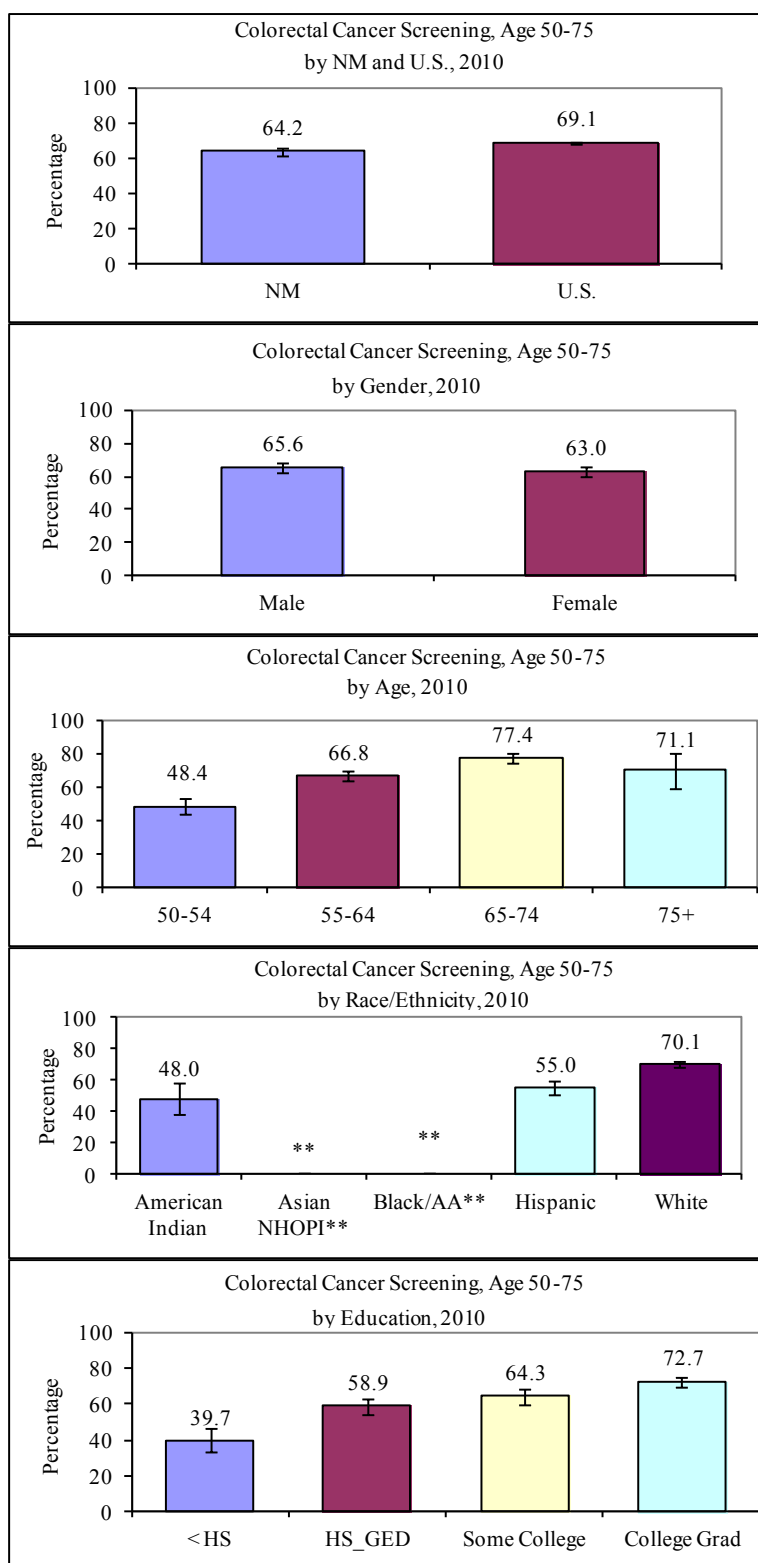
“For a SIGMOIDOSCOPY, a flexible tube is inserted into the rectum to look for problems. A COLONOSCOPY is similar, but uses a longer tube, and you are usually given medication through a needle in your arm to make you sleepy and told to have someone else drive you home after the test. Was your MOST RECENT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

“How long has it been since you had your last sigmoidoscopy or colonoscopy?”

Of cancers that affect both men and women, colorectal cancer (CRC) is the second leading cause of cancer deaths. Screening adults ages 50 to 75 can significantly reduce mortality from CRC. Screening can also prevent CRC through the detection and removal of potentially pre-cancerous polyps. Average-risk adults can be screened with annual fecal tests, with fecal tests plus flexible sigmoidoscopy every five years, or with colonoscopy every 10 years.<sup>35</sup>

## IN NEW MEXICO,

- ◆ 64.2% of New Mexico adults age 50 to 75 had been properly screened for colorectal cancer. This was lower than that of the U.S. (69.1%).
- ◆ There was no difference by gender or sexual orientation.
- ◆ Screening rates were better in the older age groups but should be improved across all ages.
- ◆ White adults (70.1%) were more likely to have been screened for CRC than American Indian (48.0%) or Hispanic (55.0%) adults. Small sample size for this narrow age range prevented comparison of and between other groups.
- ◆ Adults age 50-75 with less education were less likely to have met screening recommendations.
- ◆ Annual household income followed a pattern similar to that of education level.
- ◆ Adult residents of the Southeast Region of the state were slightly less likely to have been screened for colorectal cancer than those of Bernalillo County.



- ◆ Adults in this age range who did not have some form of health care coverage were significantly less likely to have been screened for CRC than those who had coverage (29.5% and 68.3%, respectively).



# COLORECTAL CANCER SCREENING

Table 17. Percentage of adults age 50-75 who have had a colonoscopy in the past 10 years, a sigmoidoscopy and FOBT in the past 5 years, or an FOBT in the past year. New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Colorectal Cancer Screening -- Age 50-75			
		Total # Reporting Colorectal Cancer Screening	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	3,349	2,177	64.2	62.1	66.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,205	2,091	64.5	62.4	66.6
LGBT**	64	42	62.5	45.9	76.6
<b>AGE</b>					
50-54	660	303	48.4	43.7	53.1
55-64	1,483	972	66.8	63.8	69.7
65-74	1,112	838	77.4	74.2	80.3
75+	94	64	71.1	59.1	80.8
<b>RACE/ETHNICITY</b>					
American Indian	233	115	48.0	38.4	57.7
Asian NHOPI**	22	-	-	-	-
Black/AA**	35	-	-	-	-
Hispanic	920	528	55.0	51.0	59.0
White	2,096	1,462	70.1	67.6	72.5
<b>EDUCATION</b>					
Less than High School Graduate	313	131	39.7	33.2	46.6
High School Graduate or G.E.D.	864	519	58.9	54.6	63.1
Some College	851	570	64.3	60.0	68.4
College Graduate	1,315	955	72.7	69.5	75.7
<b>INCOME</b>					
Less than \$10,000	184	71	39.5	30.0	49.9
\$10-19,999	466	255	52.9	47.0	58.8
\$20-49,999	1,136	736	61.9	58.1	65.5
\$50,000 or more	1,215	874	71.2	67.9	74.2
<b>EMPLOYMENT</b>					
Employed	1,563	920	58.6	55.5	61.6
Unemployed/Unable to Work	430	243	56.0	49.5	62.3
Homemaker/Student	244	150	59.6	52.1	66.7
Retired	1,108	861	79.6	76.5	82.5
<b>Geographic Region☼</b>					
Northwest	1,008	626	62.8	58.7	66.7
Northeast	681	473	66.4	61.9	70.7
Bernalillo County	575	407	67.8	63.2	72.2
Southeast	471	286	58.1	52.7	63.2
Southwest	601	378	61.8	57.3	66.1

§ 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 6,997 across some categories for some variables.

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

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

## COLORECTAL CANCER SCREENING — MALES AGE 50 - 75

Table 18. Percentage of adult males age 50-75 who have had a colonoscopy in the past 10 years, a sigmoidoscopy and FOBT in the past 5 years, or an FOBT in the past year, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Colorectal Cancer Screening Among Adult Men Age 50-75			
		Total # Reporting Colorectal Cancer Screening	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,297	849	65.6	62.3	68.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,246	817	65.6	62.3	68.8
LGBT**	22	-	-	-	-
<b>AGE</b>					
50-54	255	121	51.4	44.1	58.5
55-64	587	379	67.6	62.9	72.0
65-74	421	329	78.1	72.7	82.7
75+**	34	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian**	72	35	54.1	37.7	69.6
Asian NHOPI**	9	-	-	-	-
Black/AA**	19	-	-	-	-
Hispanic	350	195	53.5	47.0	59.8
White	821	578	71.8	67.8	75.4
<b>EDUCATION</b>					
Less than High School Graduate	99	37	34.9	24.6	46.8
High School Graduate or G.E.D.	339	197	58.1	51.3	64.6
Some College	291	184	61.2	53.9	68.1
College Graduate	567	431	76.9	72.5	80.8
<b>INCOME</b>					
Less than \$10,000**	51	16	40.0	22.1	61.1
\$10-19,999	164	88	48.0	38.9	57.3
\$20-49,999	428	261	61.1	55.3	66.7
\$50,000 or more	561	420	75.1	70.5	79.2
<b>EMPLOYMENT</b>					
Employed	653	383	60.2	55.6	64.7
Unemployed/Unable to Work	161	93	58.0	48.0	67.3
Homemaker/Student**	7	-	-	-	-
Retired	476	366	77.6	72.6	82.0
<b>Geographic Region</b> ⊛					
Northwest	378	229	65.1	58.7	70.9
Northeast	274	194	65.9	58.6	72.6
Bernalillo County	219	159	70.2	62.7	76.7
Southeast	175	102	57.5	49.2	65.4
Southwest	248	163	63.4	56.5	69.9

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

# COLORECTAL CANCER SCREENING — FEMALES AGE 50 - 75

Table 19. Percentage of adult females age 50-75 who have had a colonoscopy in the past 10 years, a sigmoidoscopy and FOBT in the past 5 years, or an FOBT in the past year, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Colorectal Cancer Screening Among Adult Women Age 50-75			
		Total # Reporting Colorectal Cancer Screening	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,052	1,328	63.0	60.3	65.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,959	1,274	63.6	60.8	66.3
LGBT**	42	-	-	-	-
<b>AGE</b>					
50-54	405	182	45.7	39.8	51.8
55-64	896	593	66.1	62.1	69.8
65-74	691	509	76.8	73.0	80.2
75+**	60	44	74.7	59.0	85.9
<b>RACE/ETHNICITY</b>					
American Indian	161	80	43.2	32.8	54.2
Asian NHOPI**	13	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	570	333	56.3	51.2	61.3
White	1,275	884	68.6	65.2	71.7
<b>EDUCATION</b>					
Less than High School Graduate	214	94	43.1	35.2	51.4
High School Graduate or G.E.D.	525	322	59.6	54.2	64.9
Some College	560	386	66.6	61.3	71.4
College Graduate	748	524	68.2	63.5	72.6
<b>INCOME</b>					
Less than \$10,000	133	55	39.1	29.5	49.7
\$10-19,999	302	167	57.1	49.7	64.2
\$20-49,999	708	475	62.5	57.5	67.2
\$50,000 or more	654	454	66.8	62.0	71.2
<b>EMPLOYMENT</b>					
Employed	910	537	56.9	52.7	61.0
Unemployed/Unable to Work	269	150	54.1	45.6	62.3
Homemaker/Student	237	143	57.7	50.1	64.9
Retired	632	495	81.8	78.1	85.0
<b>Geographic Region</b> ⊛					
Northwest	630	397	60.7	55.4	65.8
Northeast	407	279	66.9	61.2	72.1
Bernalillo County	356	248	65.9	59.8	71.5
Southeast	296	184	58.6	51.8	65.1
Southwest	353	215	60.3	54.3	65.9

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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# HIV TEST HISTORY

## QUESTIONS:

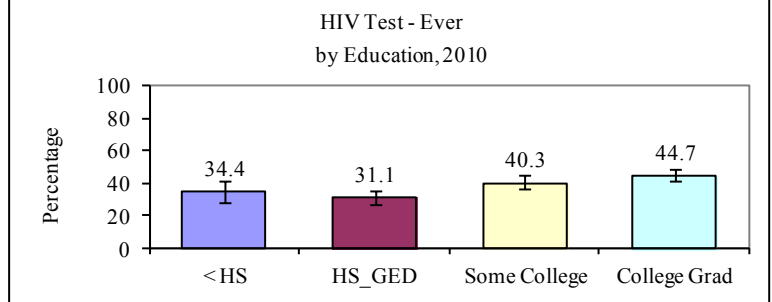
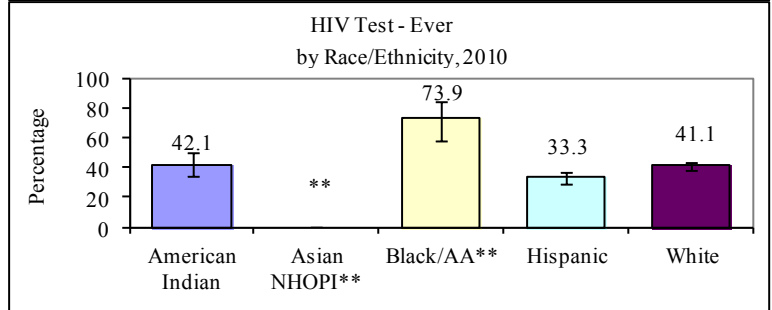
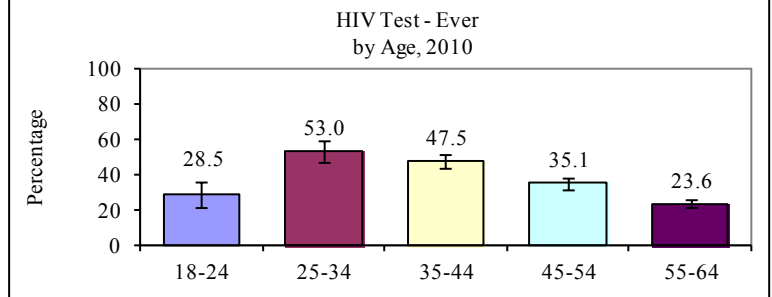
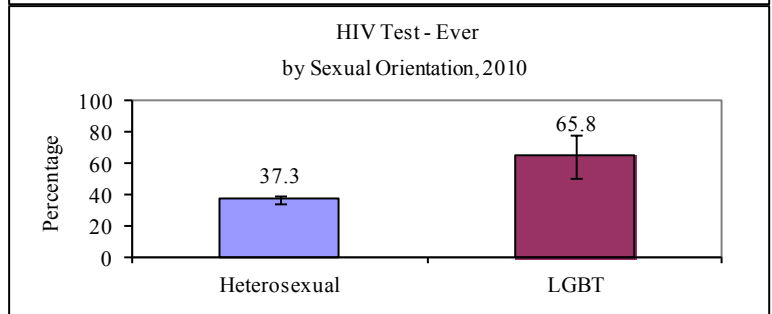
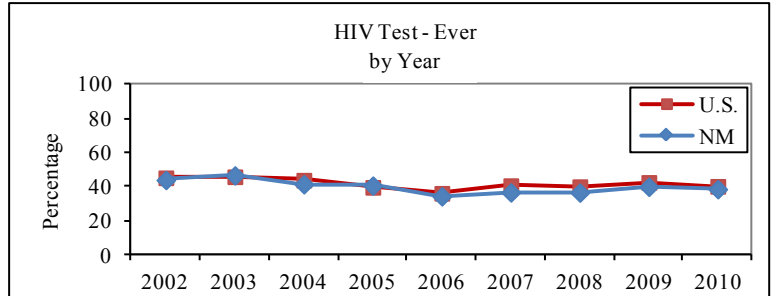
“Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.”

“Not including blood donations, in what month and year was your last HIV test?”

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 2010, a total of 6,369 cases of HIV infection had ever been reported in the state.<sup>6</sup> Among the cases reported in New Mexico, across all years, the most prevalent risk factor category was men who have sex with men (MSM), followed by MSM who also reported injection drug use, followed by injection drug use, alone.<sup>6</sup>

## IN NEW MEXICO,

- ◆ Over most of the past decade, NM and the U.S. have demonstrated a very similar patterns of HIV testing history among adults. In 2010, 38.5% of adults had ever been tested for HIV, which was not significantly different from that of the U.S., 40.2%.
- ◆ Adults who were lesbian, gay, bisexual, or transgender (LGBT), were significantly more likely to have been tested than heterosexual adults, 65.8% and 37.3%, respectively.
- ◆ 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.
- ◆ Black/African American adults were more likely than adults of all other groups to have ever been tested, nearly 74% having been tested at least once. White adults (41.1%) were more likely than Hispanic adults (33.3%) to have been tested.
- ◆ History of HIV testing was more common among adults with at least some college-level education. There was no difference by annual household income.



- ◆ Residents of Bernalillo County were slightly more likely to have been tested than residents of the Northwest and South-east regions.

# HIV TEST HISTORY

Table 20. Percentage of adults ages 64 years and younger who have ever been tested for HIV, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	4,356	1,508	38.5	36.3	40.7
<b>Sexual Orientation</b>					
Heterosexual	4,153	1,407	37.3	35.1	39.5
LGBT**	121	73	65.8	50.5	78.4
<b>AGE</b>					
18-24	202	60	28.5	21.8	36.4
25-34	498	274	53.0	47.1	58.8
35-44	797	381	47.5	43.3	51.7
45-54	1,225	423	35.1	31.8	38.5
55-64	1,634	370	23.6	21.1	26.4
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	456	168	42.1	34.9	49.7
Asian NHOPI**	46	-	-	-	-
Black/AA**	61	39	73.9	58.3	85.1
Hispanic	1,458	457	33.3	29.8	37.0
White	2,282	807	41.1	38.1	44.2
<b>EDUCATION</b>					
Less than High School Graduate	432	125	34.4	27.7	41.8
High School Graduate or G.E.D.	1,123	313	31.1	27.0	35.4
Some College	1,184	450	40.3	36.2	44.6
College Graduate	1,613	618	44.7	41.1	48.2
<b>INCOME</b>					
Less than \$10,000	265	105	40.8	32.0	50.1
\$10-19,999	593	200	36.4	30.3	43.0
\$20-49,999	1,398	484	39.9	36.0	44.0
\$50,000 or more	1,712	616	41.0	37.7	44.5
<b>EMPLOYMENT</b>					
Employed	2,776	951	39.1	36.4	41.8
Unemployed/Unable to Work	691	296	46.5	40.8	52.3
Homemaker/Student	487	174	32.8	27.3	38.9
Retired	393	85	21.7	17.2	27.1
<b>Geographic Region</b> ⊛					
Northwest	1,413	466	35.7	32.1	39.5
Northeast	788	269	36.6	31.9	41.5
Bernalillo County	792	328	43.4	38.7	48.2
Southeast	622	199	35.5	30.6	40.8
Southwest	720	239	36.6	31.7	41.8

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 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.

# HIV TEST, EVER — MALES

Table 21. Percentage of adult males ages 64 years and younger who have ever been tested for HIV, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Men			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,723	584	36.3	33.0	39.8
<b>Sexual Orientation</b>					
Heterosexual	1,648	538	34.8	31.5	38.2
LGBT**	49	-	-	-	-
<b>AGE</b>					
18-24**	97	28	27.2	18.2	38.5
25-34	207	91	44.1	35.2	53.3
35-44	295	115	41.9	35.5	48.6
45-54	483	189	38.6	33.6	44.0
55-64	641	161	25.6	21.6	30.1
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	160	51	37.3	26.5	49.5
Asian NHOPI**	17	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	535	154	28.5	23.3	34.4
White	959	340	40.7	36.2	45.3
<b>EDUCATION</b>					
Less than High School Graduate	163	39	30.2	20.7	41.6
High School Graduate or G.E.D.	490	139	31.0	25.2	37.5
Some College	429	164	37.8	31.4	44.7
College Graduate	641	242	42.6	37.2	48.2
<b>INCOME</b>					
Less than \$10,000**	87	32	36.0	22.3	52.6
\$10-19,999	222	81	36.9	27.3	47.7
\$20-49,999	550	169	34.3	28.7	40.4
\$50,000 or more	720	257	39.8	34.8	45.1
<b>EMPLOYMENT</b>					
Employed	1,168	388	37.5	33.5	41.7
Unemployed/Unable to Work	311	133	43.5	35.7	51.6
Homemaker/Student**	57	16	16.9	8.9	29.7
Retired	185	46	24.6	17.9	32.7
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	552	178	34.7	29.2	40.6
Northeast	318	108	36.6	29.5	44.3
Bernalillo County	314	135	41.7	34.6	49.3
Southeast	246	68	31.5	24.1	40.0
Southwest	286	92	32.3	25.4	40.0

\* 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 6,997 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, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Women			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,633	924	40.6	37.8	43.5
<b>Sexual Orientation</b>					
Heterosexual	2,505	869	39.7	36.8	42.6
LGBT**	72	36	62.1	46.0	75.9
<b>AGE</b>					
18-24**	105	32	29.9	20.6	41.3
25-34	291	183	62.5	55.5	69.0
35-44	502	266	52.8	47.7	58.0
45-54	742	234	31.9	27.8	36.2
55-64	993	209	21.8	18.7	25.2
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	296	117	45.8	36.7	55.2
Asian NHOPI**	29	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	923	303	37.6	33.2	42.3
White	1,323	467	41.5	37.7	45.5
<b>EDUCATION</b>					
Less than High School Graduate	269	86	38.3	29.4	47.9
High School Graduate or G.E.D.	633	174	31.2	25.8	37.0
Some College	755	286	42.6	37.5	47.8
College Graduate	972	376	46.5	41.9	51.1
<b>INCOME</b>					
Less than \$10,000	178	73	44.7	34.8	55.0
\$10-19,999	371	119	35.9	28.8	43.7
\$20-49,999	848	315	45.4	40.2	50.6
\$50,000 or more	992	359	42.3	38.0	46.7
<b>EMPLOYMENT</b>					
Employed	1,608	563	40.8	37.5	44.3
Unemployed/Unable to Work	380	163	50.3	42.3	58.3
Homemaker/Student	430	158	38.1	31.8	44.9
Retired	208	39	18.1	12.7	25.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	861	288	36.7	32.2	41.5
Northeast	470	161	36.6	30.7	43.0
Bernalillo County	478	193	45.0	39.2	51.0
Southeast	376	131	39.5	33.3	46.1
Southwest	434	147	41.0	34.3	48.0

\* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 6,997 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.

# ORAL HEALTH

## QUESTIONS:

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

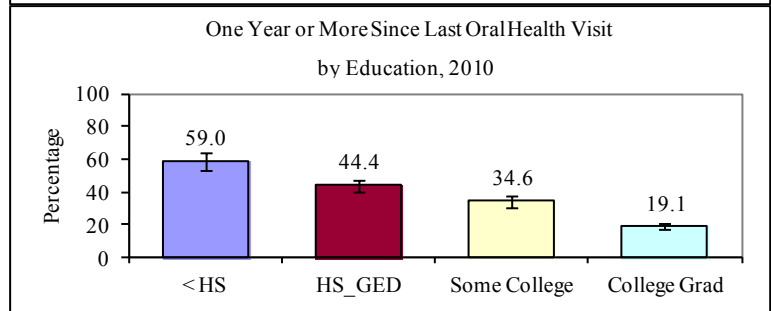
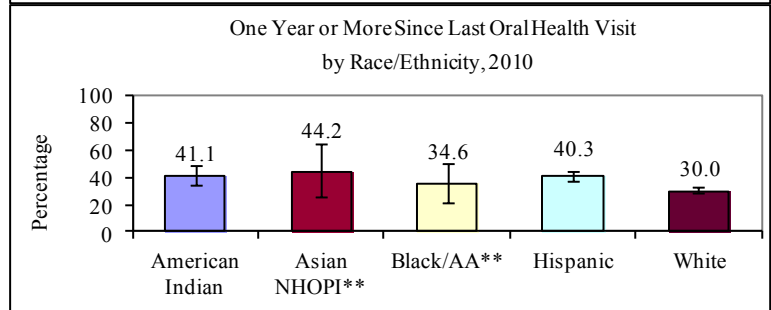
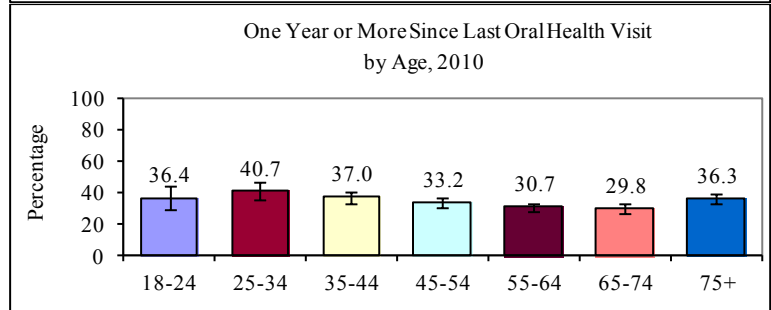
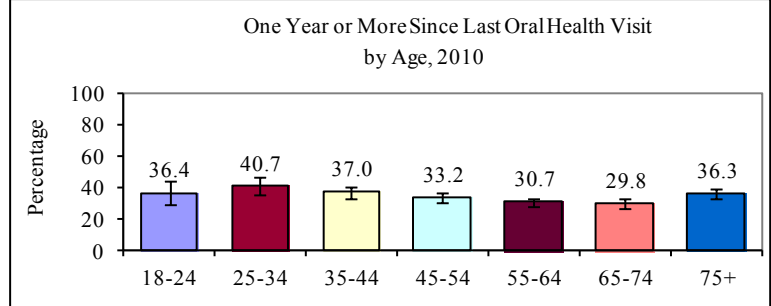
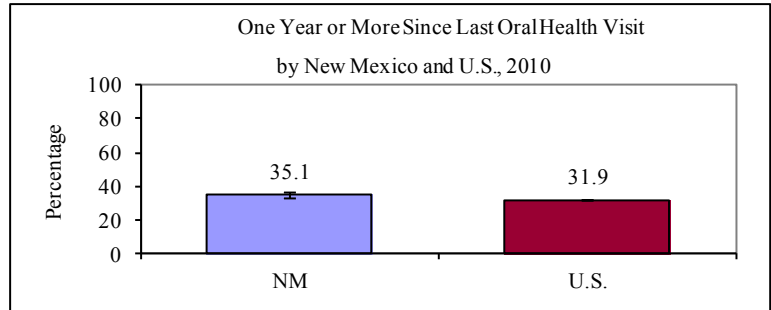
“How many of your permanent teeth have been removed because of tooth decay or gum disease?”

“How long has it been since you had your teeth cleaned by a dentist or dental hygienist?”

Regular dental visits are important in maintaining good oral health. In addition to care of the teeth and gums, dental visits are important in the early detection and treatment of oral diseases. Even people without teeth need to be monitored regularly for good oral health.<sup>38</sup>

### IN NEW MEXICO,

- ◆ 35.1% of adults had not visited a dentist or dental clinic in the past year. This percentage was higher than that of the U.S. (31.9%).
- ◆ Men were more likely than women to have gone a year or more without visiting a dentist or dental clinic; 38.8% and 32.1%, respectively.
- ◆ There was little difference by age, although adults age 55 through 64 were more likely to have visited a dentist or dental clinic within the past year.
- ◆ There was little difference by race/ethnicity. White adults were more likely to have visited a dentist in the past year than were Hispanic adults.
- ◆ Education was also associated with dental visits. Nearly sixty percent (59.0%) of adults with less than a high school education had not visited a dentist in the past year while 19.1% of adults with a college degree had not visited a dentist in the past year. Annual household income followed a pattern nearly identical to that of education.
- ◆ 41.9% of adults had lost one or more teeth due to decay or gum disease.
- ◆ Among adults age 50 or more, those who had lost 6 or more teeth were two and a half times more likely to have been diagnosed with coronary heart disease, myocardial infarction or stroke.



- ◆ Adults residing in Bernalillo County were more likely than those living in the Southeast or Southwest regions to have visited a dentist or dental clinic within the past year.



# TIME SINCE LAST VISIT ORAL HEALTH VISIT

Table 23. Percentage of adults with one year or more since last oral health visit, New Mexico, 2010

Demographic Characteristics	Total Number Who Responded to the Question*	One Year or More Since Last Oral Health Visit			
		Total Number Reporting One or More Years Since Last Visit	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	6,943	2,380	35.1	33.3	36.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,558	2,238	35.0	33.1	36.9
LGBT	161	58	38.1	26.6	51.1
<b>AGE</b>					
18-24	207	71	36.4	28.8	44.7
25-34	513	200	40.7	35.1	46.6
35-44	824	313	37.0	33.1	41.1
45-54	1,281	430	33.2	30.0	36.5
55-64	1,723	547	30.7	28.0	33.4
65-74	1,323	423	29.8	27.0	32.8
75+	1,009	380	36.3	32.8	39.9
<b>RACE/ETHNICITY</b>					
American Indian	591	209	41.1	34.4	48.1
Asian NHOPI**	62	21	44.2	25.5	64.7
Black/AA**	87	35	34.6	21.7	50.2
Hispanic	2,101	866	40.3	37.0	43.7
White	3,992	1,215	30.0	27.9	32.2
<b>EDUCATION</b>					
Less than High School Graduate	777	453	59.0	53.0	64.7
High School Graduate or G.E.D.	1,869	813	44.4	40.7	48.1
Some College	1,816	607	34.6	31.1	38.3
College Graduate	2,463	501	19.1	17.0	21.4
<b>INCOME</b>					
Less than \$10,000	412	231	53.1	45.1	60.9
\$10-19,999	1,046	547	54.5	49.1	59.8
\$20-49,999	2,337	856	40.1	36.9	43.3
\$50,000 or more	2,311	456	19.6	17.3	22.1
<b>EMPLOYMENT</b>					
Employed	3,279	1,002	32.0	29.5	34.5
Unemployed/Unable to Work	893	469	51.9	46.7	57.0
Homemaker/Student	732	267	36.2	30.7	42.1
Retired	2,026	635	28.4	26.1	30.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	2,108	788	37.7	34.4	41.0
Northeast	1,276	367	33.8	30.0	37.9
Bernalillo County	1,255	324	29.7	25.9	33.9
Southeast	1,034	425	41.8	37.6	46.2
Southwest	1,230	461	38.4	34.4	42.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

# TIME SINCE LAST VISIT ORAL HEALTH VISIT — MALES

Table 24. Percentage of adult males with one year or more since last oral health visit, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One Year or More Since Last Oral Health Visit Among Adult Men			
		Total Number Reporting One or More Years Since Last Visit	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,705	1,005	38.6	35.7	41.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,558	947	38.6	35.6	41.6
LGBT**	65	26	42.9	23.6	64.6
<b>AGE</b>					
18-24	98	34	39.5	28.6	51.5
25-34	213	106	51.2	42.1	60.1
35-44	306	116	37.2	31.1	43.7
45-54	509	194	36.5	31.5	41.7
55-64	684	235	33.2	29.1	37.7
65-74	494	172	30.7	26.4	35.5
75+	374	139	35.1	29.7	40.8
<b>RACE/ETHNICITY</b>					
American Indian	212	86	43.5	32.9	54.7
Asian NHOPI**	22	10	62.5	33.6	84.6
Black/AA**	36	14	45.6	24.7	68.2
Hispanic	781	337	44.3	38.9	49.9
White	1,600	541	33.2	29.8	36.7
<b>EDUCATION</b>					
Less than High School Graduate	277	166	60.3	50.8	69.2
High School Graduate or G.E.D.	740	356	49.9	44.2	55.6
Some College	645	256	39.0	33.2	45.2
College Graduate	1,039	225	21.2	17.9	24.9
<b>INCOME</b>					
Less than \$10,000	124	78	57.4	42.7	70.9
\$10-19,999	364	201	57.4	48.3	66.0
\$20-49,999	916	387	45.7	40.7	50.8
\$50,000 or more	1,052	233	23.1	19.5	27.1
<b>EMPLOYMENT</b>					
Employed	1,403	488	36.1	32.3	40.1
Unemployed/Unable to Work	379	206	54.4	47.0	61.6
Homemaker/Student** <sup>¶</sup>	60	21	40.9	25.4	58.5
Retired	861	288	30.1	26.7	33.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	816	342	41.4	36.4	46.5
Northeast	508	151	35.1	29.3	41.4
Bernalillo County	491	145	35.7	29.4	42.5
Southeast	387	178	48.7	41.8	55.7
Southwest	489	184	37.6	31.4	44.2

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,997 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.

¶ Among males, 90% were students.

# TIME SINCE LAST VISIT ORAL HEALTH VISIT — FEMALES

Table 25. Percentage of adult females with one year or more since last oral health visit, New Mexico, 2011.

Demographic Characteristics	Total Number Who Responded to the Question*	One Year or More Since Last Oral Health Visit Among Adult Women			
		Total Number Reporting One or More Years Since Last Visit	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,238	1,375	31.7	29.6	34.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,000	1,291	31.6	29.4	33.9
LGBT**	96	32	33.8	21.6	48.7
<b>AGE</b>					
18-24	109	37	33.2	23.5	44.7
25-34	300	94	29.8	24.0	36.3
35-44	518	197	36.8	32.1	41.8
45-54	772	236	30.1	26.2	34.2
55-64	1,039	312	28.3	25.1	31.7
65-74	829	251	29.0	25.4	33.0
75+	635	241	37.1	32.7	41.8
<b>RACE/ETHNICITY</b>					
American Indian	379	123	39.2	30.9	48.2
Asian NHOPI**	40	11	28.5	11.5	55.1
Black/AA**	51	21	25.1	12.8	43.3
Hispanic	1,320	529	36.7	32.9	40.8
White	2,392	674	26.8	24.4	29.5
<b>EDUCATION</b>					
Less than High School Graduate	500	287	57.8	50.4	64.8
High School Graduate or G.E.D.	1,129	457	38.8	34.5	43.2
Some College	1,171	351	30.7	26.8	35.0
College Graduate	1,424	276	17.1	14.6	19.9
<b>INCOME</b>					
Less than \$10,000	288	153	49.7	41.3	58.1
\$10-19,999	682	346	51.9	45.7	58.0
\$20-49,999	1,421	469	34.7	31.0	38.7
\$50,000+	1,259	223	15.7	13.3	18.5
<b>EMPLOYMENT</b>					
Employed	1,876	514	27.2	24.4	30.2
Unemployed Unable to Work	514	263	48.8	41.8	55.8
Homemaker Student <sup>ψ</sup>	672	246	35.0	29.6	40.8
Retired	1,165	347	26.6	23.6	29.8
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,292	446	34.2	30.1	38.5
Northeast	768	216	32.6	27.7	37.9
Bernalillo County	764	179	24.1	20.0	28.7
Southeast	647	247	35.3	30.6	40.3
Southwest	741	277	39.2	34.0	44.6

\* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among Females, 87% were homemakers.

# MAMMOGRAM W/IN PAST TWO YEARS—WOMEN AGE 40+

## QUESTION:

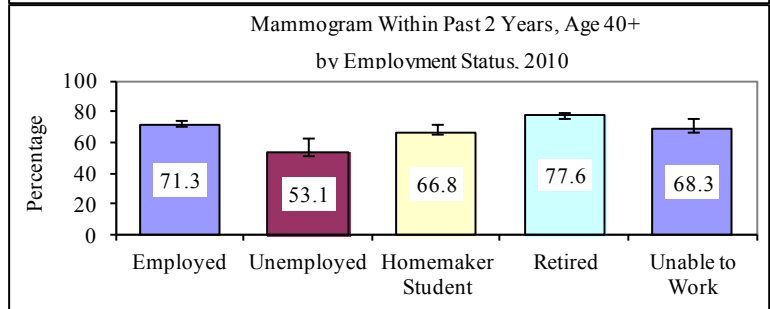
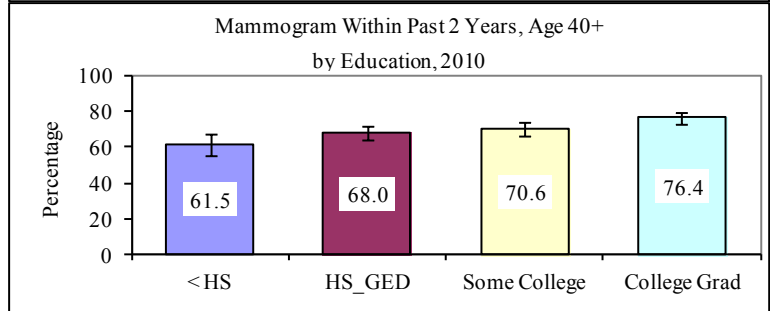
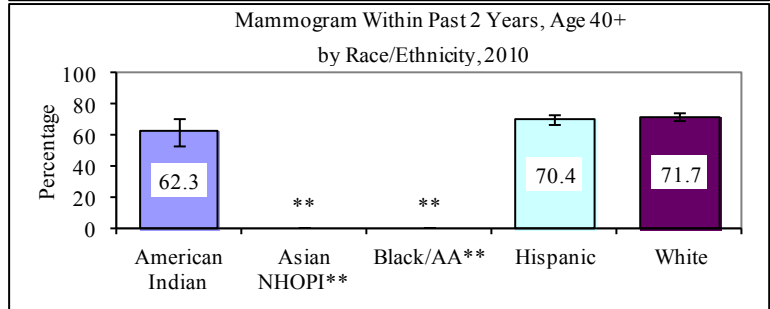
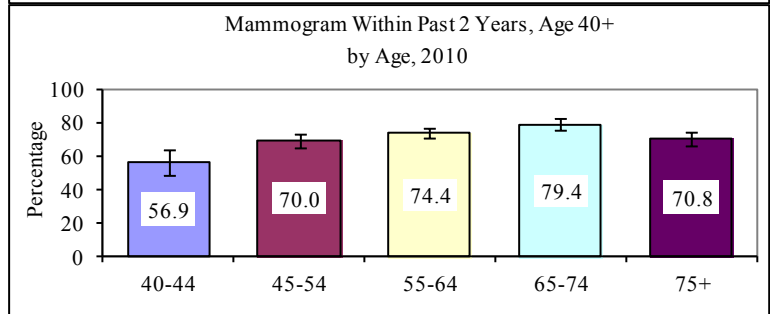
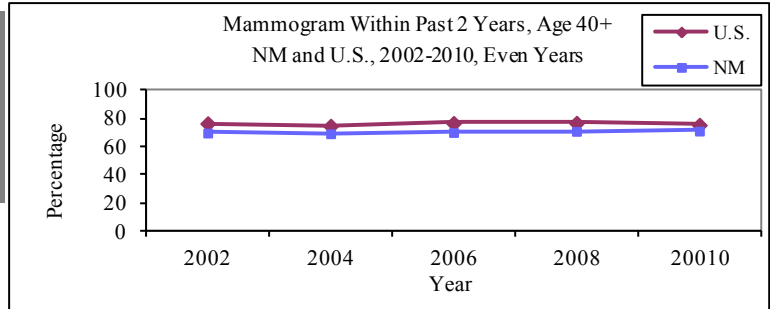
“A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?”

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

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

## IN NEW MEXICO,

- ◆ 71.0% of women aged 40 or more had a mammogram in the previous 2 years. This percentage was lower than that of the US (75.3%).
- ◆ Women who were less than age 45 or were 75 or older were significantly less likely to have had a mammogram in the past two years.
- ◆ There was no significant difference in history of mammogram by race/ethnicity or sexual orientation.
- ◆ Women age 40+ who reported some college education or were a college graduate were more likely to report having had a mammogram in the past 2 years.
- ◆ Women age 40+ living in a household with an annual income of \$50,000 or more were more likely to report having had a mammogram in the past 2 years.
- ◆ Women who were never married were less likely to have had a mammogram within the past two years, even after adjusting for the young average age of this group.
- ◆ Women who were residents of Bernalillo County were more likely to have had a mammogram than women residing in the Southeast Region.
- ◆ Women age 40+ with health care coverage were much more likely to report having had a mammogram in the past 2 years than women without coverage; 75.3% and 38.8%, respectively.



# MAMMOGRAM W/IN PAST TWO YEARS—WOMEN AGE 40+

Table 26. Percentage of Women Age 40+ Who Have Had a Mammogram in the Past 2 Years, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Mammogram Within Past Two Years - Age 40+			
		Total # Reporting Mammogram W/in Past 2 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	3,454	2,469	71.0	69.0	72.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,261	2,330	71.0	69.0	73.0
LGBT**	72	50	61.1	45.6	74.7
<b>AGE</b>					
40-44	250	141	56.9	49.5	64.1
45-54	759	531	70.0	65.8	73.9
55-64	1,018	745	74.4	71.1	77.5
65-74	817	629	79.4	76.0	82.5
75+	610	423	70.8	66.4	74.8
<b>RACE/ETHNICITY</b>					
American Indian	259	180	62.3	53.1	70.6
Asian NHOPI**	24	-	-	-	-
Black/AA**	33	23	-	-	-
Hispanic	984	696	70.4	66.6	73.8
White	2,117	1,527	71.7	69.2	74.1
<b>EDUCATION</b>					
Less than High School Graduate	394	250	61.5	55.0	67.7
High School Graduate or G.E.D.	921	638	68.0	63.9	71.8
Some College	946	692	70.6	66.6	74.2
College Graduate	1,184	882	76.4	73.3	79.3
<b>INCOME</b>					
Less than \$10,000	231	139	58.8	49.6	67.3
\$10-19,999	555	344	59.6	54.1	65.0
\$20-49,999	1,166	817	68.7	65.2	72.1
\$50,000 or more	1,031	814	78.6	75.2	81.6
<b>EMPLOYMENT</b>					
Employed	1,440	1,018	71.3	68.2	74.2
Unemployed/Unable to Work	419	267	61.4	54.8	67.6
Homemaker/Student	455	318	66.8	61.2	71.8
Retired	1,132	860	77.6	74.7	80.3
<b>Geographic Region</b> ⊛					
Northwest	1,029	719	67.8	63.8	71.6
Northeast	654	471	70.0	65.6	74.1
Bernalillo County	624	485	77.2	73.1	80.9
Southeast	519	365	68.2	63.1	72.8
Southwest	610	414	65.4	60.7	69.7

§ 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 6,997 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.

# PAP TEST W/IN PAST THREE YEARS—WOMEN AGE 21+

## QUESTION:

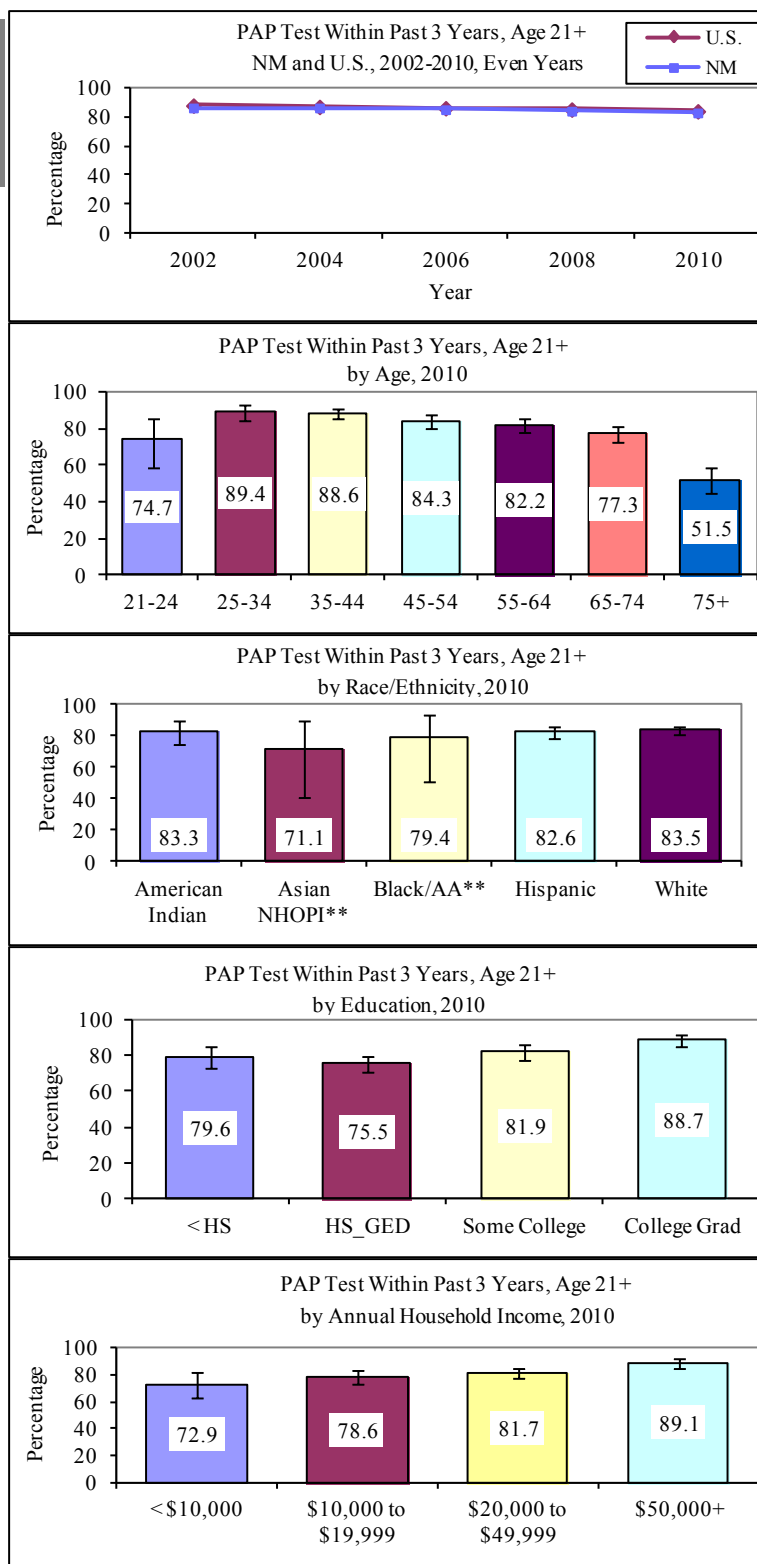
“A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?”

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

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

## IN NEW MEXICO,

- ◆ 82.8% of women aged 21 or more had a PAP Test in the previous 3 years. This percentage was similar to that of the US (83.9%).
- ◆ There was no difference by sexual orientation, race/ethnicity, or region of residence.
- ◆ Women in the youngest and oldest age groups were less likely to report a PAP Test in the past three years than women in the middle age groups.
- ◆ Women who were a college graduate were more likely than women with a high school education or less to report having had a PAP Test in the past 3 years.
- ◆ Women living in a household with an annual income of \$50,000 or more were more likely to report having had a PAP Test in the past 3 years than were women living in a household with an annual income below \$10,000.
- ◆ Apparent differences by employment status were explained by differences in age across the employment categories.
- ◆ Women with health care coverage were more likely to report having had a PAP Test in the past 3 years.



# PAP TEST W/IN PAST THREE YEARS—WOMEN AGE 21+

Table 27. Percentage of Women Age 21+ Who Have Had a PAP Test in the Past 3 Years, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	PAP Test Within Past Three Years - Age 21+			
		Total # Reporting PAP Test W/in Past 3 Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	2,771	2,191	82.8	80.6	84.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,616	2,078	83.0	80.8	85.0
LGBT	69	49	74.1	56.6	86.2
<b>AGE</b>					
21-24	60	46	74.7	58.6	86.0
25-34	289	260	89.4	84.1	93.2
35-44	457	403	88.6	85.0	91.4
45-54	580	486	84.3	80.4	87.5
55-64	651	525	82.2	78.5	85.4
65-74	452	332	77.3	72.5	81.4
75+	282	139	51.5	44.6	58.4
<b>RACE/ETHNICITY</b>					
American Indian	287	236	83.3	74.5	89.5
Asian NHOPI**	30	24	71.1	39.9	90.1
Black/AA**	28	24	79.4	50.2	93.6
Hispanic	888	713	82.6	78.4	86.0
White	1,505	1,171	83.5	81.1	85.7
<b>EDUCATION</b>					
Less than High School Graduate	302	210	79.6	73.0	84.8
High School Graduate or G.E.D.	667	484	75.5	70.7	79.8
Some College	737	606	81.9	77.1	85.9
College Graduate	1,058	886	88.7	85.4	91.4
<b>INCOME</b>					
Less than \$10,000	192	134	72.9	62.4	81.3
\$10-19,999	438	306	78.6	73.2	83.1
\$20-49,999	920	721	81.7	78.1	84.8
\$50,000 or more	904	799	89.1	85.1	92.2
<b>EMPLOYMENT</b>					
Employed	1,395	1,179	86.3	83.3	88.8
Unemployed/Unable to Work	307	232	77.2	69.0	83.7
Homemaker/Student	469	367	83.2	78.2	87.3
Retired	594	408	71.2	66.8	75.2
<b>Geographic Region</b> ⊛					
Northwest	879	690	82.8	79.2	85.9
Northeast	528	429	80.2	74.6	84.9
Bernalillo County	518	442	86.6	81.8	90.3
Southeast	364	277	82.0	76.7	86.4
Southwest	470	342	78.2	72.8	82.8

§ 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 were excluded. Consequently, the sample sizes may not add to 6,997 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:

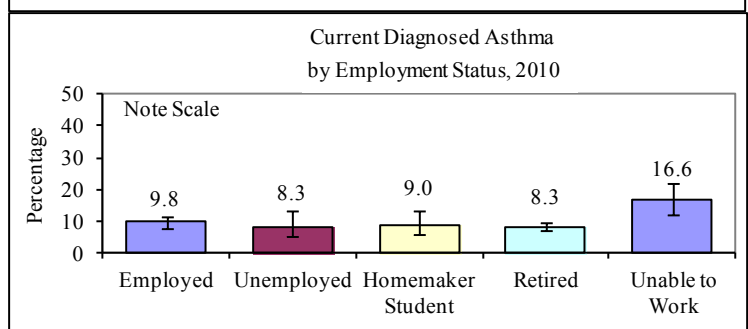
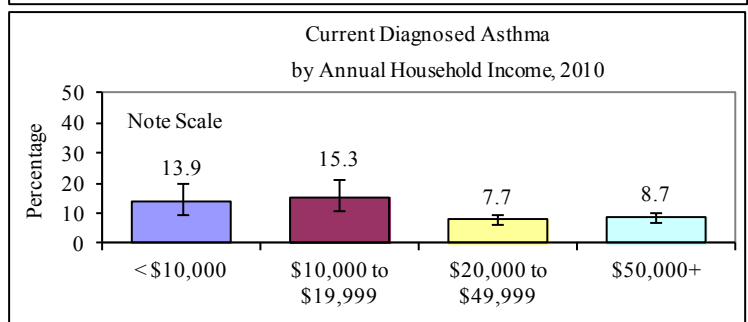
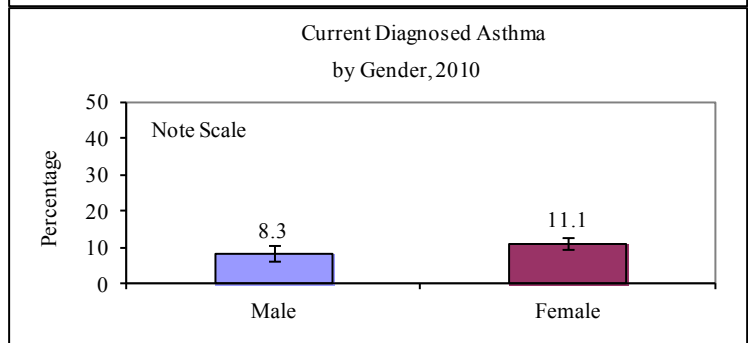
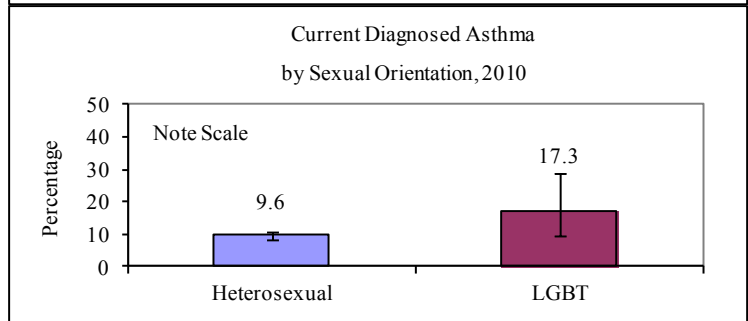
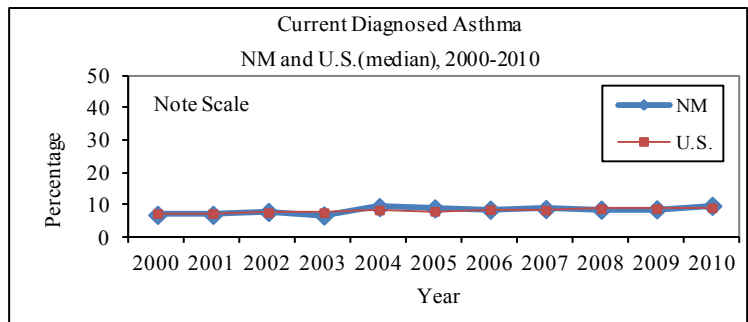
“Has a doctor, nurse or other health professional ever told you that you had asthma?”

“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.<sup>7</sup>

### IN NEW MEXICO,

- ◆ 9.7% of adults had current diagnosed asthma. The prevalence of current asthma has remained stable with some indication of a slight increase over time.
- ◆ The apparent difference by sexual orientation was not clearly statistically significant. Small sample size of the LGBT made comparison difficult.
- ◆ The percentage of women who currently had asthma (11.1%) was higher than that of men (8.3%).
- ◆ There was no significant difference by race/ethnicity. Small sample size, though, made comparison of some groups difficult.
- ◆ Adults who were unable to work were more likely to report current asthma than those who were employed, retired, homemaker, or a student. Those with current asthma were more likely to be unable to work than those without current asthma.
- ◆ Those living in households with an annual income of \$20,000 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.
- ◆ Those with current asthma were more likely to have fair or poor general health status (33.1% and 16.7%, respectively) and were more likely to have a disability (42.7% and 20.8%, respectively).





# CURRENT DIAGNOSED ASTHMA

Table 28. Percentage of adults who currently have diagnosed asthma, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,960	650	9.7	8.6	11.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,570	609	9.6	8.4	10.9
LGBT	161	24	17.3	9.8	28.9
<b>AGE</b>					
18-24	208	27	13.1	8.7	19.4
25-34	515	52	10.6	7.1	15.6
35-44	828	75	8.9	6.8	11.6
45-54	1,282	118	8.7	6.9	10.8
55-64	1,719	181	10.3	8.7	12.2
65-74	1,326	112	8.0	6.5	9.8
75+	1,018	80	7.2	5.4	9.5
<b>RACE/ETHNICITY</b>					
American Indian	588	53	9.4	6.1	14.2
Asian NHOPI**	62	6	8.4	2.7	23.4
Black/AA	89	11	13.0	5.4	28.3
Hispanic	2,112	165	9.4	7.2	12.2
White	3,998	404	9.8	8.5	11.2
<b>EDUCATION</b>					
Less than High School Graduate	787	70	10.9	6.6	17.6
High School Graduate or G.E.D.	1,878	156	8.4	6.6	10.6
Some College	1,818	167	10.6	8.4	13.3
College Graduate	2,458	257	9.7	8.1	11.6
<b>INCOME</b>					
Less than \$10,000	415	55	13.9	9.4	20.0
\$10-19,999	1,051	121	15.3	10.9	21.1
\$20-49,999	2,337	196	7.7	6.2	9.6
\$50,000 or more	2,304	209	8.7	7.2	10.4
<b>EMPLOYMENT</b>					
Employed	3,281	293	9.8	8.1	11.8
Unemployed/Unable to Work	896	121	11.6	8.8	15.1
Homemaker/Student	739	68	9.0	6.1	13.1
Retired	2,031	166	8.3	6.9	9.9
<b>Geographic Region</b> ⊛					
Northwest	2,106	213	9.0	7.4	10.8
Northeast	1,277	99	9.0	6.8	11.9
Bernalillo County	1,258	106	9.9	7.4	13.0
Southeast	1,043	101	10.8	8.1	14.4
Southwest	1,235	126	9.9	7.7	12.8

§ 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 were excluded. Consequently, the sample sizes may not add to 6,997 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 — MALES

Table 29. Percentage of adult males who currently have diagnosed asthma, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma Among Adult Men			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,715	184	8.3	6.5	10.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,568	172	8.4	6.6	10.7
LGBT**	65	7	6.7	2.4	17.1
<b>AGE</b>					
18-24	99	10	10.8	5.5	20.1
25-34	215	21	11.6	6.1	20.9
35-44	307	26	8.2	5.1	12.8
45-54	511	26	5.1	3.2	8.2
55-64	685	45	7.8	5.6	10.6
65-74	494	31	6.2	4.3	9.0
75+	377	23	5.8	3.7	9.1
<b>RACE/ETHNICITY</b>					
American Indian	211	11	7.5	3.2	16.7
Asian NHOPI**	22	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	788	49	9.2	5.7	14.4
White	1,602	113	7.4	5.8	9.5
<b>EDUCATION</b>					
Less than High School Graduate	281	18	12.4	5.2	26.9
High School Graduate or G.E.D.	750	51	7.4	5.1	10.7
Some College	643	40	7.5	4.7	11.9
College Graduate	1,037	75	8.2	6.0	11.1
<b>INCOME</b>					
Less than \$10,000	123	6	7.8	2.6	21.1
\$10-19,999	369	28	13.9	7.0	25.6
\$20-49,999	916	61	6.8	4.7	9.9
\$50,000 or more	1,048	68	7.0	5.1	9.6
<b>EMPLOYMENT</b>					
Employed	1,409	95	8.6	6.2	11.8
Unemployed/Unable to Work	380	34	8.0	4.9	12.8
Homemaker/Student**	61	8	12.8	5.2	28.3
Retired	863	47	5.7	4.1	7.9
<b>Geographic Region</b> ✪					
Northwest	820	45	5.5	3.7	8.1
Northeast	507	34	9.0	5.7	13.9
Bernalillo County	493	36	9.5	5.7	15.3
Southeast	390	29	9.8	5.5	16.7
Southwest	491	37	7.1	4.4	11.2

\* 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 6,997 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 — FEMALES

Table 30. Percentage of adult females who currently have diagnosed asthma, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma Among Adult Women			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,245	466	11.1	9.7	12.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,002	437	10.7	9.3	12.2
LGBT**	96	17	27.6	15.1	45.0
<b>AGE</b>					
18-24	109	17	15.6	9.2	25.3
25-34	300	31	9.5	6.3	14.2
35-44	521	49	9.7	7.0	13.1
45-54	771	92	11.9	9.3	15.1
55-64	1,034	136	12.6	10.4	15.3
65-74	832	81	9.5	7.4	12.2
75+	641	57	8.1	5.6	11.6
<b>RACE/ETHNICITY</b>					
American Indian	377	42	10.9	6.8	17.1
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	7	13.5	4.4	34.4
Hispanic	1,324	116	9.6	7.3	12.6
White	2,396	291	12.2	10.4	14.3
<b>EDUCATION</b>					
Less than High School Graduate	506	52	9.6	6.3	14.4
High School Graduate or G.E.D.	1,128	105	9.5	6.9	12.8
Some College	1,175	127	13.2	10.3	16.9
College Graduate	1,421	182	11.2	9.1	13.7
<b>INCOME</b>					
Less than \$10,000	292	49	18.5	12.8	26.1
\$10-19,999	682	93	16.6	12.0	22.6
\$20-49,999	1,421	135	8.7	6.8	11.0
\$50,000 or more	1,256	141	10.5	8.4	13.0
<b>EMPLOYMENT</b>					
Employed	1,872	198	11.2	9.2	13.6
Unemployed/Unable to Work	516	87	16.0	11.6	21.8
Homemaker/Student	678	60	8.0	5.4	11.7
Retired	1,168	119	10.9	8.7	13.6
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,286	168	12.3	9.9	15.2
Northeast	770	65	9.0	6.4	12.7
Bernalillo County	765	70	10.2	7.5	13.8
Southeast	653	72	11.8	8.8	15.7
Southwest	744	89	12.7	9.3	17.0

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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.

# HISTORY OF DIAGNOSED CANCER

## QUESTIONS:

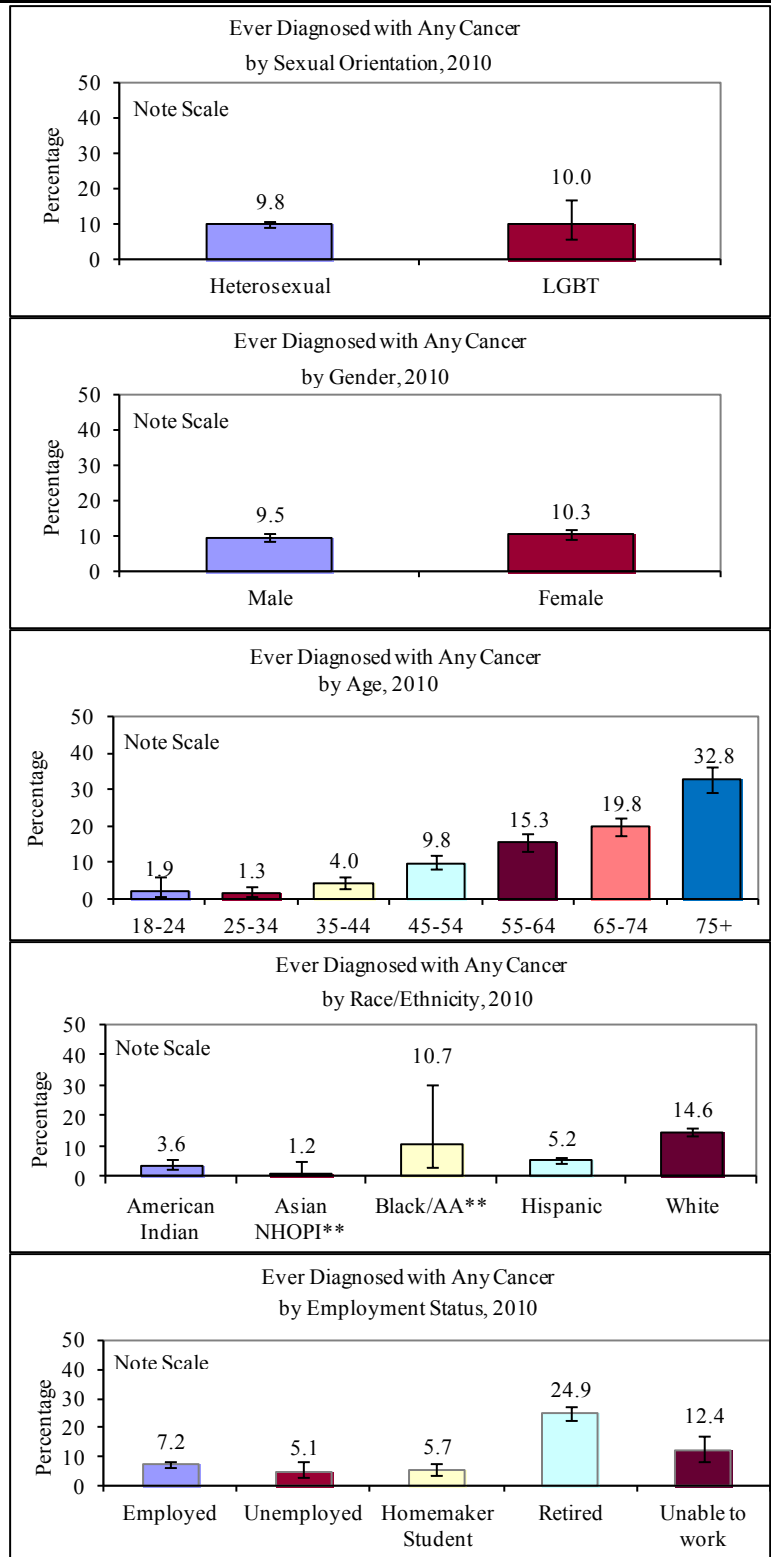
“Has a doctor, nurse or other health professional ever told you that you had skin cancer?”

“...any other types of cancer?”

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. Uncontrolled cancer spread can be fatal. There are over 100 different types of cancer.<sup>28, 35</sup> There are many potential causes of cancer including external factors such as exposure to chemicals, tobacco smoke, radiation, and viruses; internal factors such as hormones, immune conditions, and genetics; and lifestyle factors such as tobacco and alcohol use, sunburn, poor nutrition, and physical inactivity.<sup>35</sup>

## IN NEW MEXICO,

- ◆ 9.9% of adults had a history of any type of cancer.
- ◆ There was no significant difference by gender.
- ◆ There was a strong association with age, older adults were much more likely to have a history of cancer.
- ◆ There was no association with history of cancer and sexual orientation.
- ◆ White adults were more likely than American Indian, Asian/NHOPI, or Hispanic adults to have a history of cancer.
- ◆ The apparent differences by employment status were not statistically significant after adjusting for differences in age distribution.
- ◆ History of cancer was not associated with education level, annual household income, or region of residence.
- ◆ Adults with history of cancer were more likely to currently have fair or poor general health status.
- ◆ Adults who had a history of cancer were more likely to have some form of disability.
- ◆ Adjusting for age, adults who were current smokers were more likely to have a history of cancer.



# HISTORY OF DIAGNOSED CANCER

Table 31. Percentage of adults with history of diagnosis of any type of cancer, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	6,706	955	9.9	9.1	10.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,340	888	9.8	8.9	10.7
LGBT	156	29	10.0	5.8	16.6
<b>AGE</b>					
18-24	201	3	1.9	0.6	5.8
25-34	500	7	1.3	0.5	3.2
35-44	802	32	4.0	2.6	6.0
45-54	1,247	119	9.8	8.0	12.1
55-64	1,648	239	15.3	13.3	17.7
65-74	1,295	255	19.8	17.4	22.5
75+	959	294	32.8	29.3	36.5
<b>RACE/ETHNICITY</b>					
American Indian	546	32	3.6	2.3	5.7
Asian NHOPI**	58	2	1.2	0.3	5.0
Black/AA**	84	8	10.7	3.2	30.1
Hispanic	2,010	168	5.2	4.2	6.3
White	3,905	727	14.6	13.3	16.0
<b>EDUCATION</b>					
Less than High School Graduate	739	82	6.4	4.6	8.9
High School Graduate or G.E.D.	1,797	212	8.0	6.6	9.6
Some College	1,753	260	10.2	8.6	12.1
College Graduate	2,400	400	12.6	11.2	14.2
<b>INCOME</b>					
Less than \$10,000	399	41	7.9	4.8	12.9
\$10-19,999	1,005	132	9.6	7.3	12.5
\$20-49,999	2,261	314	8.8	7.6	10.1
\$50,000 or more	2,259	352	11.7	10.2	13.3
<b>EMPLOYMENT</b>					
Employed	3,170	300	7.2	6.2	8.3
Unemployed/Unable to Work	854	103	8.0	5.9	10.7
Homemaker/Student	717	75	5.7	4.1	7.9
Retired	1,953	477	24.9	22.6	27.3
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	2,033	268	9.0	7.7	10.5
Northeast	1,227	168	9.8	8.2	11.8
Bernalillo County	1,208	186	10.7	9.0	12.6
Southeast	1,012	148	9.1	7.5	10.9
Southwest	1,192	178	10.4	8.4	12.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

# HISTORY OF DIAGNOSED CANCER — MALES

Table 32. Percentage of adult males with history of diagnosis of any type of cancer, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type Among Adult Men			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,595	370	9.5	8.4	10.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,457	347	9.4	8.2	10.7
LGBT**	64	12	8.8	3.8	18.8
<b>AGE</b>					
18-24	96	-	-	-	-
25-34	207	-	-	-	-
35-44	296	8	3.6	1.7	7.6
45-54	493	37	8.6	5.9	12.3
55-64	652	89	14.9	11.9	18.6
65-74	473	100	21.5	17.6	26.0
75+	355	133	42.6	36.7	48.8
<b>RACE/ETHNICITY</b>					
American Indian	190	11	3.8	1.9	7.2
Asian NHOPI**	20	-	-	-	-
Black/AA**	34	-	-	-	-
Hispanic	737	55	4.4	3.1	6.0
White	1,563	294	14.0	12.2	16.0
<b>EDUCATION</b>					
Less than High School Graduate	255	24	4.7	2.9	7.6
High School Graduate or G.E.D.	717	77	6.3	4.7	8.5
Some College	611	88	9.6	7.2	12.6
College Graduate	1,009	181	13.8	11.6	16.3
<b>INCOME</b>					
Less than \$10,000**	115	8	6.5	2.1	18.4
\$10-19,999	344	41	6.9	4.6	10.2
\$20-49,999	881	107	7.6	6.0	9.6
\$50,000 or more	1,022	183	13.0	10.9	15.4
<b>EMPLOYMENT</b>					
Employed	1,352	126	6.8	5.5	8.4
Unemployed/Unable to Work	355	24	4.9	2.8	8.5
Homemaker/Student** <sup>ψ</sup>	61	3	1.5	0.4	5.8
Retired	825	217	26.7	23.3	30.4
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	782	98	8.3	6.4	10.6
Northeast	482	60	8.4	6.1	11.3
Bernalillo County	473	78	10.5	8.1	13.4
Southeast	373	50	8.2	6.0	11.2
Southwest	473	82	10.9	8.1	14.3

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,997 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.

# HISTORY OF DIAGNOSED CANCER — FEMALES

Table 33. Percentage of adult females with history of diagnosis of any type of cancer, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type Among Adult Women			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	4,111	585	10.3	9.2	11.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,883	541	10.1	9.0	11.4
LGBT**	92	17	11.2	5.5	21.3
<b>AGE</b>					
18-24	105	3	3.9	1.3	11.5
25-34	293	6	2.3	0.8	6.1
35-44	506	24	4.4	2.8	6.7
45-54	754	82	11.0	8.6	14.0
55-64	996	150	15.7	13.1	18.8
65-74	822	155	18.3	15.4	21.6
75+	604	161	25.8	21.8	30.2
<b>RACE/ETHNICITY</b>					
American Indian	356	21	3.6	1.9	6.4
Asian NHOPI**	38	-	-	-	-
Black/AA**	50	7	11.7	2.5	41.1
Hispanic	1,273	113	5.9	4.6	7.4
White	2,342	433	15.2	13.4	17.2
<b>EDUCATION</b>					
Less than High School Graduate	484	58	7.8	5.0	11.9
High School Graduate or G.E.D.	1,080	135	9.7	7.5	12.3
Some College	1,142	172	10.8	8.7	13.2
College Graduate	1,391	219	11.5	9.7	13.5
<b>INCOME</b>					
Less than \$10,000	284	33	9.0	5.5	14.4
\$10-19,999	661	91	12.0	8.5	16.8
\$20-49,999	1,380	207	9.8	8.3	11.7
\$50,000 or more	1,237	169	10.2	8.4	12.4
<b>EMPLOYMENT</b>					
Employed	1,818	174	7.6	6.3	9.2
Unemployed/Unable to Work	499	79	11.6	8.1	16.4
Homemaker/Student <sup>ψ</sup>	656	72	6.9	4.9	9.5
Retired	1,128	260	23.0	20.2	26.1
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,251	170	9.7	7.9	11.8
Northeast	745	108	11.2	8.9	14.0
Bernalillo County	735	108	10.8	8.6	13.6
Southeast	639	98	9.8	7.8	12.3
Southwest	719	96	9.9	7.3	13.3

\* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among Females, 87% were homemakers.

# ANY DIAGNOSED CARDIOVASCULAR DISEASE — ADULTS AGE 50+

## QUESTION:

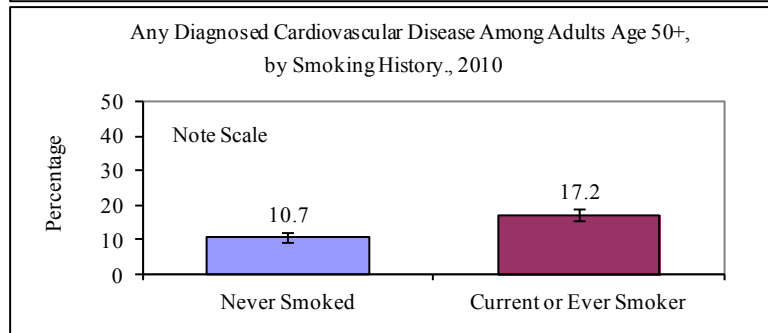
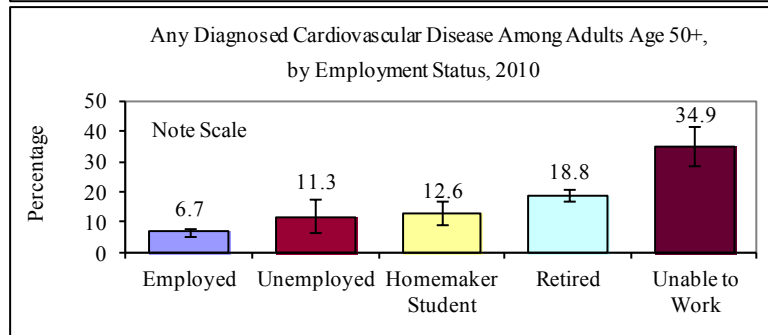
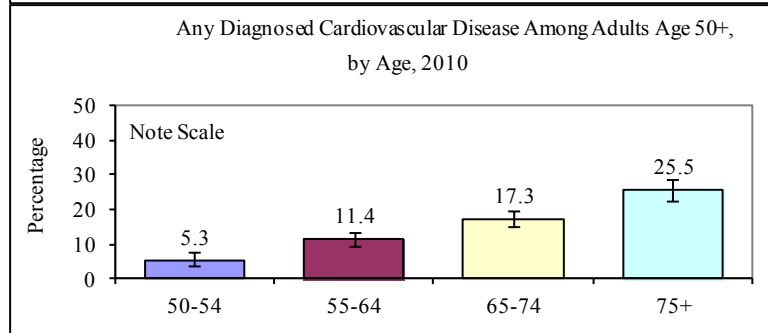
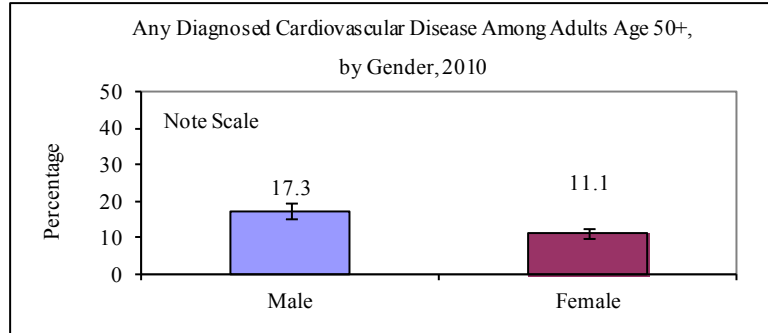
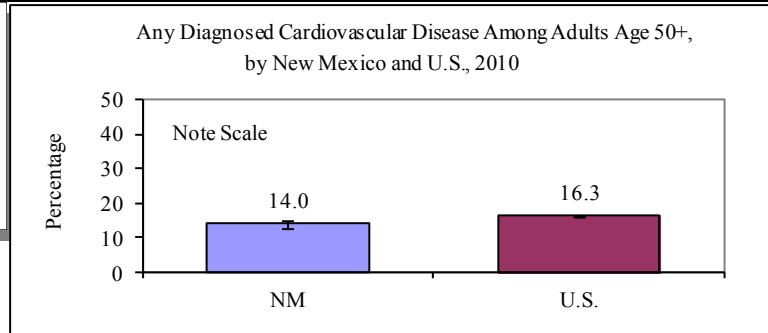
“Has a doctor, nurse, or other health professional ever told you that you had any of the following:  
 ...a heart attack, also called a myocardial infarction?  
 ...angina or coronary heart disease?  
 ...a stroke?”

Heart disease is the leading cause of death for both men and women in the United States.<sup>10</sup> It is also one of the leading causes of disability in the U.S. Stroke is the third leading cause of death in the U.S.<sup>8</sup>

Health conditions such as high blood cholesterol levels, high blood pressure, obesity, and diabetes mellitus can increase the risk of cardiovascular disease (CVD). 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.<sup>9</sup>

## IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 14.0% report history of either myocardial infarction, coronary heart disease, stroke, or some combination of the three. The NM estimate of CVD was statistically lower than that of the U.S. (16.3%).
- ◆ Men (17.3%) were more likely than women (11.1%) to report a history of diagnosed cardiovascular disease.
- ◆ There was a strong relationship between CVD and age, with a significantly higher prevalence of CVD at each advanced age group, even across this narrow age range of 50+.
- ◆ There was no measurable difference by race/ethnicity. Small sample size prohibited presentation of estimates for some race groups.
- ◆ Adults with less education or lower annual household income were more likely to have a history of diagnosed CVD.
- ◆ Adults who were unable to work were much more likely to have a history of CVD than those who were employed. Adjustment for age nearly eliminated the difference between Retired and other employment categories but did not affect the difference between Unable to Work and other categories.
- ◆ Current and former smokers were more likely to report cardiovascular disease, particularly MI and stroke, than adults who never smoked.





## ANY DIAGNOSED CARDIOVASCULAR DISEASE — ADULTS AGE 50+

Table 34. Percentage of adults age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Diagnosed Cardiovascular Disease - Age 50+			
		Total Number Any Diagnosed Cardiovascular Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,792	713	14.0	12.8	15.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,517	662	13.8	12.6	15.0
LGBT**	96	11	13.3	7.0	23.8
<b>AGE</b>					
50-54	739	42	5.3	3.6	7.7
55-64	1,722	187	11.4	9.7	13.4
65-74	1,320	223	17.3	14.9	19.9
75+	1,011	261	25.5	22.5	28.8
<b>RACE/ETHNICITY</b>					
American Indian	290	44	17.2	11.8	24.2
Asian NHOPI**	29	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,253	174	13.2	11.0	15.6
White	3,104	474	14.1	12.8	15.6
<b>EDUCATION</b>					
Less than High School Graduate	517	112	21.8	17.9	26.3
High School Graduate or G.E.D.	1,282	204	15.5	13.2	18.2
Some College	1,208	207	15.8	13.5	18.4
College Graduate	1,773	189	9.8	8.4	11.6
<b>INCOME</b>					
Less than \$10,000	274	52	20.5	15.2	27.0
\$10-19,999	733	162	19.5	16.2	23.2
\$20-49,999	1,637	264	16.6	14.5	19.0
\$50,000 or more	1,535	128	7.8	6.4	9.4
<b>EMPLOYMENT</b>					
Employed	1,848	136	6.7	5.5	8.0
Unemployed/Unable to Work	552	132	26.1	21.4	31.4
Homemaker/Student	385	50	12.6	9.3	16.9
Retired	2,001	394	18.8	16.9	20.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,380	197	13.8	11.8	16.2
Northeast	937	107	11.5	9.1	14.5
Bernalillo County	845	105	11.1	9.0	13.5
Southeast	724	137	19.7	16.5	23.3
Southwest	882	161	17.0	14.5	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 6,997 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 DIAGNOSED CARDIOVASCULAR DISEASE — MALES AGE 50+

Table 35. Percentage of adult males age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Diagnosed Cardiovascular Disease - Age 50+ Among Adult Men			
		Total Number Any Diagnosed Cardiovascular Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	1,839	343	17.3	15.4	19.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,731	323	17.4	15.4	19.6
LGBT**	40	-	-	-	-
<b>AGE</b>					
50-54	289	17	6.1	3.4	10.5
55-64	684	97	14.0	11.2	17.4
65-74	490	101	20.5	16.8	24.9
75+	376	128	35.8	30.4	41.7
<b>RACE/ETHNICITY</b>					
American Indian**	98	19	19.3	11.5	30.5
Asian NHOPI**	11	-	-	-	-
Black/AA**	23	-	-	-	-
Hispanic	466	84	16.1	12.5	20.5
White	1,205	229	17.6	15.3	20.1
<b>EDUCATION</b>					
Less than High School Graduate	173	45	24.3	17.8	32.3
High School Graduate or G.E.D.	477	96	19.8	15.7	24.6
Some College	404	90	20.2	16.0	25.2
College Graduate	782	111	13.1	10.7	16.0
<b>INCOME</b>					
Less than \$10,000**	76	19	25.6	15.7	38.9
\$10-19,999	248	58	21.9	16.5	28.5
\$20-49,999	628	140	22.8	19.0	27.1
\$50,000 or more	727	95	10.7	8.6	13.3
<b>EMPLOYMENT</b>					
Employed	777	82	9.2	7.2	11.6
Unemployed/Unable to Work	209	52	26.8	19.7	35.4
Homemaker/Student**	8	-	-	-	-
Retired	845	207	23.8	20.6	27.2
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	524	84	15.4	12.0	19.5
Northeast	366	50	14.2	10.0	19.6
Bernalillo County	320	57	14.6	11.1	19.1
Southeast	263	62	23.2	18.1	29.3
Southwest	359	88	22.0	17.9	26.8

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 6,997 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 DIAGNOSED CARDIOVASCULAR DISEASE — FEMALES AGE 50+

Table 36. Percentage of adult females age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Diagnosed Cardiovascular Disease - Age 50+ Among Adult Women			
		Total Number Any Diagnosed Cardiovascular Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,953	370	11.1	9.8	12.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,786	339	10.6	9.3	12.0
LGBT**	56	6	15.8	6.7	33.0
<b>AGE</b>					
50-54	450	25	4.6	2.8	7.5
55-64	1,038	90	8.9	7.0	11.3
65-74	830	122	14.4	11.7	17.6
75+	635	133	18.2	15.2	21.8
<b>RACE/ETHNICITY</b>					
American Indian	192	25	15.4	8.9	25.5
Asian NHOPI**	18	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	787	90	10.8	8.4	13.7
White	1,899	245	11.0	9.6	12.7
<b>EDUCATION</b>					
Less than High School Graduate	344	67	20.0	15.3	25.6
High School Graduate or G.E.D.	805	108	12.1	9.7	15.1
Some College	804	117	12.8	10.4	15.8
College Graduate	991	78	6.2	4.8	8.0
<b>INCOME</b>					
Less than \$10,000	198	33	17.4	11.9	24.7
\$10-19,999	485	104	17.7	13.9	22.2
\$20-49,999	1,009	124	11.3	9.2	13.7
\$50,000 or more	808	33	4.3	2.9	6.4
<b>EMPLOYMENT</b>					
Employed	1,071	54	4.1	3.0	5.5
Unemployed/Unable to Work	343	80	25.4	19.6	32.2
Homemaker/Student	377	48	12.3	9.0	16.6
Retired	1,156	187	13.7	11.7	16.0
<b>Geographic Region</b> <sup>⊛</sup>					
Northwest	856	113	12.5	10.1	15.3
Northeast	571	57	9.2	6.9	12.1
Bernalillo County	525	48	8.1	5.9	11.0
Southeast	461	75	16.6	12.8	21.4
Southwest	523	73	12.6	9.8	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 6,997 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.

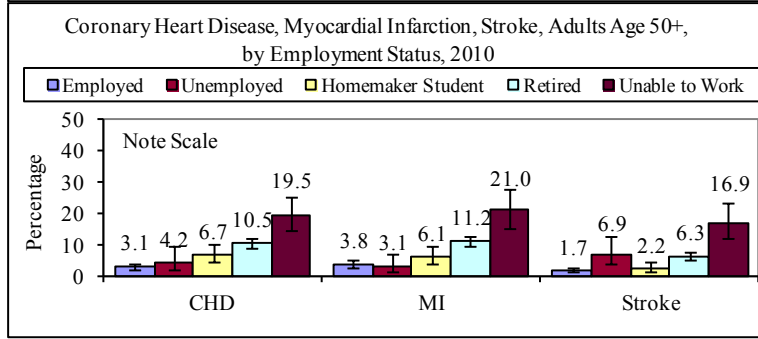
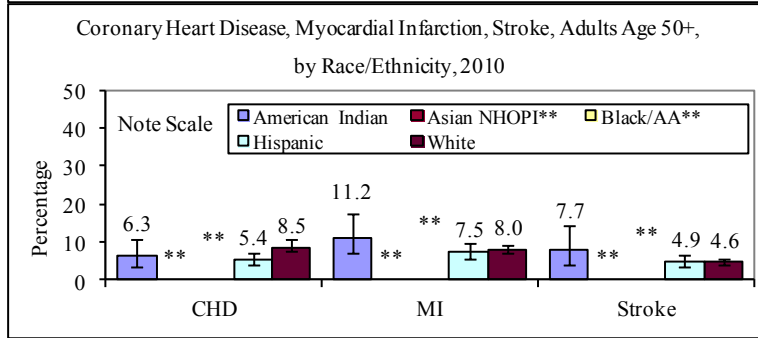
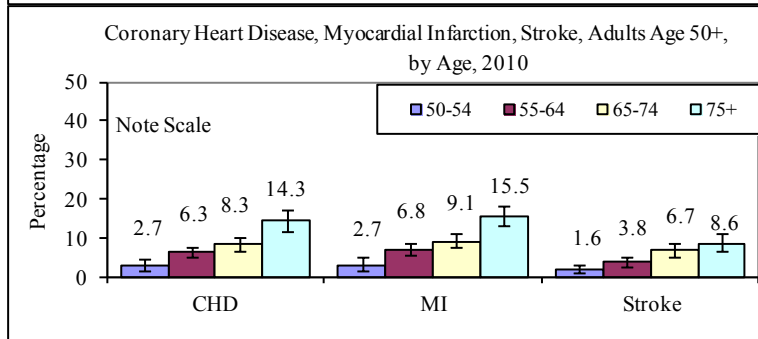
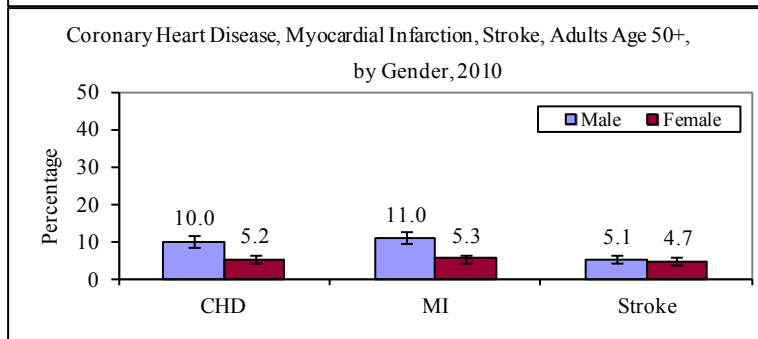
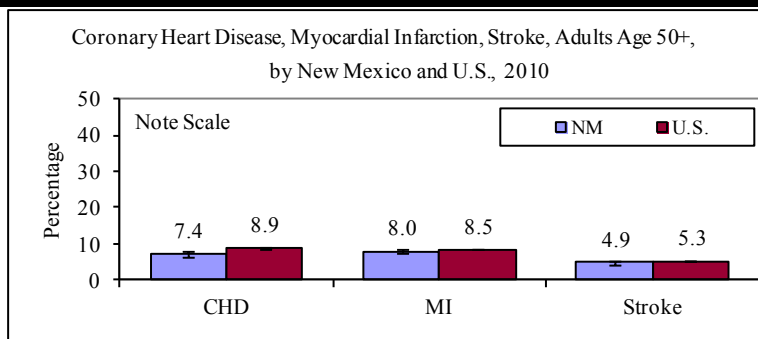
\*\* Estimates based on small sample size may not be reliable and may change significantly from year to year.

# DIAGNOSED CORONARY HEART DISEASE, MYOCARDIAL INFARCTION, OR STROKE — ADULTS AGE 50+

In the charts, here, and in the tables of the following pages, each of the three forms of cardiovascular disease included in the BRFSS, coronary heart disease (CHD), myocardial infarction (MI), and stroke, is presented separately.

## IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 7.4% have a history of coronary heart disease, 8.0% a history of myocardial infarction, and 4.9% a history of stroke.
- ◆ Men were more likely than women to have a history of myocardial infarction and coronary heart disease but there was no difference between them for stroke.
- ◆ There was a clear association between age and each form of cardiovascular disease. For each form of CVD, there was a step-wise increase in prevalence across age groups, though these differences were not necessarily significant between each age group.
- ◆ 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 were slightly more likely to have a history of CVD than were adults who had completed college.
- ◆ Adults living in households with lower annual household income were slightly more likely to report one or more forms of cardiovascular disease.
- ◆ Adults with diabetes were more likely to have a history of diagnosed cardiovascular disease of any type, and were more likely to have a history of diagnosis of each specific CVD, coronary heart disease, myocardial infarction, and stroke.
- ◆ There was a strong association between history of cardiovascular disease and ability to work. Adults who were unable to work were more likely to have a history of each form of CVD. Additionally, 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.



# DIAGNOSED CORONARY HEART DISEASE — AGE 50+

Table 37. Percentage of adults age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Coronary Heart Disease - Age 50+			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,795	365	7.4	6.6	8.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,519	340	7.4	6.5	8.3
LGBT**	96	6	5.8	2.5	12.9
<b>AGE</b>					
50-54	741	22	2.7	1.7	4.4
55-64	1,725	101	6.3	5.0	7.8
65-74	1,320	111	8.3	6.8	10.2
75+	1,009	131	14.3	11.8	17.2
<b>RACE/ETHNICITY</b>					
American Indian	292	18	6.3	3.5	10.8
Asian NHOPI**	29	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,254	73	5.4	4.1	7.1
White	3,104	263	8.5	7.4	9.7
<b>EDUCATION</b>					
Less than High School Graduate	514	49	9.6	7.1	12.9
High School Graduate or G.E.D.	1,286	105	8.1	6.5	10.0
Some College	1,206	111	9.1	7.3	11.4
College Graduate	1,776	99	5.4	4.3	6.7
<b>INCOME</b>					
Less than \$10,000	271	22	8.6	5.5	13.4
\$10-19,999	736	86	9.6	7.4	12.5
\$20-49,999	1,631	128	8.7	7.1	10.5
\$50,000 or more	1,538	80	5.0	3.9	6.4
<b>EMPLOYMENT</b>					
Employed	1,848	62	3.1	2.3	4.2
Unemployed/Unable to Work	556	71	13.8	10.5	18.0
Homemaker/Student	385	23	6.7	4.3	10.3
Retired	2,000	209	10.5	9.0	12.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,384	106	8.1	6.4	10.1
Northeast	940	48	4.9	3.5	6.8
Bernalillo County	843	55	6.1	4.5	8.1
Southeast	726	68	10.0	7.7	12.8
Southwest	878	86	9.4	7.5	11.7

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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 CORONARY HEART DISEASE — MALES AGE 50+

Table 38. Percentage of adult males age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Coronary Heart Disease - Age 50+ Among Adult Men			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,837	188	10.0	8.5	11.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,729	178	10.1	8.6	11.9
LGBT**	40	-	-	-	-
<b>AGE</b>					
50-54	291	10	3.4	1.7	6.5
55-64	686	58	8.5	6.4	11.4
65-74	487	50	10.3	7.6	13.8
75+	373	70	22.0	17.2	27.7
<b>RACE/ETHNICITY</b>					
American Indian**	100	8	9.1	4.1	19.1
Asian NHOPI**	11	-	-	-	-
Black/AA**	23	-	-	-	-
Hispanic	464	38	7.6	5.2	10.9
White	1,203	138	11.3	9.4	13.5
<b>EDUCATION</b>					
Less than High School Graduate	171	20	12.1	7.6	18.8
High School Graduate or G.E.D.	476	53	11.0	8.1	14.7
Some College	402	52	12.8	9.3	17.4
College Graduate	785	62	7.6	5.8	10.0
<b>INCOME</b>					
Less than \$10,000**	75	6	8.3	3.5	18.2
\$10-19,999	248	29	12.5	8.3	18.4
\$20-49,999	623	76	12.9	10.0	16.5
\$50,000 or more	729	60	6.9	5.2	9.1
<b>EMPLOYMENT</b>					
Employed	778	39	4.5	3.1	6.4
Unemployed/Unable to Work	211	32	16.5	11.1	23.8
Homemaker/Student**	8	-	-	-	-
Retired	840	116	14.2	11.7	17.2
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	525	53	10.4	7.6	14.2
Northeast	368	27	7.1	4.6	10.9
Bernalillo County	320	30	8.7	6.0	12.6
Southeast	262	31	12.4	8.7	17.6
Southwest	355	45	11.9	8.8	15.9

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 6,997 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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# DIAGNOSED CORONARY HEART DISEASE — FEMALES AGE 50+

Table 39. Percentage of adult females age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Coronary Heart Disease - Age 50+ Among Adult Women			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,958	177	5.2	4.4	6.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,790	162	5.0	4.2	6.0
LGBT**	56	2	4.0	0.9	15.5
<b>AGE</b>					
50-54	450	12	2.1	1.0	4.1
55-64	1,039	43	4.1	2.9	5.8
65-74	833	61	6.6	5.0	8.7
75+	636	61	8.8	6.6	11.6
<b>RACE/ETHNICITY</b>					
American Indian	192	10	3.9	2.0	7.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	790	35	3.6	2.4	5.4
White	1,901	125	6.0	4.9	7.3
<b>EDUCATION</b>					
Less than High School Graduate	343	29	7.8	5.3	11.3
High School Graduate or G.E.D.	810	52	5.8	4.2	7.8
Some College	804	59	6.7	4.9	9.0
College Graduate	991	37	2.8	1.9	4.1
<b>INCOME</b>					
Less than \$10,000	196	16	8.8	5.2	14.7
\$10-19,999	488	57	7.5	5.6	10.1
\$20-49,999	1,008	52	5.0	3.7	6.7
\$50,000 or more	809	20	2.7	1.6	4.5
<b>EMPLOYMENT</b>					
Employed	1,070	23	1.7	1.1	2.6
Unemployed/Unable to Work	345	39	11.3	7.7	16.2
Homemaker/Student	377	22	6.3	4.0	9.7
Retired	1,160	93	6.7	5.3	8.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	859	53	5.9	4.3	8.0
Northeast	572	21	2.9	1.8	4.5
Bernalillo County	523	25	3.9	2.5	5.9
Southeast	464	37	7.8	5.5	11.1
Southwest	523	41	7.2	5.1	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 are male are excluded. Consequently, the sample sizes may not add to 6,997 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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## DIAGNOSED MYOCARDIAL INFARCTION — AGE 50+

Table 40. Percentage of adults age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Myocardial Infarction - Age 50+			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,799	400	8.0	7.1	9.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,522	372	7.9	7.0	8.9
LGBT**	96	5	5.3	2.2	12.4
<b>AGE</b>					
50-54	739	18	2.7	1.5	4.9
55-64	1,723	107	6.8	5.4	8.4
65-74	1,324	121	9.1	7.4	11.1
75+	1,013	154	15.5	13.0	18.4
<b>RACE/ETHNICITY</b>					
American Indian	292	28	11.2	7.0	17.5
Asian NHOPI**	29	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,256	96	7.5	5.8	9.6
White	3,105	266	8.0	7.0	9.2
<b>EDUCATION</b>					
Less than High School Graduate	515	66	13.1	9.9	17.0
High School Graduate or G.E.D.	1,287	121	9.6	7.7	11.8
Some College	1,209	105	8.0	6.3	10.1
College Graduate	1,776	107	5.6	4.5	7.0
<b>INCOME</b>					
Less than \$10,000	275	34	13.9	9.5	19.8
\$10-19,999	733	92	10.5	8.3	13.3
\$20-49,999	1,640	149	10.0	8.2	12.1
\$50,000 or more	1,539	68	4.0	3.1	5.3
<b>EMPLOYMENT</b>					
Employed	1,850	76	3.8	2.9	4.9
Unemployed/Unable to Work	551	67	14.4	10.7	19.1
Homemaker/Student	388	24	6.1	3.8	9.6
Retired	2,003	233	11.2	9.7	12.9
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,386	106	7.4	5.9	9.2
Northeast	935	55	6.2	4.3	8.9
Bernalillo County	845	60	6.5	4.9	8.5
Southeast	726	87	12.4	9.7	15.6
Southwest	883	88	9.6	7.7	11.9

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

<sup>⊛</sup> 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 MYOCARDIAL INFARCTION — MALES AGE 50+

Table 41. Percentage of adult males age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Myocardial Infarction - Age 50+ Among Adult Men			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,844	216	11.0	9.4	12.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,736	204	11.0	9.4	12.9
LGBT**	40	-	-	-	-
<b>AGE</b>					
50-54	290	9	3.4	1.5	7.7
55-64	686	62	9.1	6.8	11.9
65-74	493	62	12.5	9.6	16.1
75+	375	83	24.1	19.2	29.7
<b>RACE/ETHNICITY</b>					
American Indian**	99	15	13.8	7.8	23.3
Asian NHOPI**	11	-	-	-	-
Black/AA**	23	-	-	-	-
Hispanic	469	55	11.4	8.2	15.5
White	1,206	141	10.7	8.9	12.8
<b>EDUCATION</b>					
Less than High School Graduate	174	30	15.9	10.8	22.9
High School Graduate or G.E.D.	477	65	14.3	10.8	18.8
Some College	405	52	11.3	8.1	15.4
College Graduate	785	68	8.0	6.1	10.4
<b>INCOME</b>					
Less than \$10,000**	78	13	18.3	10.2	30.8
\$10-19,999	248	36	13.5	9.4	19.0
\$20-49,999	628	95	15.8	12.5	19.8
\$50,000 or more	730	53	5.8	4.3	7.8
<b>EMPLOYMENT</b>					
Employed	779	46	5.1	3.7	7.1
Unemployed/Unable to Work	211	35	18.8	12.6	27.1
Homemaker/Student**	8	-	-	-	-
Retired	846	134	15.5	12.9	18.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	528	52	9.2	6.8	12.5
Northeast	366	27	8.4	5.0	13.8
Bernalillo County	321	39	10.0	7.1	14.0
Southeast	263	43	16.0	11.7	21.5
Southwest	359	54	13.5	10.2	17.5

§ 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 6,997 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 MYOCARDIAL INFARCTION — FEMALES AGE 50+

Table 42. Percentage of adult females age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Myocardial Infarction - Age 50+ Among Adult Women			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,955	184	5.3	4.5	6.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,786	168	5.1	4.2	6.1
LGBT**	56	3	5.7	1.8	17.1
<b>AGE</b>					
50-54	449	9	2.0	0.9	4.5
55-64	1,037	45	4.6	3.3	6.4
65-74	831	59	6.1	4.5	8.2
75+	638	71	9.4	7.2	12.2
<b>RACE/ETHNICITY</b>					
American Indian	193	13	9.1	4.1	19.1
Asian NHOPI**	18	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	787	41	4.4	3.0	6.3
White	1,899	125	5.6	4.6	6.9
<b>EDUCATION</b>					
Less than High School Graduate	341	36	11.0	7.4	16.1
High School Graduate or G.E.D.	810	56	5.9	4.4	7.8
Some College	804	53	5.7	4.1	8.0
College Graduate	991	39	2.9	2.0	4.3
<b>INCOME</b>					
Less than \$10,000	197	21	11.1	6.8	17.6
\$10-19,999	485	56	8.3	6.2	11.2
\$20-49,999	1,012	54	4.9	3.6	6.7
\$50,000 or more	809	15	2.0	1.1	3.5
<b>EMPLOYMENT</b>					
Employed	1,071	30	2.4	1.6	3.6
Unemployed/Unable to Work	340	32	10.2	6.6	15.4
Homemaker/Student	380	23	6.2	3.9	9.8
Retired	1,157	99	6.8	5.4	8.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	858	54	5.7	4.2	7.7
Northeast	569	28	4.3	2.8	6.4
Bernalillo County	524	21	3.5	2.2	5.6
Southeast	463	44	9.3	6.3	13.4
Southwest	524	34	6.3	4.3	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 were males were excluded. Consequently, the sample sizes may not add to 6,997 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 STROKE — AGE 50+

Table 43. Percentage of adults age 50+ with history of diagnosis of stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+			
		Total Number Diagnosed with Stroke	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,820	251	4.9	4.2	5.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,541	230	4.7	4.0	5.5
LGBT**	96	4	7.0	2.5	18.0
<b>AGE</b>					
50-54	741	13	1.6	0.9	3.1
55-64	1,727	65	3.8	2.8	5.1
65-74	1,330	82	6.7	5.2	8.7
75+	1,022	91	8.6	6.8	10.9
<b>RACE/ETHNICITY</b>					
American Indian	294	19	7.7	4.1	14.1
Asian NHOPI**	29	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,263	63	4.9	3.6	6.5
White	3,117	161	4.6	3.9	5.6
<b>EDUCATION</b>					
Less than High School Graduate	522	39	7.7	5.4	11.1
High School Graduate or G.E.D.	1,296	68	5.7	4.3	7.6
Some College	1,214	77	5.6	4.2	7.4
College Graduate	1,775	66	3.2	2.4	4.2
<b>INCOME</b>					
Less than \$10,000	275	22	8.7	5.5	13.6
\$10-19,999	740	58	8.0	5.8	11.0
\$20-49,999	1,644	95	5.4	4.2	6.9
\$50,000 or more	1,537	37	2.2	1.5	3.1
<b>EMPLOYMENT</b>					
Employed	1,847	37	1.7	1.2	2.5
Unemployed/Unable to Work	561	66	13.2	9.8	17.6
Homemaker/Student	388	11	2.2	1.1	4.5
Retired	2,017	136	6.3	5.2	7.6
<b>Geographic Region</b> ⊛					
Northwest	1,392	73	4.5	3.4	5.9
Northeast	940	39	4.2	3.0	6.0
Bernalillo County	848	41	4.4	3.1	6.2
Southeast	731	41	6.9	4.8	9.9
Southwest	885	56	5.3	4.0	7.0

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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 STROKE — MALES AGE 50+

Table 44. Percentage of adult males age 50+ with history of diagnosis of stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+ Among Adult Men			
		Total Number Diagnosed with Stroke	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,847	101	5.1	4.1	6.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,738	97	5.2	4.1	6.6
LGBT**	40	-	-	-	-
<b>AGE</b>					
50-54	290	5	1.5	0.6	3.6
55-64	685	31	4.3	2.8	6.4
65-74	494	31	7.0	4.7	10.3
75+	378	34	9.6	6.4	14.1
<b>RACE/ETHNICITY</b>					
American Indian**	99	6	5.2	2.1	12.3
Asian NHOPI**	11	-	-	-	-
Black/AA**	23	-	-	-	-
Hispanic	469	27	5.2	3.4	7.8
White	1,209	63	4.9	3.7	6.5
<b>EDUCATION</b>					
Less than High School Graduate	174	11	5.4	2.8	10.0
High School Graduate or G.E.D.	481	30	7.0	4.7	10.4
Some College	406	29	6.6	4.2	10.3
College Graduate	783	30	3.2	2.2	4.8
<b>INCOME</b>					
Less than \$10,000**	76	8	10.9	5.2	21.6
\$10-19,999	249	19	7.7	4.6	12.6
\$20-49,999	630	41	6.6	4.6	9.4
\$50,000 or more	728	25	2.6	1.7	4.2
<b>EMPLOYMENT</b>					
Employed	776	20	2.2	1.3	3.6
Unemployed/Unable to Work	211	24	12.4	7.8	19.3
Homemaker/Student**	8	-	-	-	-
Retired	852	56	6.2	4.7	8.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	526	20	3.3	1.9	5.6
Northeast	368	14	4.0	2.3	7.1
Bernalillo County	322	21	5.5	3.4	8.8
Southeast	263	19	7.3	4.5	11.6
Southwest	361	27	6.1	4.1	9.0

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 6,997 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 STROKE — FEMALES AGE 50+

Table 45. Percentage of adult females age 50+ with history of diagnosis of stroke, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+ Among Adult Women			
		Total Number Diagnosed with Stroke	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	2,973	150	4.7	3.8	5.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,803	133	4.2	3.4	5.2
LGBT**	56	4	13.0	4.7	31.0
<b>AGE</b>					
50-54	451	8	1.8	0.7	4.5
55-64	1,042	34	3.3	2.2	5.0
65-74	836	51	6.5	4.6	9.1
75+	644	57	7.9	5.9	10.5
<b>RACE/ETHNICITY</b>					
American Indian	195	13	9.7	4.3	20.4
Asian NHOPI**	18	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	794	36	4.6	3.0	6.8
White	1,908	98	4.4	3.5	5.5
<b>EDUCATION</b>					
Less than High School Graduate	348	28	9.4	6.0	14.4
High School Graduate or G.E.D.	815	38	4.6	3.0	7.0
Some College	808	48	4.9	3.5	6.8
College Graduate	992	36	3.1	2.1	4.4
<b>INCOME</b>					
Less than \$10,000	199	14	7.4	4.0	13.2
\$10-19,999	491	39	8.2	5.4	12.3
\$20-49,999	1,014	54	4.4	3.3	6.0
\$50,000 or more	809	12	1.6	0.8	3.1
<b>EMPLOYMENT</b>					
Employed	1,071	17	1.2	0.7	2.1
Unemployed/Unable to Work	350	42	14.0	9.5	20.1
Homemaker/Student	380	10	2.2	1.0	4.6
Retired	1,165	80	6.3	4.9	8.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	866	53	5.6	4.1	7.5
Northeast	572	25	4.4	2.8	6.8
Bernalillo County	526	20	3.5	2.1	5.8
Southeast	468	22	6.6	3.8	11.1
Southwest	524	29	4.6	3.1	6.8

§ 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 6,997 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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# EVER DIAGNOSED WITH DEPRESSIVE DISORDER

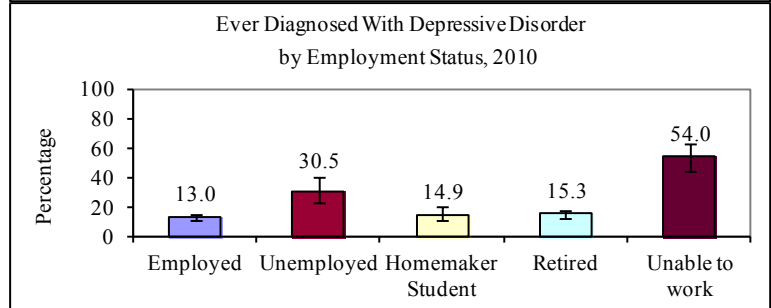
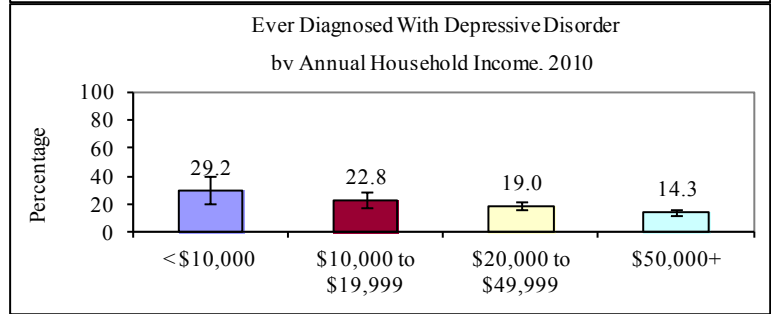
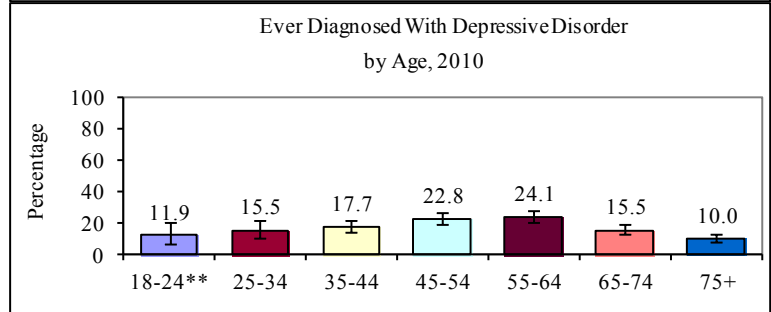
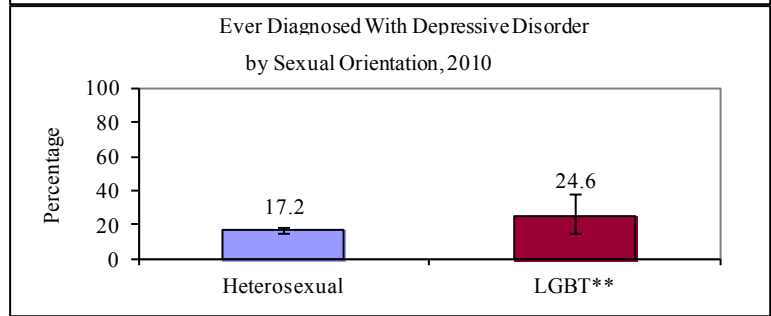
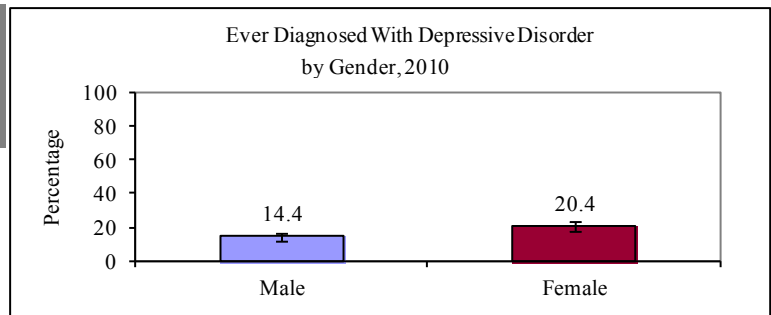
## QUESTION:

“Have you ever been told you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?”

Depression is characterized by depressed or sad mood, diminished interest in activities which used to be pleasurable, weight gain or loss, psychomotor agitation or retardation, fatigue, inappropriate guilt, difficulties concentrating, as well as recurrent thoughts of death.<sup>27</sup> The figures here do not represent current prevalence of depression but the percentage of adults that have ever been diagnosed with a depressive disorder.

## IN NEW MEXICO,

- ◆ The percentage of adults in New Mexico ever diagnosed with depression was 17.6%. No comparable measure for the U.S. was available.
- ◆ Women (20.4%) were more likely than men (14.4%) to have ever been diagnosed with depression.
- ◆ Though not statistically significant in 2010, LGBT adults (24.6%) appeared to be more likely to have ever been diagnosed with depression than heterosexual adults (17.2%), consistent with years showing statistically significant differences.
- ◆ History of depression was highest across the middle age groups.
- ◆ There was no measurable difference in history of diagnosed depression by race/ethnicity. Sample size precluded comparison of some groups.
- ◆ There was no difference by education level.
- ◆ Adults living in lower income households were more likely to have a history of depression.
- ◆ Nearly fifty-five percent (54.6%) of adults who were unable to work had a history of depression.
- ◆ There was little difference by region of residence. Residents of the Northwest Region were less likely to have a history of depression than residence of Bernalillo County.
- ◆ Adults with fair or poor general health status were much more likely to have a history of depression (33.6%) than other adults (14.0%).
- ◆ Adults with a disability were much more likely to have a history of depression (36.1%) than adults without a disability (12.0%).



- ◆ Adults who were current smokers were more likely to have ever been diagnosed with depression (26.9%) than were non-smokers (15.5%).

# EVER DIAGNOSED WITH DEPRESSIVE DISORDER

Table 46. Percentage of adults ever diagnosed with depressive disorder, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Diagnosed With Depressive Disorder			
		Total Number Ever Diagnosed With Depressive Disorder	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,858	723	17.6	16.0	19.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,642	674	17.2	15.5	19.1
LGBT**	95	31	24.6	14.7	38.3
<b>AGE</b>					
18-24**	100	12	11.9	6.4	21.1
25-34	270	45	15.5	11.1	21.4
35-44	437	87	17.7	14.0	22.1
45-54	698	158	22.8	19.1	27.1
55-64	971	244	24.1	21.0	27.5
65-74	775	116	15.5	12.7	18.8
75+	570	59	10.0	7.6	13.1
<b>RACE/ETHNICITY</b>					
American Indian	319	55	17.4	12.1	24.4
Asian NHOPI**	37	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,125	195	16.2	13.2	19.7
White	2,270	453	18.7	16.7	20.9
<b>EDUCATION</b>					
Less than High School Graduate	427	82	18.1	12.6	25.3
High School Graduate or G.E.D.	1,028	175	16.9	13.7	20.7
Some College	987	199	18.4	15.4	21.9
College Graduate	1,409	267	17.5	15.1	20.3
<b>INCOME</b>					
Less than \$10,000	226	66	29.2	20.8	39.4
\$10-19,999	592	139	22.8	17.8	28.8
\$20-49,999	1,302	245	19.0	16.0	22.5
\$50,000 or more	1,292	209	14.3	12.1	16.9
<b>EMPLOYMENT</b>					
Employed	1,803	272	13.0	11.1	15.3
Unemployed/Unable to Work	478	210	40.4	34.0	47.3
Homemaker/Student	408	65	14.9	10.7	20.5
Retired	1,160	174	15.3	12.9	17.9
<b>Geographic Region</b> ☼					
Northwest	1,161	224	18.8	15.8	22.3
Northeast	723	120	15.9	12.4	20.3
Bernalillo County	717	149	18.7	15.4	22.6
Southeast	561	111	19.6	15.0	25.2
Southwest	675	116	14.9	11.7	18.7

\* Included only during latter half of 2010 and those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

# EVER DIAGNOSED DEPRESSIVE DISORDER — MALES

Table 47. Percentage of adult males ever diagnosed with a depressive disorder, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Diagnosed With Depressive Disorder Among Adult Men			
		Total Number Ever Diagnosed With Depressive Disorder	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,461	223	14.4	12.1	17.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,383	211	14.5	12.1	17.2
LGBT**	40	-	-	-	-
<b>AGE</b>					
18-24**	47	-	-	-	-
25-34**	111	13	9.3	4.9	17.0
35-44	153	20	11.7	7.1	18.7
45-54	255	50	21.4	15.8	28.3
55-64	377	84	23.2	18.4	28.7
65-74	297	34	12.2	8.5	17.2
75+	205	17	8.5	5.1	13.7
<b>RACE/ETHNICITY</b>					
American Indian**	107	16	10.4	5.5	18.6
Asian NHOPI**	13	-	-	-	-
Black/AA**	21	-	-	-	-
Hispanic	404	59	13.3	9.2	18.9
White	887	140	15.7	12.9	19.0
<b>EDUCATION</b>					
Less than High School Graduate	135	18	12.4	5.7	24.7
High School Graduate or G.E.D.	409	53	13.9	9.8	19.3
Some College	321	50	14.3	10.0	20.1
College Graduate	596	102	15.4	12.3	19.2
<b>INCOME</b>					
Less than \$10,000**	60	17	25.4	12.2	45.3
\$10-19,999	189	32	16.9	9.9	27.2
\$20-49,999	505	78	16.1	12.3	20.9
\$50,000 or more	571	77	10.7	8.2	13.8
<b>EMPLOYMENT</b>					
Employed	766	87	9.6	7.2	12.7
Unemployed/Unable to Work	192	70	31.0	23.1	40.2
Homemaker/Student** <sup>¶</sup>	28	-	-	-	-
Retired	474	60	14.0	10.6	18.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	433	68	15.5	11.4	20.9
Northeast	283	40	12.2	8.2	17.7
Bernalillo County	273	52	14.9	10.8	20.2
Southeast	208	27	18.7	11.0	29.9
Southwest	256	35	11.6	7.6	17.3

\* Included only during latter half of 2010 and those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,997 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.

¶ Among males, 90% were students.



# EVER DIAGNOSED DEPRESSIVE DISORDER — FEMALES

Table 48. Percentage of adult females ever diagnosed with a depressive disorder, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Diagnosed With Depressive Disorder Among Adult Women			
		Total Number Ever Diagnosed With Depressive Disorder	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,397	500	20.4	18.1	23.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,259	463	19.6	17.3	22.2
LGBT**	55	23	38.3	22.6	56.8
<b>AGE</b>					
18-24**	53	7	14.4	6.5	28.9
25-34	159	32	21.0	14.3	29.8
35-44	284	67	22.9	17.7	29.1
45-54	443	108	24.0	19.2	29.5
55-64	594	160	24.9	21.0	29.2
65-74	478	82	18.4	14.5	23.1
75+	365	42	11.0	7.9	15.1
<b>RACE/ETHNICITY</b>					
American Indian	212	39	23.2	15.3	33.5
Asian NHOPI**	24	-	-	-	-
Black/AA**	27	-	-	-	-
Hispanic	721	136	18.5	14.5	23.2
White	1,383	313	21.5	18.7	24.5
<b>EDUCATION</b>					
Less than High School Graduate	292	64	22.5	15.1	32.0
High School Graduate or G.E.D.	619	122	19.9	15.4	25.5
Some College	666	149	21.4	17.5	25.9
College Graduate	813	165	19.4	15.8	23.6
<b>INCOME</b>					
Less than \$10,000	166	49	32.0	22.7	42.9
\$10-19,999	403	107	27.3	21.0	34.7
\$20-49,999	797	167	21.5	17.1	26.5
\$50,000+	721	132	18.1	14.6	22.1
<b>EMPLOYMENT</b>					
Employed	1,037	185	16.6	13.7	20.0
Unemployed Unable to Work	286	140	53.1	44.4	61.6
Homemaker Student <sup>ψ</sup>	380	59	15.2	10.7	21.2
Retired	686	114	16.5	13.4	20.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	728	156	21.7	17.6	26.3
Northeast	440	80	19.6	14.1	26.5
Bernalillo County	444	97	21.9	17.2	27.4
Southeast	353	84	20.4	15.8	26.0
Southwest	419	81	17.9	13.4	23.4

\* Included only during latter half of 2010 and those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among Females, 87% were homemakers.

# DIAGNOSED DIABETES

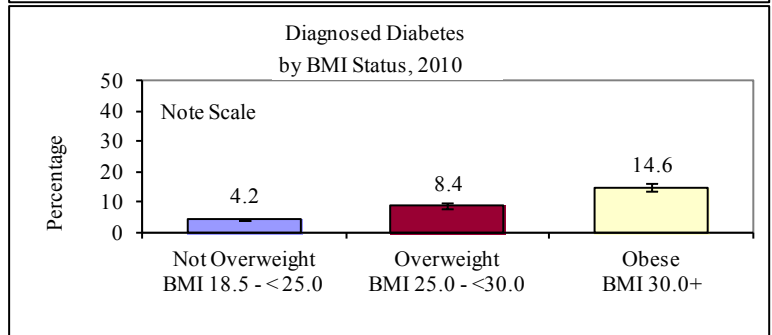
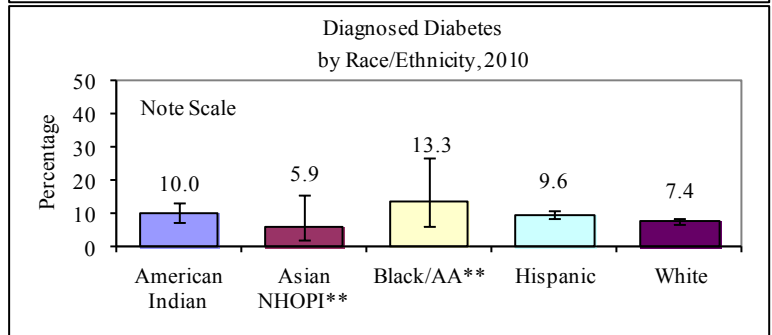
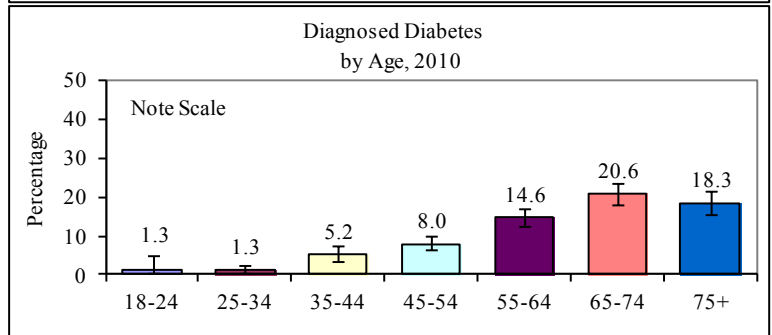
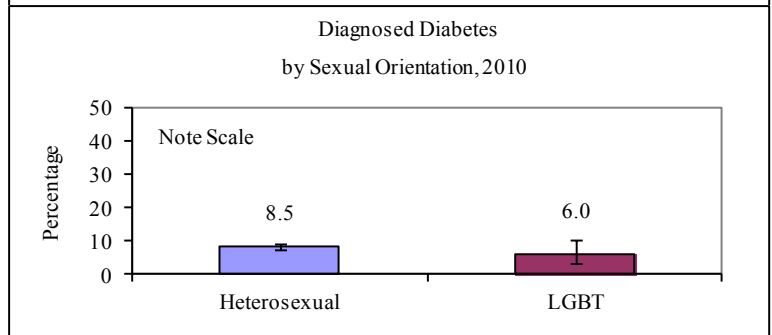
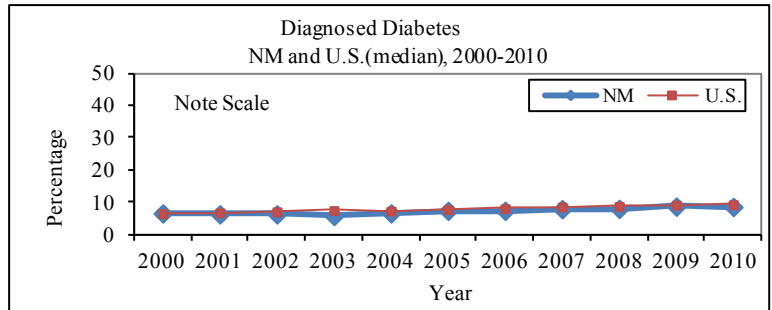
## QUESTION:

“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.<sup>13</sup>

### IN NEW MEXICO,

- ◆ The percentage of adults in New Mexico with diagnosed diabetes was 8.5%. The NM rate was similar to that of the U.S. (9.2%). The prevalence of diagnosed diabetes has increased in recent years, in NM and nationally.
- ◆ There was no difference by gender or sexual orientation.
- ◆ American Indian and Hispanic adults were more likely to have diagnosed diabetes than White adults. Adjustment for differences in age distribution across these populations did not change this relationship. Sample size made comparison of and to other groups difficult.
- ◆ Adults with less education and lower annual household income were more likely to have been diagnosed with diabetes. Also, adults who were unable to work were much more likely to have been diagnosed with diabetes than adults in all other employment categories.
- ◆ Adults who were obese had the highest prevalence of diagnosed diabetes (14.6%), followed by overweight but not obese individuals (8.4%), followed by those who were not overweight or obese (4.2%).
- ◆ Nearly fifty percent (47.9%) of adults with diagnosed diabetes had fair or poor general health status, compared to just under 16% of adults without diagnosed diabetes.
- ◆ Over forty percent (42.2%) of adults with diagnosed diabetes were disabled compared to less than 25% of those without diagnosed diabetes.
- ◆ Less than fifty percent (49.4%) of adults with diagnosed diabetes had received all recommended prevention services in the past year.



- ◆ Adjusted for age, 63.8% of those with diabetes had taken a class on diabetes management.

# DIAGNOSED DIABETES

Table 49. Percentage of adults with diagnosed diabetes, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,994	871	8.5	7.8	9.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,598	818	8.5	7.8	9.4
LGBT	162	18	6.0	3.3	10.5
<b>AGE</b>					
18-24	211	2	1.3	0.3	5.1
25-34	517	13	1.3	0.7	2.4
35-44	829	50	5.2	3.6	7.5
45-54	1,287	105	8.0	6.3	10.0
55-64	1,730	246	14.6	12.7	16.8
65-74	1,332	267	20.6	18.1	23.3
75+	1,024	182	18.3	15.5	21.5
<b>RACE/ETHNICITY</b>					
American Indian	595	101	10.0	7.5	13.0
Asian NHOPI**	62	6	5.9	2.1	15.3
Black/AA**	88	17	13.3	6.1	26.6
Hispanic	2,121	329	9.6	8.2	11.1
White	4,017	408	7.4	6.5	8.4
<b>EDUCATION</b>					
Less than High School Graduate	791	163	12.2	9.9	14.9
High School Graduate or G.E.D.	1,889	241	8.9	7.4	10.7
Some College	1,827	259	9.8	8.3	11.6
College Graduate	2,468	207	5.7	4.8	6.7
<b>INCOME</b>					
Less than \$10,000	417	84	13.6	9.9	18.4
\$10-19,999	1,060	191	12.5	10.2	15.2
\$20-49,999	2,346	320	10.1	8.7	11.6
\$50,000 or more	2,313	181	5.4	4.4	6.5
<b>EMPLOYMENT</b>					
Employed	3,295	253	5.2	4.4	6.2
Unemployed/Unable to Work	900	166	11.8	9.5	14.5
Homemaker/Student	742	94	6.8	5.1	8.9
Retired	2,044	357	17.7	15.7	19.8
<b>Geographic Region</b> ⊛					
Northwest	2,117	254	8.4	7.1	10.0
Northeast	1,286	127	7.3	5.6	9.4
Bernalillo County	1,260	133	6.9	5.6	8.4
Southeast	1,050	156	11.1	9.2	13.3
Southwest	1,240	195	10.6	8.9	12.7

§ 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 6,997 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 DIABETES — MALES

Table 50. Percentage of adult males with diagnosed diabetes, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Men			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,728	352	8.2	7.2	9.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,577	336	8.4	7.3	9.6
LGBT**	66	5	2.7	1.0	7.0
<b>AGE</b>					
18-24**	101	1	0.9	0.1	6.1
25-34	215	9	1.7	0.8	3.7
35-44	308	15	4.8	2.5	9.1
45-54	513	39	7.1	4.9	10.2
55-64	688	98	14.3	11.4	17.7
65-74	496	114	22.7	18.8	27.1
75+	380	73	19.7	15.3	25.0
<b>RACE/ETHNICITY</b>					
American Indian	213	36	8.5	5.4	13.1
Asian NHOPI**	22	3	9.6	2.5	30.8
Black/AA**	37	11	23.0	9.2	46.6
Hispanic	790	122	8.7	6.9	11.0
White	1,612	176	7.4	6.2	8.9
<b>EDUCATION</b>					
Less than High School Graduate	282	47	9.5	6.6	13.5
High School Graduate or G.E.D.	753	101	8.3	6.4	10.8
Some College	648	93	9.0	6.7	11.9
College Graduate	1,041	111	7.1	5.7	8.9
<b>INCOME</b>					
Less than \$10,000	124	20	11.8	6.0	21.9
\$10-19,999	370	63	11.4	8.0	15.9
\$20-49,999	921	135	9.2	7.4	11.4
\$50,000 or more	1,053	103	6.4	5.0	8.2
<b>EMPLOYMENT</b>					
Employed	1,415	111	4.9	3.8	6.2
Unemployed/Unable to Work	380	59	9.8	6.8	13.9
Homemaker/Student**	62	1	1.9	0.3	12.7
Retired	869	181	20.8	17.8	24.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	823	98	8.8	6.7	11.5
Northeast	512	56	6.7	4.9	9.1
Bernalillo County	494	58	6.9	5.0	9.4
Southeast	392	63	10.7	8.1	14.1
Southwest	493	73	9.3	6.8	12.5

\* 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 6,997 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 DIABETES — FEMALES

Table 51. Percentage of adult females with diagnosed diabetes, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Women			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,266	519	8.7	7.8	9.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,021	482	8.7	7.7	9.8
LGBT**	96	13	9.2	4.7	17.4
<b>AGE</b>					
18-24	110	1	1.6	0.2	10.8
25-34	302	4	0.8	0.3	2.3
35-44	521	35	5.6	3.7	8.2
45-54	774	66	8.8	6.6	11.6
55-64	1,042	148	15.0	12.5	17.9
65-74	836	153	18.7	15.8	22.1
75+	644	109	17.3	13.8	21.4
<b>RACE/ETHNICITY</b>					
American Indian	382	65	11.1	7.8	15.5
Asian NHOPI**	40	3	2.7	0.8	8.7
Black/AA**	51	6	4.5	1.7	11.5
Hispanic	1,331	207	10.3	8.5	12.4
White	2,405	232	7.4	6.3	8.6
<b>EDUCATION</b>					
Less than High School Graduate	509	116	14.5	11.4	18.3
High School Graduate or G.E.D.	1,136	140	9.5	7.4	12.2
Some College	1,179	166	10.6	8.7	12.8
College Graduate	1,427	96	4.3	3.3	5.5
<b>INCOME</b>					
Less than \$10,000	293	64	15.0	11.0	20.1
\$10-19,999	690	128	13.5	10.6	17.1
\$20-49,999	1,425	185	10.9	8.9	13.3
\$50,000 or more	1,260	78	4.2	3.2	5.5
<b>EMPLOYMENT</b>					
Employed	1,880	142	5.7	4.5	7.2
Unemployed/Unable to Work	520	107	14.3	11.1	18.1
Homemaker/Student	680	93	8.1	6.2	10.4
Retired	1,175	176	14.4	12.1	17.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,294	156	8.0	6.5	9.8
Northeast	774	71	7.9	5.3	11.5
Bernalillo County	766	75	6.8	5.2	8.9
Southeast	658	93	11.4	8.8	14.5
Southwest	747	122	11.9	9.6	14.7

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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?”

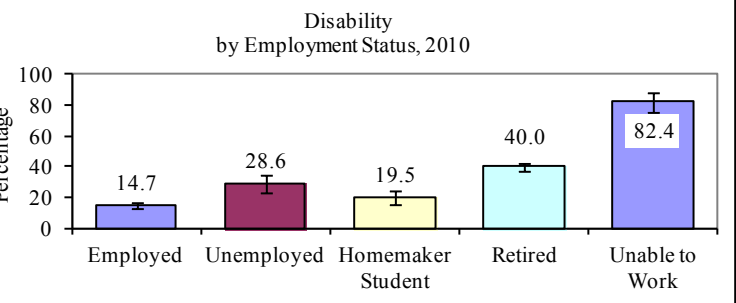
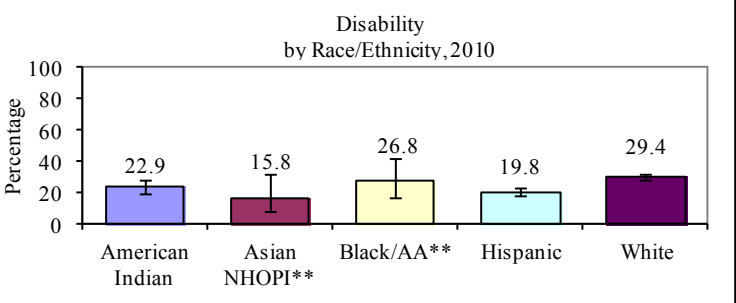
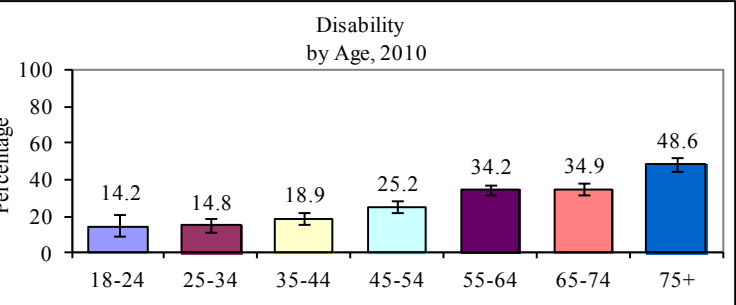
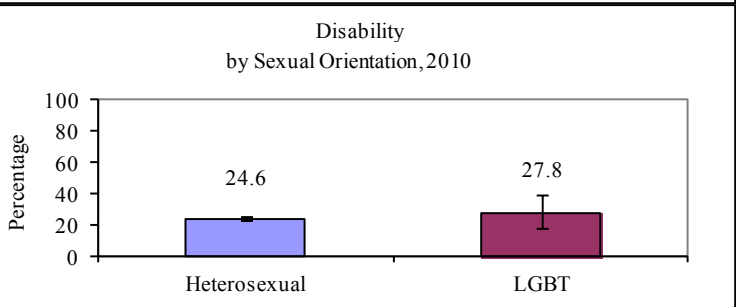
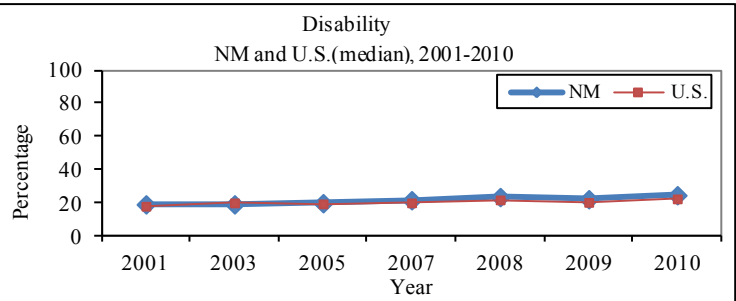
“Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?”

Disability includes a broad spectrum of health conditions, each having a range of effects on health, employment, and participation in society.<sup>36</sup> In 2008, the NM BRFSS included a special set of questions on barriers to accessing health care. Adults with disabilities were significantly more likely to report the following as barriers to care: the cost of care, transportation, distance to provider, design of provider facility or equipment, and negative attitude of provider(s).<sup>37</sup>

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

## IN NEW MEXICO,

- ◆ New Mexico (24.9%) and U.S. (22.8%) estimates of disability have been very similar for over a decade, with NM having a slightly higher prevalence in 2010.
- ◆ There was no difference by gender, even after adjusting for differences in age distribution.
- ◆ There was no significant difference by sexual orientation.
- ◆ Adults in older age groups were more likely to have a disability. Over 45% of adults age 75 or more had some form of disability.
- ◆ White adults were more likely to report having a disability (29.4%) than Hispanic adults (22.0%). Small sample size prevented effective examination of potential differences between other groups.
- ◆ Adults living in households with an annual income over \$20,000, were less likely to have a disability.
- ◆ Over 80% of those who were unable to work had some form of disability. Only 31.6% of adults with a disability were employed while 61.0% of adults without a disability were employed.



- ◆ Twenty percent (20.2%) of those with a disability were unable to work, while only 1.4% of adults without a disability were unable to work.

# DISABILITY

Table 52. Percentage of adults who have a disability, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability			
		Total # Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,976	2,170	24.9	23.5	26.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,580	2,021	24.6	23.1	26.1
LGBT	162	63	27.8	18.7	39.2
<b>AGE</b>					
18-24	211	28	14.2	9.5	20.8
25-34	515	78	14.8	11.3	19.1
35-44	825	165	18.9	15.9	22.2
45-54	1,285	314	25.2	22.3	28.4
55-64	1,726	610	34.2	31.5	37.1
65-74	1,331	465	34.9	31.9	38.0
75+	1,019	504	48.6	45.0	52.3
<b>RACE/ETHNICITY</b>					
American Indian	591	163	22.9	18.4	28.2
Asian NHOPI**	62	10	15.8	7.2	31.2
Black/AA**	88	26	26.8	16.0	41.3
Hispanic	2,116	553	19.8	17.5	22.2
White	4,008	1,386	29.4	27.4	31.4
<b>EDUCATION</b>					
Less than High School Graduate	791	286	26.7	22.3	31.5
High School Graduate or G.E.D.	1,879	614	28.0	25.0	31.2
Some College	1,822	585	25.6	22.8	28.7
College Graduate	2,465	679	21.1	19.1	23.2
<b>INCOME</b>					
Less than \$10,000	415	218	43.1	35.8	50.8
\$10-19,999	1,054	453	35.5	30.8	40.4
\$20-49,999	2,339	761	27.5	24.9	30.3
\$50,000 or more	2,312	478	16.0	14.2	17.9
<b>EMPLOYMENT</b>					
Employed	3,288	603	14.7	13.1	16.4
Unemployed/Unable to Work	893	568	50.2	45.0	55.4
Homemaker/Student	743	172	19.5	15.4	24.4
Retired	2,039	824	40.0	37.4	42.6
<b>Geographic Region</b> ⊛					
Northwest	2,112	624	23.3	20.8	26.0
Northeast	1,284	365	23.6	20.6	26.9
Bernalillo County	1,254	385	25.0	22.0	28.3
Southeast	1,046	363	28.1	24.7	31.8
Southwest	1,239	423	26.1	22.9	29.5

§ 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 6,997 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 53. Percentage of adult males who have a disability, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Men			
		Total # Reporting Disability	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,721	868	25.8	23.5	28.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,570	809	25.7	23.4	28.2
LGBT**	66	27	17.3	9.2	30.3
<b>AGE</b>					
18-24	101	12	14.0	7.5	24.7
25-34	213	38	15.8	10.6	22.8
35-44	308	64	19.6	15.0	25.1
45-54	512	138	27.9	23.3	33.0
55-64	687	257	37.0	32.7	41.6
65-74	495	174	36.9	32.1	41.9
75+	378	182	48.8	43.0	54.6
<b>RACE/ETHNICITY</b>					
American Indian	211	72	27.7	19.8	37.2
Asian NHOPI**	22	5	25.9	9.0	55.3
Black/AA**	37	14	35.2	18.1	57.2
Hispanic	787	231	21.0	17.4	25.1
White	1,610	532	28.6	25.6	31.9
<b>EDUCATION</b>					
Less than High School Graduate	281	95	24.9	18.6	32.6
High School Graduate or G.E.D.	749	263	29.0	24.4	34.1
Some College	646	212	25.7	21.0	30.9
College Graduate	1,041	297	23.3	20.2	26.8
<b>INCOME</b>					
Less than \$10,000	122	65	39.7	27.4	53.5
\$10-19,999	368	167	35.0	27.6	43.2
\$20-49,999	920	330	30.4	26.2	34.9
\$50,000 or more	1,052	222	16.3	13.7	19.2
<b>EMPLOYMENT</b>					
Employed	1,413	267	14.8	12.6	17.4
Unemployed/Unable to Work	377	241	49.7	42.3	57.1
Homemaker/Student**	62	18	25.3	13.4	42.6
Retired	867	342	39.9	36.1	43.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	821	240	24.3	20.4	28.7
Northeast	512	160	25.7	21.0	31.0
Bernalillo County	490	157	26.5	21.6	32.0
Southeast	391	132	27.6	22.3	33.6
Southwest	493	174	25.0	20.4	30.3

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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



# DISABILITY — FEMALES

Table 54. Percentage of adult females who have a disability, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Women			
		Total # Reporting Disability	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,255	1,302	24.1	22.4	26.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,010	1,212	23.5	21.7	25.3
LGBT**	96	36	38.2	24.6	53.8
<b>AGE</b>					
18-24	110	16	14.4	8.5	23.3
25-34	302	40	13.7	9.6	19.2
35-44	517	101	18.2	14.8	22.1
45-54	773	176	22.7	19.2	26.6
55-64	1,039	353	31.6	28.4	35.1
65-74	836	291	33.1	29.4	37.0
75+	641	322	48.5	43.8	53.2
<b>RACE/ETHNICITY</b>					
American Indian	380	91	19.3	14.4	25.4
Asian NHOPI**	40	5	7.1	2.4	19.2
Black/AA**	51	12	19.0	8.0	38.8
Hispanic	1,329	322	18.7	16.0	21.7
White	2,398	854	30.1	27.6	32.7
<b>EDUCATION</b>					
Less than High School Graduate	510	191	28.2	22.5	34.6
High School Graduate or G.E.D.	1,130	351	26.9	23.3	31.0
Some College	1,176	373	25.6	22.4	29.2
College Graduate	1,424	382	18.9	16.6	21.5
<b>INCOME</b>					
Less than \$10,000	293	153	45.8	37.6	54.1
\$10-19,999	686	286	35.9	30.4	41.8
\$20-49,999	1,419	431	24.7	21.6	28.0
\$50,000 or more	1,260	256	15.6	13.4	18.2
<b>EMPLOYMENT</b>					
Employed	1,875	336	14.5	12.6	16.7
Unemployed/Unable to Work	516	327	50.9	43.8	57.9
Homemaker/Student	681	154	18.0	14.4	22.3
Retired	1,172	482	40.1	36.7	43.6
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,291	384	22.3	19.2	25.7
Northeast	772	205	21.5	17.9	25.6
Bernalillo County	764	228	23.6	20.0	27.5
Southeast	655	231	28.6	24.4	33.1
Southwest	746	249	27.1	22.9	31.7

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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?”

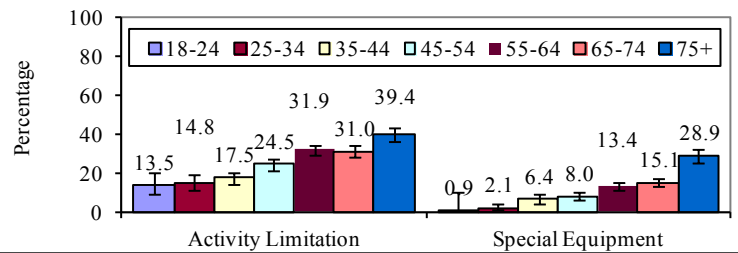
“Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?”

In the charts, here, and in the tables of the following tables, activity limitations and use of specialized equipment are presented separately.

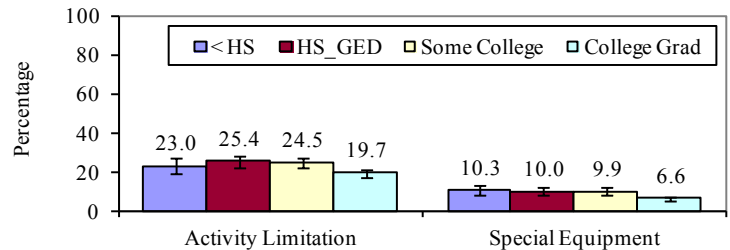
### IN NEW MEXICO,

- ◆ The prevalence of limitations and use of special equipment was higher among older age groups.
- ◆ There was no difference in activity limitation or use of specialized equipment by gender.
- ◆ Adults with less than a high school education were more likely to be limited in activities and 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.
- ◆ White adults were more likely than Hispanic adults to have some form of activity limitation and to use specialized 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. 77.8% of adults who were unable to work were limited in activities due to a physical, mental, or emotional problem and 42.2% of them utilized some form of specialized equipment.
- ◆ Adults who were obese were more likely to be limited in activities or to utilize specialized equipment than adults who were overweight, and both obese and overweight adults were more likely to be limited in activities or to utilize specialized equipment than adults who were not overweight.

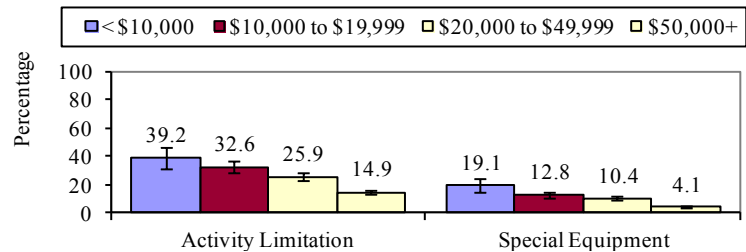
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Age, 2010



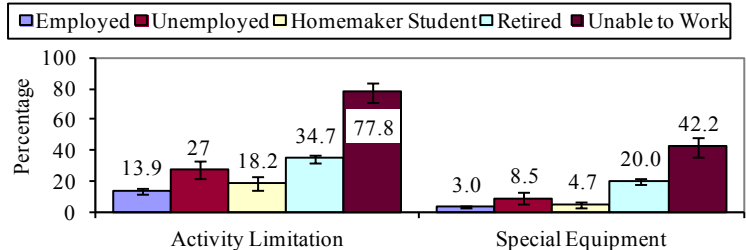
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Education, 2010



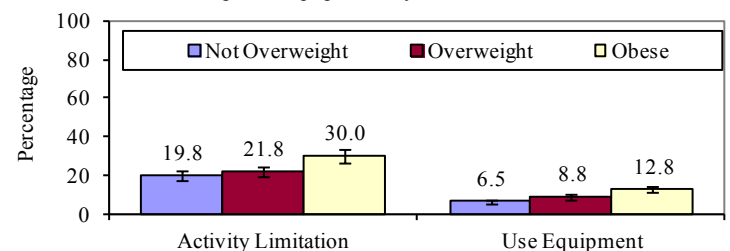
Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Annual Household Income, 2010



Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by Employment Status, 2010



Activity Limitation Due to Physical, Mental or Emotional Problem and Use of Special Equipment, by BMI Status, 2010



# DISABILITY — ACTIVITY LIMITATION

Table 55. Percentage of adults who are limited in activities, New Mexico, 2010.

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
<b>TOTAL</b>	6,978	1,968	23.0	21.6	24.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,582	1,841	22.7	21.3	24.2
LGBT	162	59	26.7	17.8	38.1
<b>AGE</b>					
18-24	211	27	13.5	8.9	19.9
25-34	515	78	14.8	11.3	19.1
35-44	826	156	17.5	14.7	20.8
45-54	1,286	304	24.5	21.6	27.7
55-64	1,726	573	31.9	29.3	34.7
65-74	1,331	408	31.0	28.1	34.1
75+	1,019	417	39.4	35.9	43.0
<b>RACE/ETHNICITY</b>					
American Indian	592	146	21.4	17.0	26.6
Asian NHOPI**	62	9	14.1	6.1	29.4
Black/AA **	88	24	24.8	14.3	39.3
Hispanic	2,117	475	17.6	15.4	20.0
White	4,008	1,284	27.6	25.6	29.6
<b>EDUCATION</b>					
Less than High School Graduate	791	233	23.0	18.9	27.7
High School Graduate or G.E.D.	1,880	550	25.4	22.5	28.6
Some College	1,823	551	24.5	21.8	27.5
College Graduate	2,465	629	19.7	17.7	21.7
<b>INCOME</b>					
Less than \$10,000	415	189	39.2	32.1	46.8
\$10-19,999	1,054	414	32.6	28.1	37.4
\$20-49,999	2,340	704	25.9	23.4	28.7
\$50,000 or more	2,312	441	14.9	13.2	16.8
<b>EMPLOYMENT</b>					
Employed	3,289	562	13.9	12.3	15.5
Unemployed/Unable to Work	893	530	47.4	42.3	52.5
Homemaker/Student	744	154	18.2	14.2	23.1
Retired	2,039	719	34.7	32.2	37.2
<b>Geographic Region</b> ⊛					
Northwest	2,113	580	22.0	19.5	24.7
Northeast	1,285	325	21.7	18.8	25.0
Bernalillo County	1,254	343	22.7	19.8	25.9
Southeast	1,046	331	25.8	22.5	29.4
Southwest	1,239	380	24.1	21.1	27.5

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 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, MALES

Table 56. Percentage of adult males who are limited in activities, New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,721	794	23.9	21.7	26.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,570	745	24.0	21.7	26.4
LGBT**	66	24	15.7	8.1	28.2
<b>AGE</b>					
18-24	101	11	12.6	6.5	23.2
25-34	213	38	15.8	10.6	22.8
35-44	308	58	17.7	13.3	23.2
45-54	512	133	27.3	22.7	32.4
55-64	687	238	34.3	30.1	38.8
65-74	495	153	33.2	28.5	38.2
75+	378	160	42.6	36.9	48.5
<b>RACE/ETHNICITY</b>					
American Indian	211	64	25.9	18.3	35.4
Asian NHOPI**	22	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	787	203	18.7	15.3	22.6
White	1,610	497	27.2	24.2	30.5
<b>EDUCATION</b>					
Less than High School Graduate	281	79	21.2	15.3	28.6
High School Graduate or G.E.D.	749	242	26.8	22.4	31.7
Some College	646	200	24.9	20.3	30.1
College Graduate	1,041	273	21.8	18.7	25.2
<b>INCOME</b>					
Less than \$10,000	122	55	35.6	23.9	49.2
\$10-19,999	368	156	32.8	25.6	40.9
\$20-49,999	920	308	29.1	24.9	33.6
\$50,000 or more	1,052	202	15.1	12.6	18.0
<b>EMPLOYMENT</b>					
Employed	1,413	245	13.9	11.7	16.5
Unemployed/Unable to Work	377	228	46.7	39.5	54.0
Homemaker/Student**	62	18	25.3	13.4	42.6
Retired	867	303	35.4	31.7	39.3
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	821	227	23.2	19.4	27.6
Northeast	512	145	24.1	19.5	29.4
Bernalillo County	490	139	24.1	19.5	29.5
Southeast	391	122	25.8	20.6	31.7
Southwest	493	156	23.3	18.8	28.4

\* 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 6,997 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 57. Percentage of adult females who are limited in activities, New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,257	1,174	22.1	20.4	23.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,012	1,096	21.5	19.8	23.3
LGBT**	96	35	37.6	24.2	53.3
<b>AGE</b>					
18-24	110	16	14.4	8.5	23.3
25-34	302	40	13.7	9.6	19.2
35-44	518	98	17.3	14.0	21.2
45-54	774	171	22.0	18.5	25.8
55-64	1,039	335	29.7	26.5	33.1
65-74	836	255	29.1	25.6	32.9
75+	641	257	37.2	32.8	41.7
<b>RACE/ETHNICITY</b>					
American Indian	381	82	18.0	13.2	23.9
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	11	16.5	6.4	36.5
Hispanic	1,330	272	16.6	14.0	19.6
White	2,398	787	27.9	25.5	30.4
<b>EDUCATION</b>					
Less than High School Graduate	510	154	24.6	19.2	31.0
High School Graduate or G.E.D.	1,131	308	24.0	20.5	27.9
Some College	1,177	351	24.2	21.1	27.7
College Graduate	1,424	356	17.6	15.3	20.1
<b>INCOME</b>					
Less than \$10,000	293	134	42.0	34.0	50.4
\$10-19,999	686	258	32.4	27.1	38.2
\$20-49,999	1,420	396	22.9	19.9	26.2
\$50,000 or more	1,260	239	14.7	12.6	17.2
<b>EMPLOYMENT</b>					
Employed	1,876	317	13.8	11.9	15.9
Unemployed/Unable to Work	516	302	48.3	41.3	55.3
Homemaker/Student	682	136	16.3	12.8	20.5
Retired	1,172	416	34.0	30.8	37.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,292	353	20.9	17.9	24.2
Northeast	773	180	19.4	15.9	23.5
Bernalillo County	764	204	21.3	18.0	25.1
Southeast	655	209	25.9	21.9	30.3
Southwest	746	224	25.0	21.0	29.6

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

# DISABILITY, USE OF SPECIAL EQUIPMENT

Table 58. Percentage of adults using special equipment, New Mexico, 2010.

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
<b>TOTAL</b>	6,993	909	8.9	8.1	9.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,598	832	8.7	7.9	9.5
LGBT	162	31	11.7	6.8	19.6
<b>AGE</b>					
18-24	211	2	0.9	0.2	4.5
25-34	517	11	2.1	1.0	4.4
35-44	828	54	6.4	4.7	8.8
45-54	1,287	101	8.0	6.3	10.1
55-64	1,730	232	13.4	11.5	15.6
65-74	1,332	201	15.1	12.9	17.5
75+	1,024	306	28.9	25.6	32.3
<b>RACE/ETHNICITY</b>					
American Indian	594	65	6.0	4.2	8.4
Asian NHOPI**	62	3	4.5	1.3	14.7
Black/AA**	88	11	12.4	5.4	26.0
Hispanic	2,122	262	8.0	6.7	9.4
White	4,016	553	10.0	9.0	11.2
<b>EDUCATION</b>					
Less than High School Graduate	793	140	10.3	8.0	13.1
High School Graduate or G.E.D.	1,888	272	10.0	8.4	11.8
Some College	1,825	246	9.9	8.3	11.8
College Graduate	2,468	246	6.6	5.7	7.7
<b>INCOME</b>					
Less than \$10,000	418	111	19.1	14.3	25.0
\$10-19,999	1,061	204	12.8	10.5	15.6
\$20-49,999	2,344	330	10.4	9.0	12.1
\$50,000 or more	2,313	131	4.1	3.3	5.1
<b>EMPLOYMENT</b>					
Employed	3,294	142	3.0	2.4	3.8
Unemployed/Unable to Work	899	289	22.0	18.6	25.8
Homemaker/Student	743	63	4.7	3.3	6.5
Retired	2,044	413	20.0	17.9	22.2
<b>Geographic Region☼</b>					
Northwest	2,116	244	7.4	6.3	8.7
Northeast	1,285	136	7.5	6.0	9.3
Bernalillo County	1,260	178	9.8	8.2	11.8
Southeast	1,050	169	10.9	9.1	13.1
Southwest	1,241	178	9.0	7.3	11.1

§ 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 6,997 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 59. Percentage of adult males using special equipment, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Men			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,727	373	9.6	8.4	11.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,577	342	9.5	8.3	11.0
LGBT**	66	16	8.7	4.3	16.9
<b>AGE</b>					
18-24	101	2	1.7	0.3	8.4
25-34	215	6	2.5	0.9	6.5
35-44	308	29	8.3	5.4	12.5
45-54	513	54	9.8	7.1	13.4
55-64	688	110	15.8	12.7	19.5
65-74	495	76	15.9	12.5	20.0
75+	380	95	26.6	21.6	32.2
<b>RACE/ETHNICITY</b>					
American Indian	213	30	7.0	4.4	11.0
Asian NHOPI**	22	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	790	126	10.0	7.9	12.7
White	1,611	201	9.1	7.6	10.9
<b>EDUCATION</b>					
Less than High School Graduate	282	47	10.7	7.0	16.1
High School Graduate or G.E.D.	753	114	10.7	8.3	13.8
Some College	647	98	10.4	7.9	13.5
College Graduate	1,041	113	7.6	6.1	9.4
<b>INCOME</b>					
Less than \$10,000	124	37	21.8	13.2	34.0
\$10-19,999	370	83	14.1	10.3	18.9
\$20-49,999	920	150	11.6	9.4	14.3
\$50,000 or more	1,053	68	4.7	3.5	6.3
<b>EMPLOYMENT</b>					
Employed	1,415	71	3.2	2.4	4.4
Unemployed/Unable to Work	379	127	23.5	18.4	29.4
Homemaker/Student**	62	7	3.9	1.7	8.9
Retired	869	168	19.8	16.9	23.2
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	822	96	8.2	6.3	10.5
Northeast	512	59	8.5	6.1	11.7
Bernalillo County	494	79	10.9	8.2	14.2
Southeast	392	62	10.6	7.9	14.0
Southwest	493	75	9.3	6.8	12.7

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 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, FEMALES

Table 60. Percentage of adult females using special equipment, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Women			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,266	536	8.3	7.4	9.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,021	490	7.8	7.0	8.8
LGBT**	96	15	14.8	7.0	28.4
<b>AGE</b>					
18-24	110	0	0.0	0.0	0.0
25-34	302	5	1.7	0.6	5.2
35-44	520	25	4.6	3.0	7.1
45-54	774	47	6.3	4.4	8.9
55-64	1,042	122	11.2	9.1	13.7
65-74	837	125	14.3	11.7	17.4
75+	644	211	30.5	26.3	35.0
<b>RACE/ETHNICITY</b>					
American Indian	381	35	5.2	3.1	8.6
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	4	3.6	0.9	13.8
Hispanic	1,332	136	6.1	4.9	7.6
White	2,405	352	10.9	9.5	12.5
<b>EDUCATION</b>					
Less than High School Graduate	511	93	9.9	7.5	12.9
High School Graduate or G.E.D.	1,135	158	9.2	7.5	11.2
Some College	1,178	148	9.5	7.5	11.9
College Graduate	1,427	133	5.6	4.5	6.9
<b>INCOME</b>					
Less than \$10,000	294	74	16.9	12.6	22.4
\$10-19,999	691	121	11.7	9.1	15.0
\$20-49,999	1,424	180	9.3	7.6	11.3
\$50,000 or more	1,260	63	3.5	2.5	4.7
<b>EMPLOYMENT</b>					
Employed	1,879	71	2.8	2.0	3.8
Unemployed/Unable to Work	520	162	20.1	16.3	24.6
Homemaker/Student	681	56	4.9	3.3	7.0
Retired	1,175	245	20.1	17.4	23.1
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,294	148	6.7	5.5	8.2
Northeast	773	77	6.6	5.0	8.5
Bernalillo County	766	99	8.8	7.0	11.1
Southeast	658	107	11.3	8.9	14.2
Southwest	748	103	8.7	6.6	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", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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.



# FALLS

## QUESTIONS:

“The next questions ask about recent falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.”

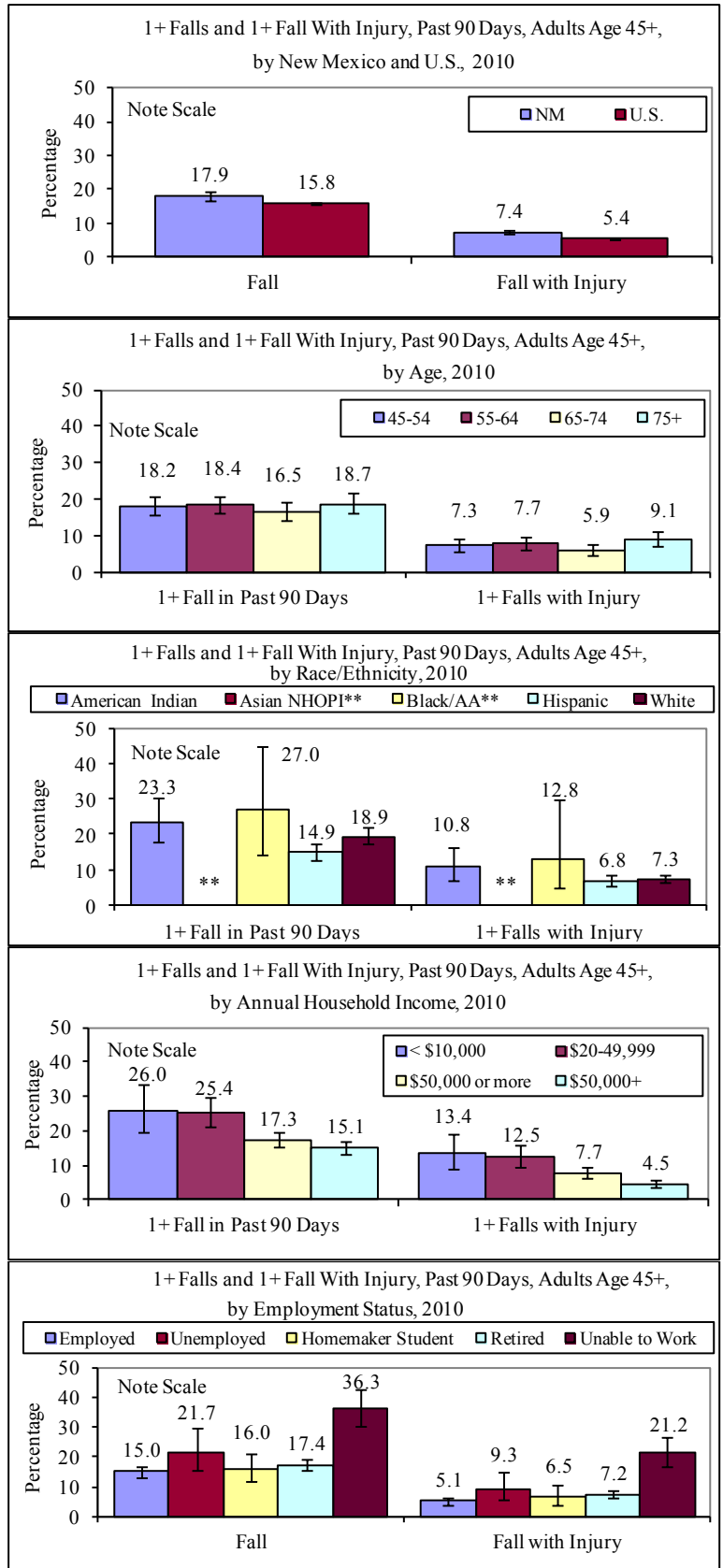
“In the past 3 months, how many times have you fallen?”

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

Nationally, in 2010, unintentional falls was the leading cause of nonfatal injury among adults age 45 or more.<sup>11</sup> Across all ages, the rate of nonfatal falls for which a health-care professional was contacted was 43 per 1,000 population.<sup>12</sup>

## IN NEW MEXICO,

- ◆ Among adults age 45 or more, 17.9% had fallen at least once in the previous 90 day period. This was significantly higher than adults in the same age range, nationally (15.8%). 7.4% of adults age 45 or more had been injured in at least one fall in the previous 90 days. This was significantly higher than adults in the same age range, nationally (5.3%).
- ◆ There was little difference by age group across this narrow range, 45+. However, the prevalence of falls with injury was higher among those 75+.
- ◆ Apparent differences in falls by race/ethnicity were not statistically significant after adjusting for differences in age distribution. There was no difference in falls with injury by race/ethnicity.
- ◆ The prevalence of falls and falls with injury was higher among adults age 45+ living in households with an annual income below \$20,000.
- ◆ For many health outcomes, education and annual household income demonstrate similar patterns. This is not the case with falls and falls with injury. While there was a clear and significant difference by annual household income, there was not difference in falls or falls with injury by education level.
- ◆ Adults whose employment status was Unable to Work were significantly more likely to have fallen and to have fallen with injury.
- ◆ There was no significant difference in falls or falls with injury by gender, sexual orientation, marital status, education level, or region of residence.



# FALLS

Table 61. Percentage of adults age 45+ who had one or more falls in the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls within Past 90 Days - Age 45+			
		Total Number Reporting 1+ Falls within Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,334	1,017	17.9	16.6	19.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,015	950	17.7	16.4	19.0
LGBT**	112	19	15.4	9.1	24.9
<b>AGE</b>					
45-54	1,267	248	18.2	15.8	21.0
55-64	1,699	346	18.4	16.3	20.6
65-74	1,313	217	16.5	14.3	19.1
75+	994	204	18.7	16.1	21.6
<b>RACE/ETHNICITY</b>					
American Indian	345	76	23.3	17.6	30.2
Asian NHOPI**	32	-	-	-	-
Black/AA**	56	13	27.0	14.4	44.8
Hispanic	1,428	236	14.9	12.8	17.3
White	3,383	671	18.9	17.3	20.5
<b>EDUCATION</b>					
Less than High School Graduate	565	112	19.7	15.5	24.5
High School Graduate or G.E.D.	1,427	273	16.9	14.6	19.4
Some College	1,352	247	18.2	15.7	21.0
College Graduate	1,972	384	18.0	16.0	20.1
<b>INCOME</b>					
Less than \$10,000	307	85	26.0	19.8	33.4
\$10-19,999	801	192	25.4	21.4	29.9
\$20-49,999	1,798	348	17.3	15.3	19.5
\$50,000 or more	1,764	289	15.1	13.3	17.2
<b>EMPLOYMENT</b>					
Employed	2,259	371	15.0	13.3	16.9
Unemployed/Unable to Work	634	213	30.6	26.1	35.5
Homemaker/Student	432	65	16.0	12.0	20.9
Retired	2,001	367	17.4	15.5	19.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,582	314	17.9	15.7	20.4
Northeast	1,017	198	18.6	15.7	21.8
Bernalillo County	943	176	17.2	14.7	20.1
Southeast	792	144	19.6	16.5	23.2
Southwest	972	182	17.4	14.8	20.3

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

# FALLS — MALES

Table 62. Percentage of adult males age 45+ who had one or more falls in the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls within Past 90 Days - Age 45+ Among Adult Men			
		Total Number Reporting 1+ Falls within Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,054	393	17.7	15.8	19.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,929	368	17.8	15.8	19.9
LGBT**	47	-	-	-	-
<b>AGE</b>					
45-54	503	92	16.7	13.2	21.0
55-64	674	133	18.2	15.0	22.0
65-74	485	86	17.7	14.1	22.0
75+	366	80	20.4	16.1	25.3
<b>RACE/ETHNICITY</b>					
American Indian**	120	34	23.5	15.8	33.6
Asian NHOPI**	11	-	-	-	-
Black/AA**	26	-	-	-	-
Hispanic	521	92	15.5	12.1	19.7
White	1,330	248	17.8	15.5	20.5
<b>EDUCATION</b>					
Less than High School Graduate	186	35	20.0	13.2	29.1
High School Graduate or G.E.D.	545	108	16.4	13.1	20.4
Some College	456	92	20.1	15.9	25.0
College Graduate	863	158	16.9	14.1	20.1
<b>INCOME</b>					
Less than \$10,000**	89	27	26.3	16.5	39.1
\$10-19,999	274	67	28.2	21.4	36.3
\$20-49,999	694	141	17.8	14.8	21.4
\$50,000 or more	820	136	14.5	12.0	17.5
<b>EMPLOYMENT</b>					
Employed	950	148	14.0	11.5	16.9
Unemployed/Unable to Work	245	80	29.7	23.1	37.3
Homemaker/Student**	12	-	-	-	-
Retired	847	163	18.4	15.5	21.6
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	602	107	15.4	12.2	19.2
Northeast	395	83	20.4	15.7	26.1
Bernalillo County	363	66	15.7	12.1	20.0
Southeast	287	56	20.5	15.6	26.3
Southwest	398	80	19.5	15.4	24.4

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 6,997 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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# FALLS — FEMALES

Table 63 Percentage of females age 45+ who had one or more falls in the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls within Past 90 Days - Age 45+ Among Adult Women			
		Total Number Reporting 1+ Falls within Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,280	624	18.0	16.4	19.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,086	582	17.6	16.0	19.4
LGBT**	65	13	20.7	10.9	35.9
<b>AGE</b>					
45-54	764	156	19.6	16.4	23.4
55-64	1,025	213	18.5	15.9	21.4
65-74	828	131	15.5	12.8	18.7
75+	628	124	17.5	14.4	21.1
<b>RACE/ETHNICITY</b>					
American Indian	225	42	23.1	15.4	33.2
Asian NHOPI**	21	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	907	144	14.5	11.9	17.4
White	2,053	423	19.8	17.7	22.0
<b>EDUCATION</b>					
Less than High School Graduate	379	77	19.4	14.7	25.1
High School Graduate or G.E.D.	882	165	17.2	14.3	20.6
Some College	896	155	16.9	14.0	20.2
College Graduate	1,109	226	19.1	16.5	22.1
<b>INCOME</b>					
Less than \$10,000	218	58	25.9	18.3	35.2
\$10-19,999	527	125	23.1	18.7	28.2
\$20-49,999	1,104	207	16.8	14.3	19.6
\$50,000 or more	944	153	15.8	13.2	18.8
<b>EMPLOYMENT</b>					
Employed	1,309	223	16.1	13.8	18.7
Unemployed/Unable to Work	389	133	31.4	25.5	37.9
Homemaker/Student	420	63	15.2	11.4	19.9
Retired	1,154	204	16.4	14.1	19.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	980	207	20.1	17.1	23.5
Northeast	622	115	16.9	13.8	20.6
Bernalillo County	580	110	18.6	15.2	22.5
Southeast	505	88	18.9	15.2	23.4
Southwest	574	102	15.4	12.4	19.0

§ 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 6,997 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.

# FALLS WITH INJURY

Table 64. Percentage of adults age 45+ who had one or more falls with injury during the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls with Injury within Past 90 Days - Age 50+			
		Total Number Reporting 1+ Falls with Injury in Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	5,333	413	7.4	6.5	8.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,015	386	7.3	6.4	8.2
LGBT**	112	6	5.0	2.0	11.9
<b>AGE</b>					
45-54	1,267	101	7.3	5.7	9.3
55-64	1,699	135	7.7	6.2	9.4
65-74	1,312	80	5.9	4.6	7.6
75+	994	96	9.1	7.2	11.4
<b>RACE/ETHNICITY</b>					
American Indian	345	35	10.8	7.0	16.2
Asian NHOPI**	32	-	-	-	-
Black/AA**	56	6	12.8	4.9	29.7
Hispanic	1,428	103	6.8	5.3	8.7
White	3,382	260	7.3	6.3	8.5
<b>EDUCATION</b>					
Less than High School Graduate	564	55	9.2	6.6	12.6
High School Graduate or G.E.D.	1,427	119	7.6	6.1	9.6
Some College	1,352	105	8.2	6.5	10.4
College Graduate	1,972	134	6.2	5.0	7.7
<b>INCOME</b>					
Less than \$10,000	306	45	13.4	9.1	19.2
\$10-19,999	801	92	12.5	9.6	16.2
\$20-49,999	1,798	142	7.7	6.3	9.4
\$50,000 or more	1,764	94	4.5	3.5	5.7
<b>EMPLOYMENT</b>					
Employed	2,259	128	5.1	4.1	6.4
Unemployed/Unable to Work	634	111	16.6	13.2	20.6
Homemaker/Student	432	25	6.5	3.8	10.7
Retired	2,000	148	7.2	6.0	8.7
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,582	124	6.4	5.1	8.0
Northeast	1,017	87	8.4	6.4	11.0
Bernalillo County	943	75	7.8	6.1	9.9
Southeast	791	68	8.7	6.7	11.2
Southwest	972	58	6.1	4.4	8.2

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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# FALLS WITH INJURY — MALES

Table 65. Percentage of males age 45+ who had one or more falls with injury in the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls with Injury within Past 90 Days - Age 50+ Among Adult Men			
		Total Number Reporting 1+ Falls with Injury in Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	2,054	145	6.7	5.4	8.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,929	138	6.7	5.5	8.2
LGBT**	47	-	-	-	-
<b>AGE</b>					
45-54	503	35	6.0	4.0	9.0
55-64	674	49	7.4	5.2	10.5
65-74	485	26	5.1	3.4	7.7
75+	366	34	9.2	6.3	13.2
<b>RACE/ETHNICITY</b>					
American Indian**	120	13	8.5	4.5	15.5
Asian NHOPI**	11	-	-	-	-
Black/AA**	26	-	-	-	-
Hispanic	521	41	6.5	4.4	9.6
White	1,330	83	6.2	4.8	8.0
<b>EDUCATION</b>					
Less than High School Graduate	186	17	8.5	4.8	14.6
High School Graduate or G.E.D.	545	42	6.3	4.4	9.2
Some College	456	30	7.2	4.6	11.2
College Graduate	863	56	6.2	4.5	8.6
<b>INCOME</b>					
Less than \$10,000**	89	10	8.5	4.2	16.5
\$10-19,999	274	28	11.2	6.8	17.8
\$20-49,999	694	59	8.5	6.2	11.4
\$50,000 or more	820	42	3.9	2.8	5.6
<b>EMPLOYMENT</b>					
Employed	950	47	4.4	3.1	6.4
Unemployed/Unable to Work	245	37	13.4	9.0	19.7
Homemaker/Student**	12	-	-	-	-
Retired	847	60	7.2	5.3	9.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	602	36	4.2	2.9	6.2
Northeast	395	40	9.9	6.6	14.4
Bernalillo County	363	24	6.5	4.2	9.9
Southeast	287	21	7.3	4.7	11.3
Southwest	398	24	6.3	4.0	9.9

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\* 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 6,997 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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# FALLS WITH INJURY — FEMALES

Table 66. Percentage of females age 45+ who had one or more falls with injury in the previous 90 days, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Falls with Injury within Past 90 Days - Age 50+ Among Adult Women			
		Total Number Reporting 1+ Falls with Injury in Past 90 Days	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	3,279	268	8.0	6.9	9.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,086	248	7.8	6.7	9.1
LGBT**	65	5	8.1	3.0	20.2
<b>AGE</b>					
45-54	764	66	8.5	6.3	11.3
55-64	1,025	86	7.9	6.1	10.1
65-74	827	54	6.6	4.8	8.9
75+	628	62	9.1	6.8	12.0
<b>RACE/ETHNICITY</b>					
American Indian	225	22	12.5	7.1	21.0
Asian NHOPi**	21	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	907	62	7.0	5.1	9.5
White	2,052	177	8.3	6.9	9.9
<b>EDUCATION</b>					
Less than High School Graduate	378	38	9.7	6.6	14.1
High School Graduate or G.E.D.	882	77	8.7	6.5	11.6
Some College	896	75	8.9	6.8	11.7
College Graduate	1,109	78	6.2	4.7	8.1
<b>INCOME</b>					
Less than \$10,000	217	35	16.1	10.3	24.2
\$10-19,999	527	64	13.6	10.0	18.3
\$20-49,999	1,104	83	7.0	5.4	9.1
\$50,000 or more	944	52	5.1	3.6	7.2
<b>EMPLOYMENT</b>					
Employed	1,309	81	5.8	4.4	7.7
Unemployed/Unable to Work	389	74	19.5	14.8	25.1
Homemaker/Student	420	24	5.9	3.5	10.0
Retired	1,153	88	7.3	5.7	9.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	980	88	8.2	6.3	10.8
Northeast	622	47	7.2	5.0	10.1
Bernalillo County	580	51	8.9	6.6	11.9
Southeast	504	47	9.9	7.3	13.3
Southwest	574	34	5.8	3.8	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 6,997 across some categories for some variables.

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

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

# OVERWEIGHT AND OBESITY

## QUESTIONS:

“About how much do you weigh without shoes?”

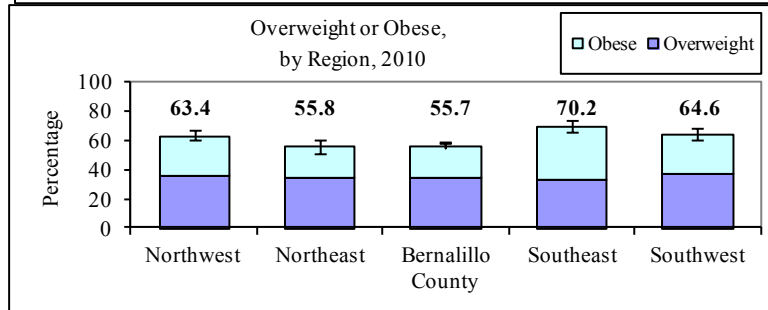
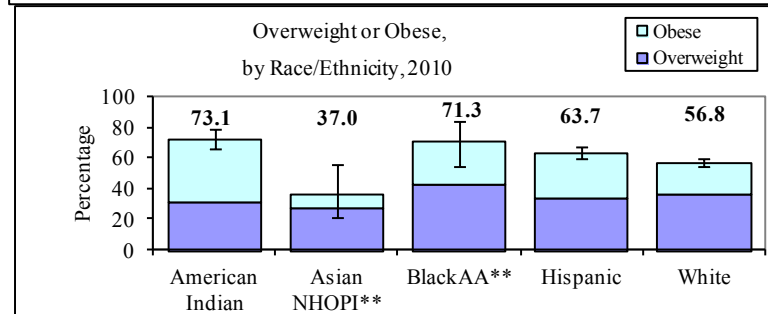
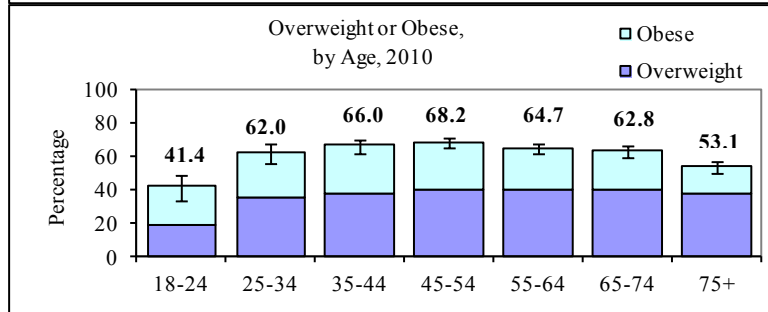
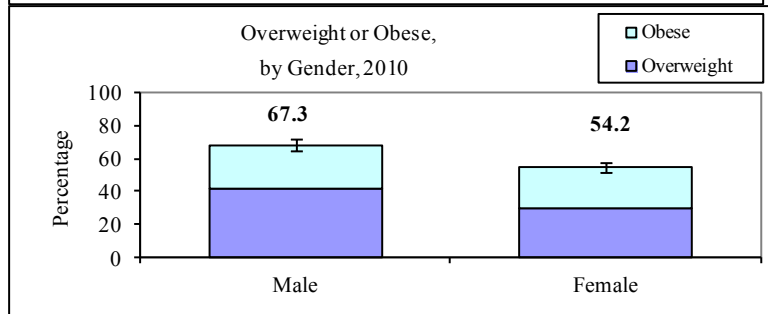
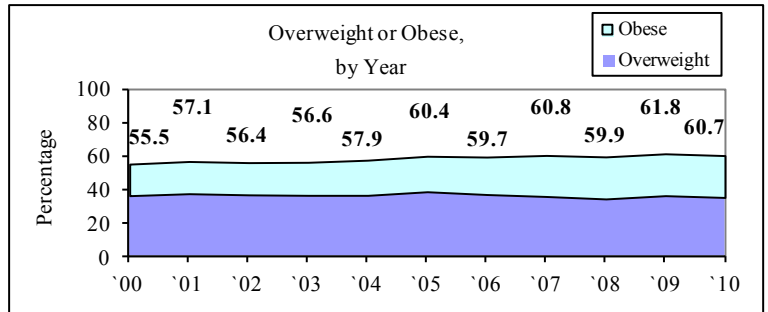
“About how tall are you without shoes?”

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).<sup>14</sup>

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 in adults. Overweight is defined as a BMI of 25.0 to less than 30.0. Obesity is defined as a BMI of 30.0 or greater.<sup>19</sup> 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,

- ◆ 60.7% of the adults were either overweight or obese: 35.1% of adults were overweight and an additional 25.6% were obese, based on Body Mass Index (BMI). Adults nationally were slightly more likely to be overweight or obese than adults of New Mexico.
- ◆ In only a decade, the combined prevalence of overweight and obesity has risen from 55.5% in 2000 to 60.7% in 2010. Nearly all of this increase was represented by an increase in the percentage of adults who were obese.
- ◆ Men were more likely to be overweight than women, 41.3% versus 29.0%, 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.
- ◆ While the prevalence of overweight was similar by region, residents of the Northeast Region and Bernalillo County were less likely to be obese than residents of the other regions.



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



# OVERWEIGHT

Table 67. Percentage of adults who were overweight (but not obese) based on Body Mass Index (BMI = 25.0 to <30.0), New Mexico, 2010.

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
<b>TOTAL</b>	6,746	2,432	35.1	33.3	36.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,380	2,311	35.7	33.9	37.5
LGBT	159	51	21.3	14.0	31.1
<b>AGE</b>					
18-24	209	46	18.4	13.4	24.8
25-34	500	172	35.0	29.5	40.9
35-44	798	272	36.5	32.5	40.7
45-54	1,244	459	39.5	36.1	43.0
55-64	1,656	616	39.7	36.8	42.8
65-74	1,303	500	38.9	35.7	42.1
75+	994	354	37.0	33.5	40.7
<b>RACE/ETHNICITY</b>					
American Indian	578	202	31.1	25.6	37.2
Asian NHOPI**	62	20	27.9	15.3	45.3
Black/AA**	84	36	42.9	28.6	58.5
Hispanic	2,028	757	34.0	30.9	37.2
White	3,899	1,379	36.2	34.0	38.6
<b>EDUCATION</b>					
Less than High School Graduate	741	265	36.4	30.3	42.9
High School Graduate or G.E.D.	1,831	656	32.6	29.5	35.9
Some College	1,771	655	35.7	32.4	39.2
College Graduate	2,393	850	36.1	33.2	39.0
<b>INCOME</b>					
Less than \$10,000	398	120	34.7	27.3	42.8
\$10-19,999	1,025	322	28.0	23.4	33.1
\$20-49,999	2,288	854	37.5	34.4	40.7
\$50,000 or more	2,269	869	38.0	35.1	41.0
<b>EMPLOYMENT</b>					
Employed	3,172	1,145	36.7	34.2	39.3
Unemployed/Unable to Work	872	307	35.1	30.4	40.2
Homemaker/Student	698	209	24.0	19.8	28.7
Retired	1,994	768	39.8	37.2	42.5
<b>Geographic Region</b> ✧					
Northwest	2,052	766	35.5	32.4	38.6
Northeast	1,245	424	34.6	30.9	38.5
Bernalillo County	1,219	432	34.2	30.5	38.0
Southeast	1,008	350	33.7	29.8	37.8
Southwest	1,189	450	37.6	33.5	41.8

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# OBESITY

Table 68. Percentage of adults who were obese based on Body Mass Index (BMI  $\geq$  30), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI $\geq$ 30.0			
		Total # Classified as Obese BMI $\geq$ 30.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,746	1,756	25.6	24.0	27.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,380	1,672	25.8	24.1	27.5
LGBT	159	43	22.1	13.7	33.4
<b>AGE</b>					
18-24	209	51	22.9	16.9	30.3
25-34	500	140	27.0	22.1	32.6
35-44	798	245	29.5	25.8	33.5
45-54	1,244	378	28.7	25.7	31.8
55-64	1,656	457	24.9	22.5	27.5
65-74	1,303	309	23.9	21.3	26.8
75+	994	166	16.1	13.5	19.0
<b>RACE/ETHNICITY</b>					
American Indian	578	234	41.9	35.4	48.8
Asian NHOPI**	62	8	9.1	3.1	23.5
Black/AA**	84	27	28.4	17.0	43.4
Hispanic	2,028	609	29.7	26.7	33.0
White	3,899	857	20.6	18.7	22.5
<b>EDUCATION</b>					
Less than High School Graduate	741	245	31.3	26.3	36.8
High School Graduate or G.E.D.	1,831	515	29.1	25.6	32.9
Some College	1,771	504	27.9	24.7	31.3
College Graduate	2,393	491	18.9	16.8	21.1
<b>INCOME</b>					
Less than \$10,000	398	133	31.7	24.3	40.2
\$10-19,999	1,025	339	37.0	31.7	42.7
\$20-49,999	2,288	624	26.3	23.6	29.2
\$50,000 or more	2,269	510	21.8	19.4	24.3
<b>EMPLOYMENT</b>					
Employed	3,172	891	26.3	24.1	28.6
Unemployed/Unable to Work	872	282	30.7	26.1	35.8
Homemaker/Student	698	163	23.1	18.3	28.6
Retired	1,994	416	20.8	18.6	23.0
<b>Geographic Region</b> ✧					
Northwest	2,052	603	27.9	25.1	30.9
Northeast	1,245	243	21.2	18.0	24.8
Bernalillo County	1,219	244	21.5	18.3	25.1
Southeast	1,008	327	36.5	32.1	41.1
Southwest	1,189	329	27.1	23.4	31.1

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# OVERWEIGHT OR OBESE

Table 69. Percentage of adults who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI $\geq$ 25.0			
		Total # Classified as Overweight or Obese BMI $\geq$ 25.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,746	4,188	60.7	58.8	62.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,380	3,983	61.5	59.6	63.4
LGBT	159	94	43.4	31.2	56.5
<b>AGE</b>					
18-24	209	97	41.4	33.8	49.3
25-34	500	312	62.0	56.3	67.3
35-44	798	517	66.0	61.9	69.8
45-54	1,244	837	68.2	64.9	71.3
55-64	1,656	1,073	64.7	61.8	67.4
65-74	1,303	809	62.8	59.6	65.9
75+	994	520	53.1	49.4	56.7
<b>RACE/ETHNICITY</b>					
American Indian	578	436	73.1	66.2	79.0
Asian NHOPI**	62	28	37.0	21.7	55.4
Black/AA**	84	63	71.3	54.6	83.7
Hispanic	2,028	1,366	63.7	60.2	67.1
White	3,899	2,236	56.8	54.4	59.2
<b>EDUCATION</b>					
Less than High School Graduate	741	510	67.7	61.4	73.4
High School Graduate or G.E.D.	1,831	1,171	61.8	58.0	65.4
Some College	1,771	1,159	63.6	59.7	67.2
College Graduate	2,393	1,341	54.9	52.0	57.9
<b>INCOME</b>					
Less than \$10,000	398	253	66.3	58.7	73.3
\$10-19,999	1,025	661	65.0	59.6	70.1
\$20-49,999	2,288	1,478	63.8	60.4	67.0
\$50,000 or more	2,269	1,379	59.7	56.7	62.7
<b>EMPLOYMENT</b>					
Employed	3,172	2,036	63.0	60.4	65.5
Unemployed/Unable to Work	872	589	65.8	60.6	70.7
Homemaker/Student	698	372	47.0	41.1	53.0
Retired	1,994	1,184	60.6	57.9	63.1
<b>Geographic Region☼</b>					
Northwest	2,052	1,369	63.4	60.0	66.7
Northeast	1,245	667	55.8	51.7	59.8
Bernalillo County	1,219	676	55.7	51.6	59.7
Southeast	1,008	677	70.2	66.1	73.9
Southwest	1,189	779	64.6	60.1	68.9

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 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 70. Percentage of adult males who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI $\geq$ 25.0 Among Adult Men			
		Total # Classified as Overweight or Obese BMI $\geq$ 25.0	Weighted Percent (% )§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	2,690	1,868	67.3	64.4	70.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,546	1,783	68.6	65.8	71.4
LGBT**	66	36	32.8	18.2	51.5
<b>AGE</b>					
18-24	101	46	42.7	32.0	54.2
25-34	211	149	71.8	63.6	78.8
35-44	305	228	74.0	67.7	79.4
45-54	509	379	74.2	69.3	78.5
55-64	678	483	72.2	68.0	76.1
65-74	494	334	65.9	60.7	70.7
75+	371	234	61.5	55.6	67.1
<b>RACE/ETHNICITY</b>					
American Indian	210	169	84.4	76.9	89.8
Asian NHOPI**	22	-	-	-	-
Black/AA**	37	-	-	-	-
Hispanic	775	557	68.0	62.4	73.1
White	1,595	1,067	64.6	61.1	68.1
<b>EDUCATION</b>					
Less than High School Graduate	272	197	74.0	65.4	81.1
High School Graduate or G.E.D.	743	526	65.8	59.9	71.2
Some College	641	476	69.0	62.5	74.9
College Graduate	1,031	666	64.8	60.6	68.8
<b>INCOME</b>					
Less than \$10,000	118	69	66.4	52.1	78.2
\$10-19,999	363	254	71.1	62.6	78.3
\$20-49,999	911	656	69.3	64.0	74.2
\$50,000 or more	1,049	740	68.8	64.4	72.8
<b>EMPLOYMENT</b>					
Employed	1,394	1,003	69.5	65.6	73.1
Unemployed/Unable to Work	373	250	69.0	61.9	75.2
Homemaker/Student**	62	35	42.9	27.8	59.4
Retired	859	579	67.4	63.5	71.0
<b>Geographic Region</b> ⊛					
Northwest	814	604	68.9	63.6	73.8
Northeast	502	295	58.8	52.6	64.8
Bernalillo County	488	317	64.9	58.6	70.8
Southeast	389	294	76.2	69.9	81.6
Southwest	485	349	70.1	63.2	76.3

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

\* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# OVERWEIGHT OR OBESE — FEMALES

Table 71. Percentage of adult females who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight or Obese - BMI $\geq$ 25.0 Among Adult Women			
		Total # Classified as Overweight or Obese BMI $\geq$ 25.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	4,056	2,320	54.2	51.8	56.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,834	2,200	54.4	51.9	56.9
LGBT**	93	58	54.1	38.5	69.0
<b>AGE</b>					
18-24**	108	51	39.9	29.8	51.0
25-34	289	163	51.4	44.4	58.3
35-44	493	289	57.7	52.4	62.8
45-54	735	458	62.3	57.9	66.5
55-64	978	590	57.3	53.4	61.0
65-74	809	475	60.0	55.9	64.0
75+	623	286	47.1	42.4	51.9
<b>RACE/ETHNICITY</b>					
American Indian	368	267	64.2	54.6	72.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,253	809	59.8	55.3	64.1
White	2,304	1,169	48.5	45.5	51.5
<b>EDUCATION</b>					
Less than High School Graduate	469	313	61.7	53.1	69.7
High School Graduate or G.E.D.	1,088	645	57.4	52.6	62.1
Some College	1,130	683	58.6	54.1	63.0
College Graduate	1,362	675	45.1	41.2	49.1
<b>INCOME</b>					
Less than \$10,000	280	184	66.3	58.0	73.7
\$10-19,999	662	407	59.3	52.6	65.7
\$20-49,999	1,377	822	58.3	54.0	62.5
\$50,000 or more	1,220	639	49.5	45.4	53.5
<b>EMPLOYMENT</b>					
Employed	1,778	1,033	55.2	51.8	58.5
Unemployed/Unable to Work	499	339	61.8	54.1	69.0
Homemaker/Student	636	337	48.2	42.2	54.3
Retired	1,135	605	53.4	49.8	56.9
<b>Geographic Region</b> ⊛					
Northwest	1,238	765	57.9	53.4	62.2
Northeast	743	372	52.8	47.6	58.0
Bernalillo County	731	359	46.6	41.7	51.6
Southeast	619	383	64.1	58.9	69.0
Southwest	704	430	59.1	53.2	64.7

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

\* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 6,997 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?”

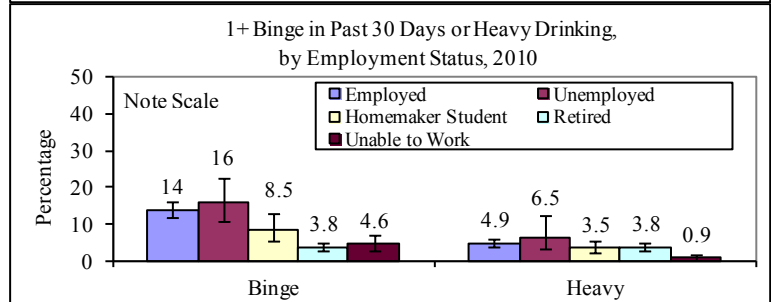
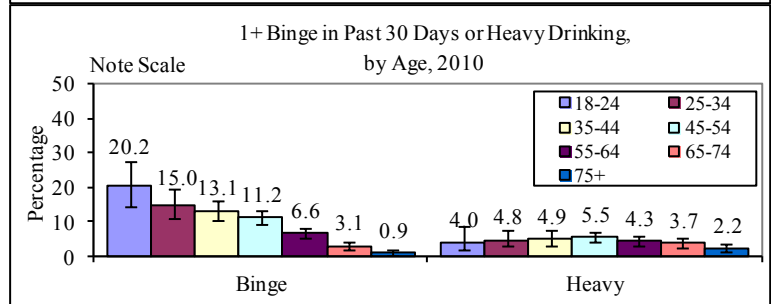
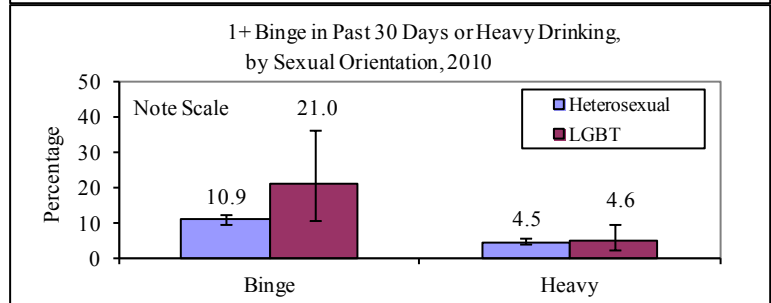
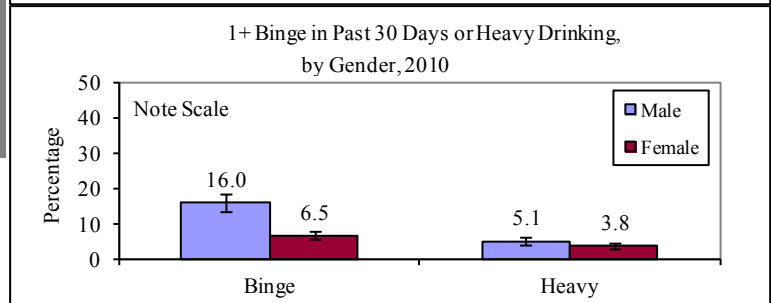
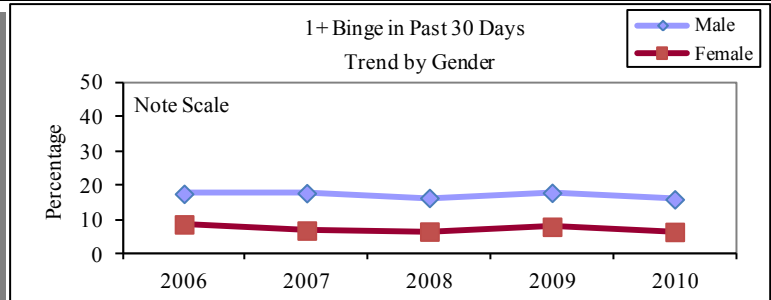
“During the past 30 days, what is the largest number of drinks you had on any occasion? ”

Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.<sup>16</sup> 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.<sup>17</sup>

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.<sup>18</sup>

## IN NEW MEXICO,

- ◆ 11.1% of adults were binge drinkers and 4.4% were heavy drinkers. The binge estimate was lower than that of the U.S., (14.8%) but the heavy drinking estimate was similar to that of the U.S., (4.9%).
- ◆ There was a significant differences in prevalence of binge between LGBT and Heterosexual adults. However, this difference was not significant after adjusting for differences in age distribution. Binge drinking is strongly associated with younger age groups, and the LGBT population is younger, on average.
- ◆ Binge drinking and heavy drinking were lower among older adults.
- ◆ Binge drinking was higher among adult males (16.0%) than adult females (6.5%). The apparent difference in heavy drinking was not statistically significant.



- ◆ Asian/NHOPI adults were less likely to have binged in the past 30 days than adults of other groups.
- ◆ The prevalence of binge and heavy drinking was highest among adults who were employed or unemployed.
- ◆ There was no difference in binge or heavy drinking by education or annual household income.

# ALCOHOL CONSUMPTION — BINGE

Table 72. 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, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	6,897	523	11.1	9.8	12.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,512	494	10.9	9.6	12.4
LGBT	161	23	21.0	10.9	36.5
<b>AGE</b>					
18-24	204	42	20.2	14.6	27.4
25-34	515	78	15.0	11.2	19.8
35-44	816	102	13.1	10.5	16.3
45-54	1,265	141	11.2	9.3	13.5
55-64	1,710	104	6.6	5.2	8.3
65-74	1,322	40	3.1	2.2	4.4
75+	1,008	10	0.9	0.4	1.9
<b>RACE/ETHNICITY</b>					
American Indian	583	44	9.7	6.3	14.6
Asian NHOPI**	61	2	1.7	0.4	6.9
Black/AA**	85	5	5.1	1.8	13.4
Hispanic	2,082	195	13.5	11.1	16.2
White	3,978	270	10.0	8.3	11.9
<b>EDUCATION</b>					
Less than High School Graduate	781	51	10.0	7.1	14.1
High School Graduate or G.E.D.	1,859	162	14.0	11.3	17.3
Some College	1,794	138	10.6	8.3	13.5
College Graduate	2,445	172	9.5	7.5	11.8
<b>INCOME</b>					
Less than \$10,000	414	27	10.7	6.1	18.1
\$10-19,999	1,043	69	9.4	6.7	13.1
\$20-49,999	2,314	176	11.6	9.4	14.2
\$50,000 or more	2,289	216	13.3	11.0	16.1
<b>EMPLOYMENT</b>					
Employed	3,252	349	14.0	12.1	16.1
Unemployed/Unable to Work	884	70	11.4	8.2	15.7
Homemaker/Student	735	35	8.5	5.3	13.2
Retired	2,014	69	3.8	2.8	5.0
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	2,076	136	9.4	7.4	11.8
Northeast	1,268	119	13.3	10.5	16.7
Bernalillo County	1,249	86	10.3	7.8	13.7
Southeast	1,042	86	13.6	10.3	17.8
Southwest	1,223	93	11.0	8.4	14.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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# ALCOHOL CONSUMPTION — HEAVY

Table 73. 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, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	6,835	286	4.4	3.7	5.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,462	271	4.5	3.8	5.4
LGBT	159	11	4.6	2.2	9.5
<b>AGE</b>					
18-24	204	8	4.0	1.8	9.0
25-34	511	26	4.8	3.0	7.4
35-44	807	36	4.9	3.3	7.4
45-54	1,254	70	5.5	4.2	7.1
55-64	1,693	70	4.3	3.2	5.7
65-74	1,314	48	3.7	2.6	5.1
75+	998	24	2.2	1.4	3.4
<b>RACE/ETHNICITY</b>					
American Indian	576	19	4.5	2.3	8.4
Asian NHOPI**	61	-	-	-	-
Black/AA**	85	1	0.3	0.0	2.3
Hispanic	2,068	63	4.0	2.8	5.8
White	3,942	201	5.1	4.2	6.1
<b>EDUCATION</b>					
Less than High School Graduate	773	25	3.7	2.0	6.5
High School Graduate or G.E.D.	1,847	63	5.1	3.5	7.4
Some College	1,777	71	3.8	2.8	5.3
College Graduate	2,420	127	4.6	3.7	5.8
<b>INCOME</b>					
Less than \$10,000	414	12	2.7	1.0	7.1
\$10-19,999	1,031	28	3.2	1.5	6.6
\$20-49,999	2,296	93	4.5	3.3	6.0
\$50,000 or more	2,279	140	5.9	4.7	7.4
<b>EMPLOYMENT</b>					
Employed	3,222	155	4.9	4.0	6.1
Unemployed/Unable to Work	874	28	4.3	2.3	7.8
Homemaker/Student	732	31	3.5	2.2	5.7
Retired	1,996	72	3.8	2.9	5.0
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	2,066	66	3.7	2.5	5.4
Northeast	1,259	77	5.2	3.8	7.0
Bernalillo County	1,231	52	4.2	3.0	5.8
Southeast	1,032	37	5.3	3.0	9.0
Southwest	1,209	53	4.7	3.2	6.7

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

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

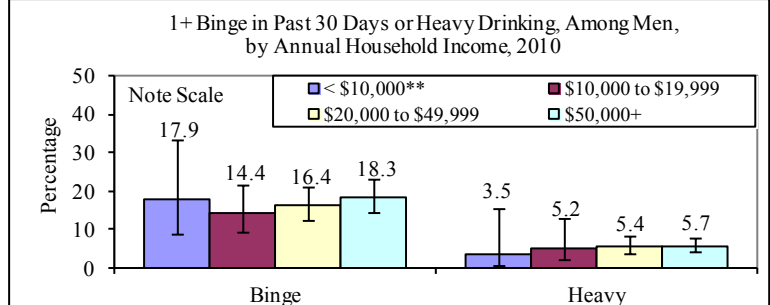
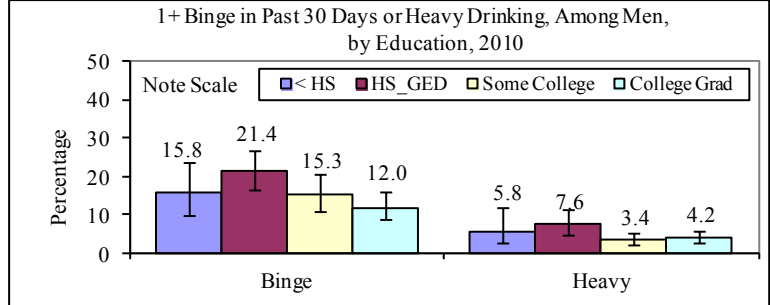
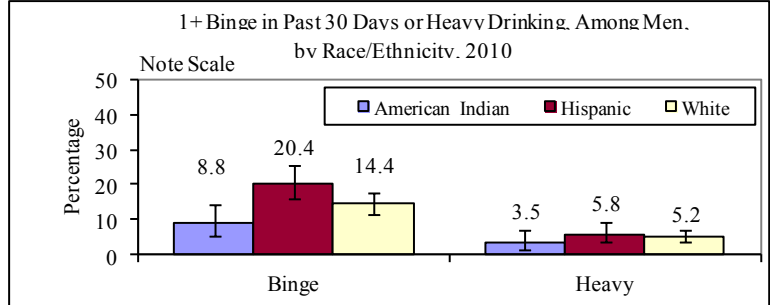
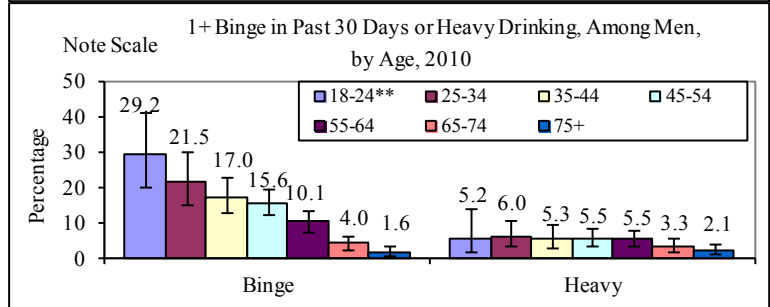
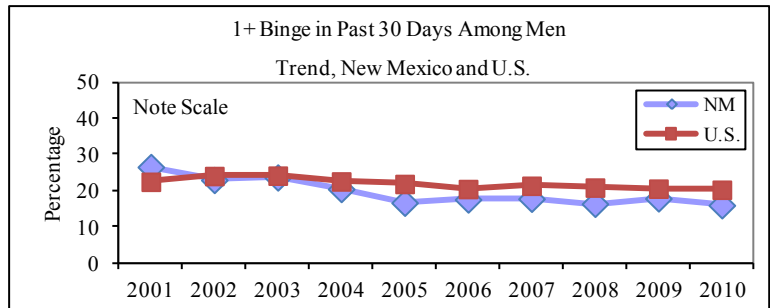


# ALCOHOL CONSUMPTION — MALES

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.<sup>18</sup>

## IN NEW MEXICO,

- ◆ 16.0% of adult males reported binge drinking in the past 30 days which was lower than that of the U.S. (20.3%).
- ◆ 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.
- ◆ 5.1% of adult males reported heavy drinking, which was similar to that of the U.S. (5.5%).
- ◆ Among males, binge drinking was strongly associated with age and 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 though there is a slightly lower prevalence among the oldest age group, 75+.
- ◆ Prevalence of binge drinking was higher among Hispanic males than American Indian males. There was no difference in heavy drinking by race/ethnicity. Small sample size prevented reporting of 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 sexual orientation, education level, annual household income, or region of residence.



# BINGE DRINKING — MALES

Table 74. Percentage of adult males who binged at least once in the past 30 days ( $\geq 5$  drinks on an occasion), New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,670	315	16.0	13.7	18.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,524	297	15.7	13.4	18.2
LGBT**	65	13	30.2	13.0	55.5
<b>AGE</b>					
18-24**	96	27	29.2	19.8	40.9
25-34	215	51	21.5	15.0	29.8
35-44	298	55	17.0	12.6	22.6
45-54	500	81	15.6	12.2	19.7
55-64	677	67	10.1	7.5	13.4
65-74	489	22	4.0	2.5	6.4
75+	372	8	1.6	0.7	3.4
<b>RACE/ETHNICITY</b>					
American Indian	202	22	8.8	5.2	14.4
Asian NHOPI**	22	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	765	117	20.4	16.1	25.6
White	1,592	166	14.4	11.6	17.8
<b>EDUCATION</b>					
Less than High School Graduate	275	31	15.8	10.2	23.6
High School Graduate or G.E.D.	733	115	21.4	16.6	27.0
Some College	628	75	15.3	11.1	20.8
College Graduate	1,031	94	12.0	8.8	16.1
<b>INCOME</b>					
Less than \$10,000**	121	15	17.9	8.7	33.4
\$10-19,999	356	43	14.4	9.3	21.8
\$20-49,999	902	108	16.4	12.6	21.1
\$50,000 or more	1,038	132	18.3	14.4	22.9
<b>EMPLOYMENT</b>					
Employed	1,390	211	18.2	15.2	21.7
Unemployed/Unable to Work	368	49	16.0	10.9	22.9
Homemaker/Student** <sup>ψ</sup>	60	10	23.0	11.4	41.0
Retired	850	45	5.4	3.8	7.6
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	799	92	14.4	10.9	18.8
Northeast	500	66	18.4	13.6	24.4
Bernalillo County	485	53	15.5	10.9	21.7
Southeast	388	48	18.7	12.9	26.3
Southwest	484	54	15.0	10.8	20.6

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among males, 90% were students.

# HEAVY DRINKING — MALES

Table 75. Percentage of adult males who reported heavy drinking (more than 2 drinks per day, on average, in past month), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking Among Adult Men: > 2 Drinks/Day			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,638	129	5.1	4.0	6.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,499	124	5.3	4.1	6.8
LGBT**	63	3	2.4	0.6	9.0
<b>AGE</b>					
18-24	97	5	5.2	1.8	14.2
25-34	211	16	6.0	3.3	10.6
35-44	296	16	5.3	2.9	9.6
45-54	493	31	5.9	4.0	8.6
55-64	670	34	5.5	3.7	8.1
65-74	484	16	3.3	1.9	5.7
75+	365	10	2.1	1.0	4.1
<b>RACE/ETHNICITY</b>					
American Indian	201	10	3.5	1.6	7.3
Asian NHOPI**	22	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	752	37	5.8	3.6	9.2
White	1,577	81	5.2	3.9	6.9
<b>EDUCATION</b>					
Less than High School Graduate	268	12	5.8	2.7	12.0
High School Graduate or G.E.D.	727	44	7.6	4.8	11.7
Some College	623	24	3.4	2.1	5.4
College Graduate	1,017	49	4.2	3.0	5.8
<b>INCOME</b>					
Less than \$10,000**	121	4	3.5	0.7	15.3
\$10-19,999	346	15	5.2	2.0	12.7
\$20-49,999	890	45	5.4	3.6	8.1
\$50,000 or more	1,033	60	5.7	4.2	7.8
<b>EMPLOYMENT</b>					
Employed	1,372	74	5.3	4.0	7.2
Unemployed/Unable to Work	364	22	7.3	3.8	13.5
Homemaker/Student**	61	-	-	-	-
Retired	839	31	3.9	2.5	5.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	792	37	5.3	3.2	8.7
Northeast	497	26	4.9	3.1	7.8
Bernalillo County	477	19	3.8	2.3	6.3
Southeast	383	18	6.6	2.9	14.4
Southwest	476	28	6.4	4.0	10.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

⊕ Among Males, 90% were students.

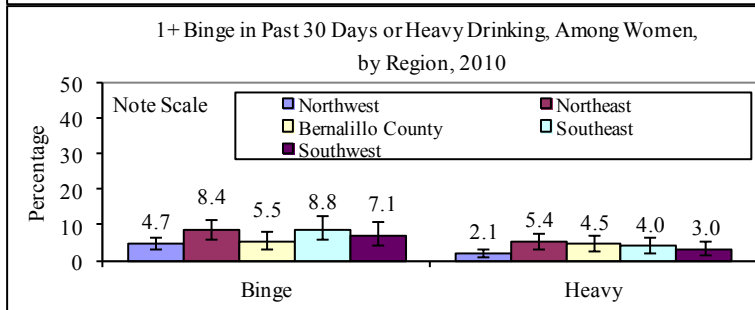
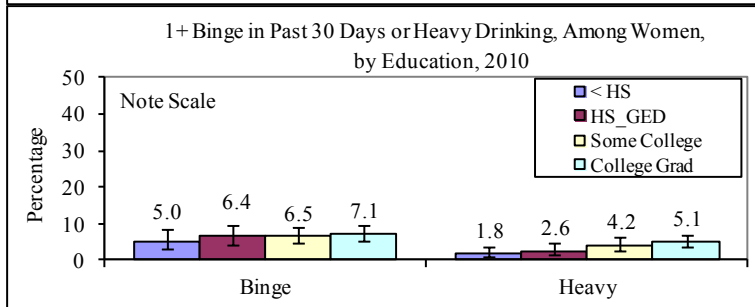
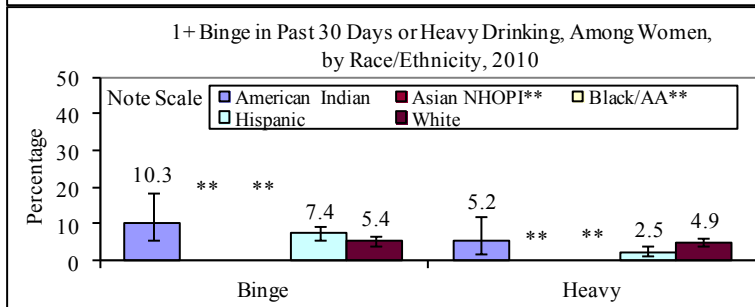
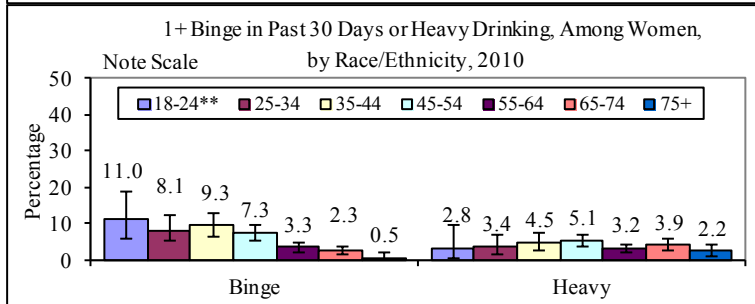
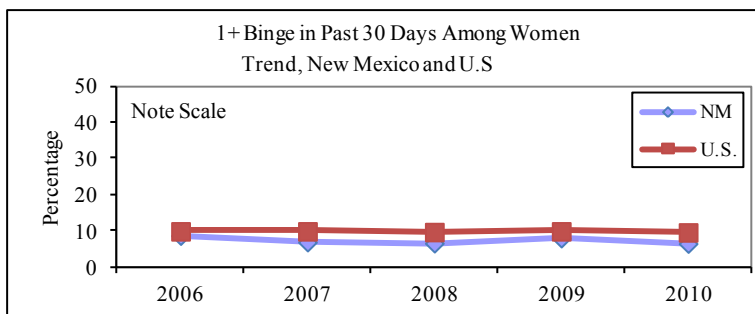
# ALCOHOL CONSUMPTION — FEMALES

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 (6.5%) than that of adults across the U.S. (9.6%).
- ◆ 3.8% of adult females reported heavy drinking, which was similar to that of the U.S. (4.3%).
- ◆ As with males, 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.
- ◆ There was no significant difference in heavy drinking by race/ethnicity.
- ◆ There was no statistically measureable difference in either binge drinking or heavy drinking by education status.
- ◆ There was no statistically measureable difference in binge drinking by annual household income.
- ◆ Women living in households with an annual income greater than \$50,000 were more likely to be heavy drinkers than women living in households of less than \$20,000.
- ◆ There was no statistically significant difference in binge drinking or heavy drinking by region of residence.



# BINGE DRINKING — FEMALES

Table 76. Percentage of adult females who binged at least once in the past 30 days ( $\geq 4$  drinks on an occasion), New Mexico, 2010.

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 (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,227	208	6.5	5.4	7.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,988	197	6.5	5.3	7.8
LGBT**	96	10	12.0	4.8	26.9
<b>AGE</b>					
18-24**	108	15	11.0	6.2	18.8
25-34	300	27	8.1	5.2	12.5
35-44	518	47	9.3	6.6	13.0
45-54	765	60	7.3	5.5	9.6
55-64	1,033	37	3.3	2.3	4.8
65-74	833	18	2.3	1.4	3.7
75+	636	2	0.5	0.1	2.4
<b>RACE/ETHNICITY</b>					
American Indian	381	22	10.3	5.6	18.4
Asian NHOPI**	39	-	-	-	-
Black/AA**	49	-	-	-	-
Hispanic	1,317	78	7.4	5.5	9.7
White	2,386	104	5.4	4.1	7.0
<b>EDUCATION</b>					
Less than High School Graduate	506	20	5.0	2.9	8.7
High School Graduate or G.E.D.	1,126	47	6.4	4.4	9.4
Some College	1,166	63	6.5	4.6	9.2
College Graduate	1,414	78	7.1	5.2	9.6
<b>INCOME</b>					
Less than \$10,000	293	12	5.2	2.5	10.5
\$10-19,999	687	26	5.0	3.1	8.0
\$20-49,999	1,412	68	6.9	5.0	9.7
\$50,000 or more	1,251	84	7.9	5.9	10.6
<b>EMPLOYMENT</b>					
Employed	1,862	138	9.0	7.2	11.2
Unemployed/Unable to Work	516	21	5.8	3.1	10.5
Homemaker/Student <sup>ψ</sup>	675	25	4.5	2.8	7.3
Retired	1,164	24	2.2	1.3	3.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,277	44	4.7	3.1	6.9
Northeast	768	53	8.4	5.9	11.9
Bernalillo County	764	33	5.5	3.6	8.4
Southeast	654	38	8.8	6.0	12.6
Southwest	739	39	7.1	4.6	11.0

\* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among Females, 87% were homemakers.

# HEAVY DRINKING — FEMALES

Table 77. Percentage of adult females who reported heavy drinking (more than 1 drink per day, on average, in past month), New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking Among Adult Women: > 1 Drink/Day			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,197	157	3.8	3.0	4.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,963	147	3.7	2.9	4.7
LGBT**	96	8	6.5	2.7	14.9
<b>AGE</b>					
18-24	107	3	2.8	0.8	9.8
25-34	300	10	3.4	1.6	7.0
35-44	511	20	4.5	2.6	7.7
45-54	761	39	5.1	3.6	7.3
55-64	1,023	36	3.2	2.2	4.6
65-74	830	32	3.9	2.6	5.8
75+	633	14	2.2	1.2	4.1
<b>RACE/ETHNICITY</b>					
American Indian	375	9	5.2	2.1	12.3
Asian NHOPI**	39	-	-	-	-
Black/AA**	49	-	-	-	-
Hispanic	1,316	26	2.5	1.4	4.3
White	2,365	120	4.9	3.9	6.2
<b>EDUCATION</b>					
Less than High School Graduate	505	13	1.8	0.9	3.7
High School Graduate or G.E.D.	1,120	19	2.6	1.4	4.9
Some College	1,154	47	4.2	2.7	6.5
College Graduate	1,403	78	5.1	3.7	6.9
<b>INCOME</b>					
Less than \$10,000	293	8	2.1	0.8	5.8
\$10-19,999	685	13	1.5	0.8	3.0
\$20-49,999	1,406	48	3.6	2.4	5.3
\$50,000 or more	1,246	80	6.2	4.4	8.5
<b>EMPLOYMENT</b>					
Employed	1,850	81	4.5	3.2	6.1
Unemployed/Unable to Work	510	6	0.6	0.2	1.4
Homemaker/Student	671	29	4.2	2.5	6.9
Retired	1,157	41	3.7	2.6	5.3
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,274	29	2.1	1.3	3.4
Northeast	762	51	5.4	3.6	7.9
Bernalillo County	754	33	4.5	2.9	7.0
Southeast	649	19	4.0	2.3	6.8
Southwest	733	25	3.0	1.7	5.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.

⚭ Among Females, 87% were homemakers.

# 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:

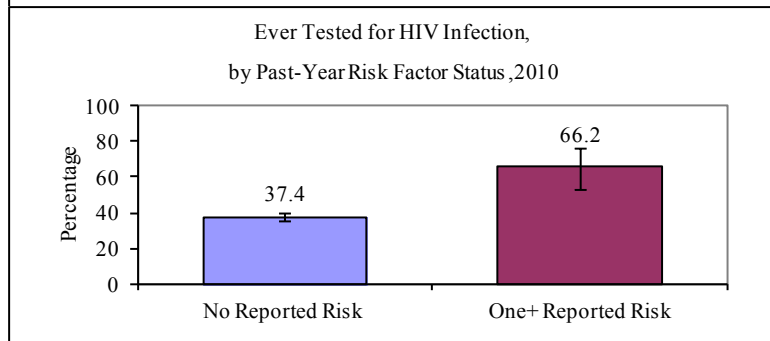
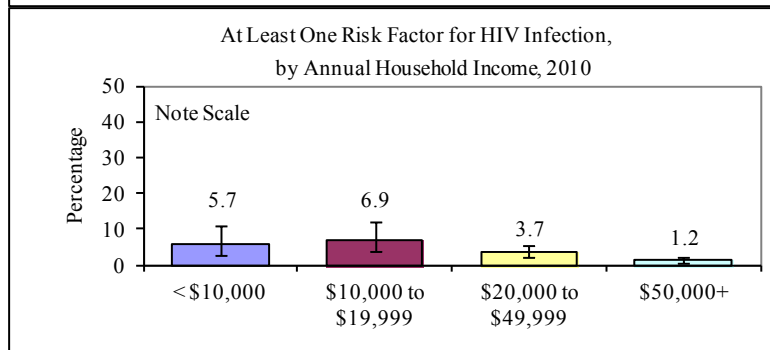
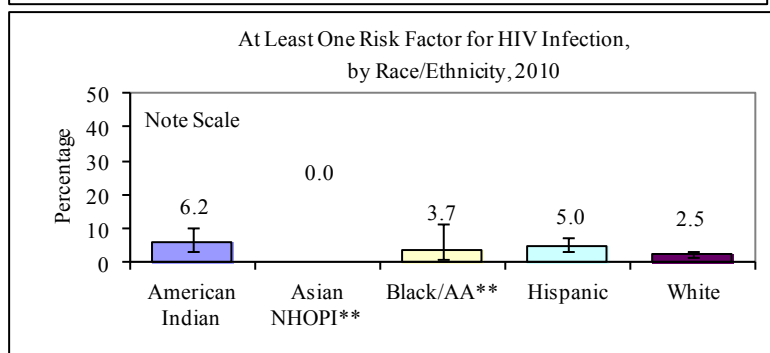
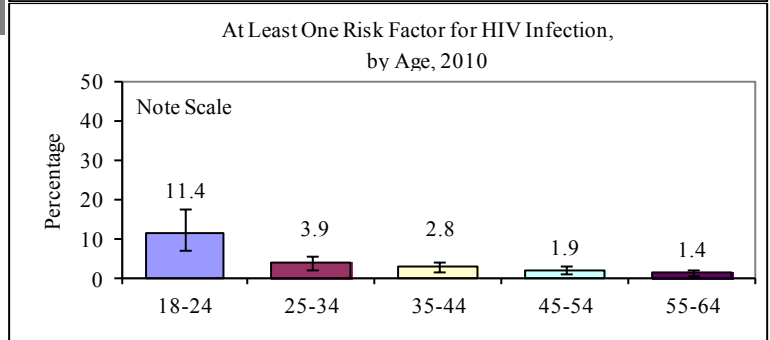
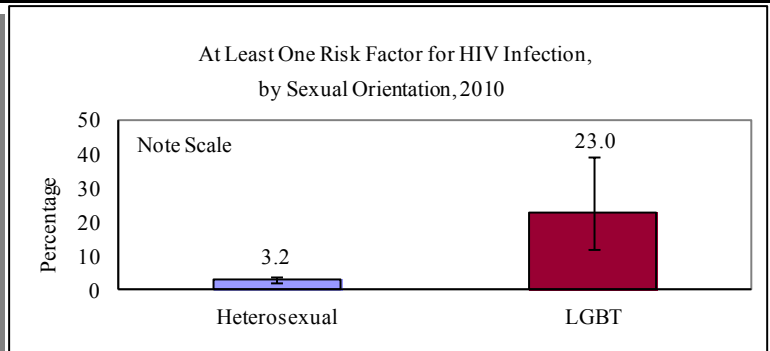
You have used intravenous drugs in the past year;  
you have been treated for a sexually transmitted or venereal disease in the past year;  
you have given or received money or drugs in exchange for sex in the past year;  
you had anal sex without a condom in the past year.

Do any of these situations apply to you? ”

Through the end of 2010, a total of 6,369 cases of HIV infection had ever been reported in the state. Among reported cases of HIV infection in NM, the most prevalent risk factor category was men who have sex with men (MSM), followed by MSM who also use injection-drugs, then by injection drug use.<sup>6</sup>

## IN NEW MEXICO,

- ◆ 3.9% of adults reported one or more risk factors for HIV infection in the past year.
- ◆ There was no measurable difference by gender.
- ◆ LGBT adults were more likely to report one or more risk factors than were heterosexual adults, 23.0% and 3.2%, respectively.
- ◆ Risk for HIV infection was highest among those in the younger age groups. Recall that history of testing in the youngest age group was quite low (pg. 25), in spite of the relatively high rate of recent risk behavior.
- ◆ There was no measurable difference in reporting of risk factors by race/ethnicity.
- ◆ Adults with a college-level degree or more education were less likely to have one or more risk factors for HIV.
- ◆ Adults living in households with an annual income of \$50,000 or more were less likely to have one or more risk factors for HIV.
- ◆ Adults reporting at least one risk factor were more likely to report having been tested for HIV infection. However, only 66.2% reporting one or more risk factors *within the past year* reported *ever* having been tested for HIV.
- ◆ Adults reporting one or more risk factors for HIV were more likely to have a disability (after adjusting for age).
- ◆ Adults reporting one or more risk factors for HIV were more likely to be a current smoker.



# RISK FACTORS FOR HIV INFECTION

Table 78. Percentage of adults with one or more risk factors for HIV, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors for HIV Infection			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	4,478	118	3.9	3.0	5.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,259	98	3.2	2.5	4.2
LGBT	123	19	23.0	12.2	39.2
<b>AGE</b>					
18-24	201	23	11.4	7.1	17.6
25-34	503	25	3.9	2.5	6.0
35-44	807	21	2.8	1.7	4.5
45-54	1,250	22	1.9	1.1	3.1
55-64	1,660	26	1.4	0.9	2.2
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	460	18	6.2	3.5	10.6
Asian NHOPI**	49	-	-	-	-
Black/AA**	62	5	3.7	1.1	11.6
Hispanic	1,482	45	5.0	3.3	7.4
White	2,357	47	2.5	1.7	3.5
<b>EDUCATION</b>					
Less than High School Graduate	432	17	5.4	3.1	9.4
High School Graduate or G.E.D.	1,155	42	5.3	3.5	7.9
Some College	1,209	34	5.0	3.0	8.1
College Graduate	1,673	25	1.4	0.8	2.2
<b>INCOME</b>					
Less than \$10,000	267	15	5.7	2.9	11.0
\$10-19,999	602	27	6.9	3.8	12.2
\$20-49,999	1,431	40	3.7	2.4	5.7
\$50,000 or more	1,756	18	1.2	0.7	2.2
<b>EMPLOYMENT</b>					
Employed	2,850	58	3.1	2.1	4.5
Unemployed/Unable to Work	702	34	6.7	4.3	10.5
Homemaker/Student	504	19	4.9	2.8	8.4
Retired	412	7	1.7	0.7	4.3
<b>Geographic Region</b> ⊛					
Northwest	1,452	33	3.7	2.3	6.0
Northeast	819	23	3.4	2.1	5.7
Bernalillo County	812	28	4.8	2.9	7.7
Southeast	636	17	5.4	3.1	9.0
Southwest	734	17	2.3	1.2	4.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.



# RISK FACTORS HIV INFECTION — MALES

Table 79. Percentage of adult males with one or more risk factors for HIV, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors for HIV Infection Among Adult Men			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	1,775	57	4.2	2.9	6.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	1,696	42	3.2	2.1	4.7
LGBT**	49	-	-	-	-
<b>AGE</b>					
18-24**	96	9	10.8	5.1	21.3
25-34	209	11	4.2	2.2	7.9
35-44	297	7	2.5	1.1	5.6
45-54	493	14	2.8	1.4	5.3
55-64	656	16	2.0	1.1	3.6
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	161	6	5.2	1.9	13.4
Asian NHOPI**	17	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	546	19	5.1	2.7	9.7
White	993	30	3.3	2.1	5.1
<b>EDUCATION</b>					
Less than High School Graduate	162	5	4.6	1.7	11.7
High School Graduate or G.E.D.	499	19	4.3	2.3	7.9
Some College	443	19	6.9	3.6	13.0
College Graduate	670	14	1.7	0.9	3.3
<b>INCOME</b>					
Less than \$10,000**	88	5	4.9	1.3	16.9
\$10-19,999	225	12	8.3	3.4	19.0
\$20-49,999	565	19	3.6	1.9	6.6
\$50,000 or more	739	13	2.0	1.0	3.8
<b>EMPLOYMENT</b>					
Employed	1,202	32	3.7	2.2	6.2
Unemployed/Unable to Work	314	17	6.6	3.5	12.1
Homemaker/Student**	59	3	4.9	1.5	15.0
Retired	198	5	1.9	0.6	5.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	567	16	3.7	1.8	7.4
Northeast	335	13	4.2	2.2	7.9
Bernalillo County	324	14	5.3	2.5	10.6
Southeast	251	8	5.9	2.7	12.3
Southwest	289	6	2.2	0.6	7.4

\* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 6,997 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 — FEMALES

Table 80. Percentage of adult females with one or more risk factors for HIV, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	One or More Risk Factors for HIV Infection Among Adult Women			
		Total # Reporting At Least One Risk Factor for HIV Infection	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	2,703	61	3.6	2.6	5.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,563	56	3.3	2.3	4.6
LGBT**	74	4	14.7	5.0	36.1
<b>AGE</b>					
18-24**	105	14	11.9	6.7	20.4
25-34	294	14	3.5	1.9	6.3
35-44	510	14	3.1	1.7	5.3
45-54	757	8	1.0	0.5	2.2
55-64	1,004	10	0.8	0.4	1.6
65-74	-	-	-	-	-
75+	-	-	-	-	-
<b>RACE/ETHNICITY</b>					
American Indian	299	12	7.0	3.6	13.2
Asian NHOPI**	32	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	936	26	4.9	3.0	7.8
White	1,364	17	1.5	0.8	2.9
<b>EDUCATION</b>					
Less than High School Graduate	270	12	6.2	3.1	11.8
High School Graduate or G.E.D.	656	23	6.5	3.8	10.8
Some College	766	15	3.3	1.6	6.5
College Graduate	1,003	11	1.1	0.5	2.2
<b>INCOME</b>					
Less than \$10,000	179	10	6.5	3.1	12.9
\$10-19,999	377	15	5.5	2.8	10.5
\$20-49,999	866	21	3.9	2.2	6.9
\$50,000 or more	1,017	5	0.5	0.2	1.1
<b>EMPLOYMENT</b>					
Employed	1,648	26	2.4	1.5	4.0
Unemployed/Unable to Work	388	17	7.0	3.6	13.2
Homemaker/Student	445	16	4.9	2.6	9.0
Retired	214	2	1.5	0.3	7.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	885	17	3.8	2.0	7.1
Northeast	484	10	2.7	1.1	6.2
Bernalillo County	488	14	4.3	2.3	8.1
Southeast	385	9	4.9	2.4	9.8
Southwest	445	11	2.5	1.2	5.2

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

\* Those who responded "don't know/not sure", who refused to respond, or were males were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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# NO LEISURE-TIME PHYSICAL ACTIVITY

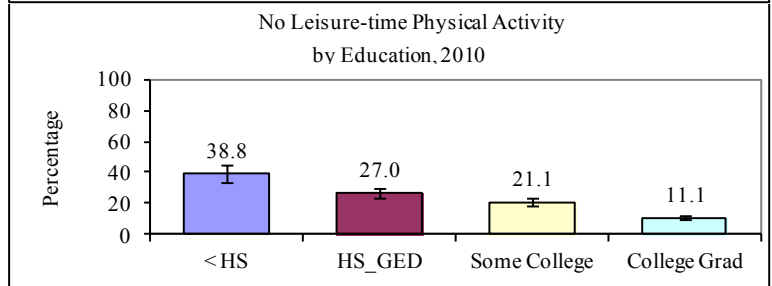
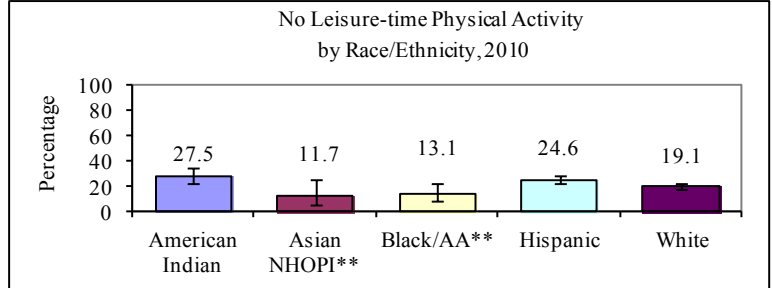
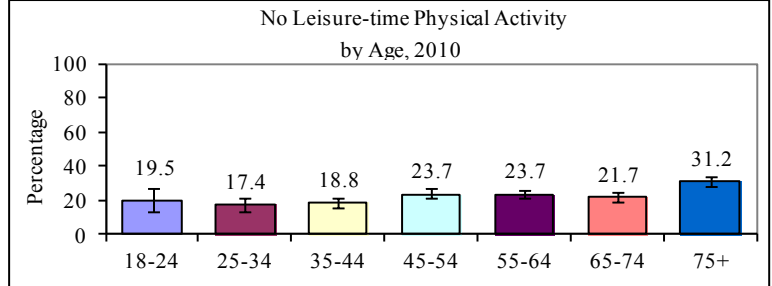
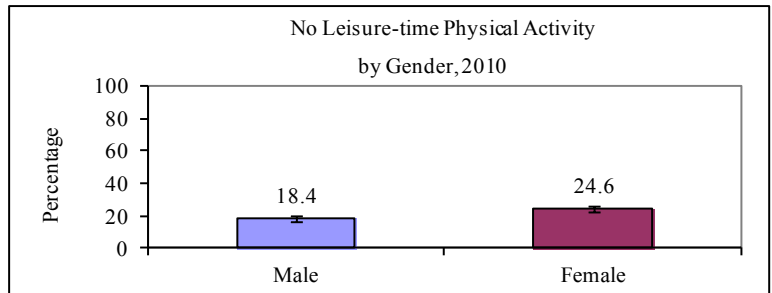
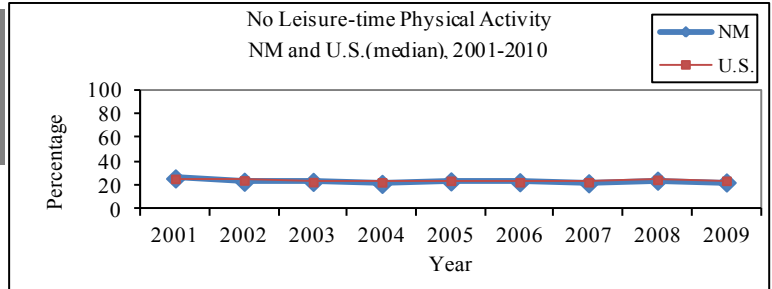
## QUESTION:

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

Among the health benefits of regular physical activity are reduced risk of coronary heart disease, lower heart rate and blood pressure, reduced weight, lower serum triglyceride levels, increased “good” cholesterol, reduced risk of osteoporosis by increasing bone density, boosting of immune function, beneficial effect on clotting mechanisms and improved psychological well-being and quality of life.<sup>18, 19</sup>

## IN NEW MEXICO,

- ◆ 21.6% of adults did not engage in any leisure-time physical activity during the previous 30 days. This percentage was lower than that of the U.S. (24.2%).
- ◆ Females (24.6%) were more likely to have not engaged in leisure-time physical activity than males (18.4%), even after adjusting for differences in age distribution.
- ◆ Adults age 65 or more were more likely to have not engaged in leisure-time activities than adults of younger age groups.
- ◆ Hispanics (24.6%) and American Indians (27.5%) were more likely than Asian/NHOPI (11.7%), Black/African Americans (13.1%), or White, non-Hispanics (19.1%) to report no leisure-time activity during the previous 30 days.
- ◆ Adults with less income and lower education level were less likely to have engaged in any leisure-time activities or exercise in the past 30 days.
- ◆ Adults who were unable to work were much less likely to have engaged in leisure-time physical activity than adults who were employed, unemployed, homemakers, students, or were retired. After adjusting for differences in age distribution, adults who were retired were the least likely to have engaged in no leisure-time activity.



- ◆ Adults residing in the Southeast and Southwest regions of the state were less likely to have engaged in any leisure-time activities than those of Bernalillo County.

# NO LEISURE-TIME PHYSICAL ACTIVITY

Table 81. Percentage of adults who performing no leisure-time physical activity, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-time Physical Activity			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,994	1,702	21.6	20.2	23.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,598	1,598	21.6	20.1	23.1
LGBT	162	34	19.3	11.8	30.0
<b>AGE</b>					
18-24	211	42	19.5	13.9	26.8
25-34	517	111	17.4	13.8	21.5
35-44	829	173	18.8	16.0	22.0
45-54	1,288	304	23.7	21.0	26.8
55-64	1,730	412	23.7	21.3	26.3
65-74	1,333	306	21.7	19.2	24.4
75+	1,022	342	31.2	27.9	34.6
<b>RACE/ETHNICITY</b>					
American Indian	594	173	27.5	22.4	33.2
Asian NHOPI**	62	9	11.7	4.9	25.3
Black/AA**	89	23	13.1	7.5	21.9
Hispanic	2,123	596	24.6	22.0	27.4
White	4,015	878	19.1	17.3	20.9
<b>EDUCATION</b>					
Less than High School Graduate	793	354	38.8	33.3	44.5
High School Graduate or G.E.D.	1,889	572	27.0	24.0	30.2
Some College	1,826	438	21.1	18.5	23.9
College Graduate	2,467	331	11.1	9.5	12.8
<b>INCOME</b>					
Less than \$10,000	418	165	38.9	31.8	46.5
\$10-19,999	1,060	366	32.9	28.2	37.9
\$20-49,999	2,346	602	23.3	20.8	26.0
\$50,000 or more	2,312	348	13.2	11.4	15.2
<b>EMPLOYMENT</b>					
Employed	3,294	675	17.8	16.1	19.6
Unemployed/Unable to Work	901	363	33.9	29.5	38.7
Homemaker/Student	744	184	22.4	17.8	27.7
Retired	2,042	476	21.7	19.6	23.9
<b>Geographic Region</b> ⊛					
Northwest	2,117	525	22.2	19.7	25.0
Northeast	1,286	248	21.5	18.3	25.0
Bernalillo County	1,259	221	16.4	13.8	19.5
Southeast	1,051	362	29.7	26.3	33.5
Southwest	1,240	335	24.6	21.3	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 were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

## NO LEISURE-TIME PHYSICAL ACTIVITY — MALES

Table 82. Percentage of adult males who performed no leisure-time physical activity, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-time Physical Activity Among Adult Men			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,727	579	18.4	16.5	20.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,576	540	18.3	16.3	20.5
LGBT**	66	17	17.9	8.6	33.5
<b>AGE</b>					
18-24	101	13	13.8	7.6	24.0
25-34	215	43	15.2	10.5	21.6
35-44	308	56	14.3	10.6	18.9
45-54	514	121	23.5	19.2	28.3
55-64	688	152	23.0	19.3	27.3
65-74	496	85	17.2	13.7	21.2
75+	378	104	25.5	20.9	30.7
<b>RACE/ETHNICITY</b>					
American Indian	213	50	21.9	15.3	30.3
Asian NHOPI**	22	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	790	201	20.3	16.8	24.3
White	1,610	308	17.3	14.7	20.3
<b>EDUCATION</b>					
Less than High School Graduate	282	109	29.3	22.3	37.5
High School Graduate or G.E.D.	753	200	24.1	19.7	29.1
Some College	647	147	16.7	13.5	20.6
College Graduate	1,041	122	11.0	8.6	14.0
<b>INCOME</b>					
Less than \$10,000	124	50	37.5	25.5	51.3
\$10-19,999	369	111	25.5	19.4	32.8
\$20-49,999	921	225	21.1	17.5	25.2
\$50,000 or more	1,053	141	12.0	9.6	14.9
<b>EMPLOYMENT</b>					
Employed	1,415	273	16.1	13.8	18.7
Unemployed/Unable to Work	381	136	30.5	24.5	37.3
Homemaker/Student**	62	3	7.9	1.7	30.1
Retired	867	167	18.4	15.6	21.6
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	823	180	20.8	16.9	25.3
Northeast	512	95	20.5	16.1	25.7
Bernalillo County	493	75	15.3	11.4	20.1
Southeast	393	127	26.6	21.5	32.3
Southwest	492	98	14.7	11.2	19.0

\* 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 6,997 across some categories for some variables.

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

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

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

## NO LEISURE-TIME PHYSICAL ACTIVITY — FEMALES

Table 83. Percentage of adult females who performed no leisure-time physical activity, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	No Leisure-time Physical Activity Among Adult Women			
		Total # Reporting No Leisure-time Physical Activity	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,267	1,123	24.6	22.6	26.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,022	1,058	24.7	22.7	26.8
LGBT**	96	17	20.8	10.7	36.6
<b>AGE</b>					
18-24	110	29	25.6	17.0	36.7
25-34	302	68	19.6	14.9	25.4
35-44	521	117	23.3	19.3	27.8
45-54	774	183	24.0	20.5	27.8
55-64	1,042	260	24.3	21.4	27.6
65-74	837	221	25.7	22.2	29.5
75+	644	238	35.2	30.8	39.8
<b>RACE/ETHNICITY</b>					
American Indian	381	123	31.7	24.8	39.6
Asian NHOPI**	40	7	15.5	5.5	36.5
Black/AA**	51	16	16.2	8.0	29.9
Hispanic	1,333	395	28.4	24.8	32.3
White	2,405	570	20.9	18.7	23.3
<b>EDUCATION</b>					
Less than High School Graduate	511	245	47.1	39.8	54.6
High School Graduate or G.E.D.	1,136	372	30.0	26.1	34.2
Some College	1,179	291	24.9	21.3	28.9
College Graduate	1,426	209	11.1	9.4	13.2
<b>INCOME</b>					
Less than \$10,000	294	115	40.0	32.2	48.3
\$10-19,999	691	255	39.5	33.4	46.0
\$20-49,999	1,425	377	25.4	22.1	29.0
\$50,000 or more	1,259	207	14.6	12.0	17.5
<b>EMPLOYMENT</b>					
Employed	1,879	402	19.8	17.5	22.4
Unemployed/Unable to Work	520	227	38.2	31.9	44.9
Homemaker/Student	682	181	26.3	21.3	32.0
Retired	1,175	309	25.1	22.1	28.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,294	345	23.6	20.5	27.2
Northeast	774	153	22.5	18.1	27.5
Bernalillo County	766	146	17.5	14.1	21.7
Southeast	658	235	32.8	28.3	37.6
Southwest	748	237	34.1	29.1	39.5

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 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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# SEATBELT USE

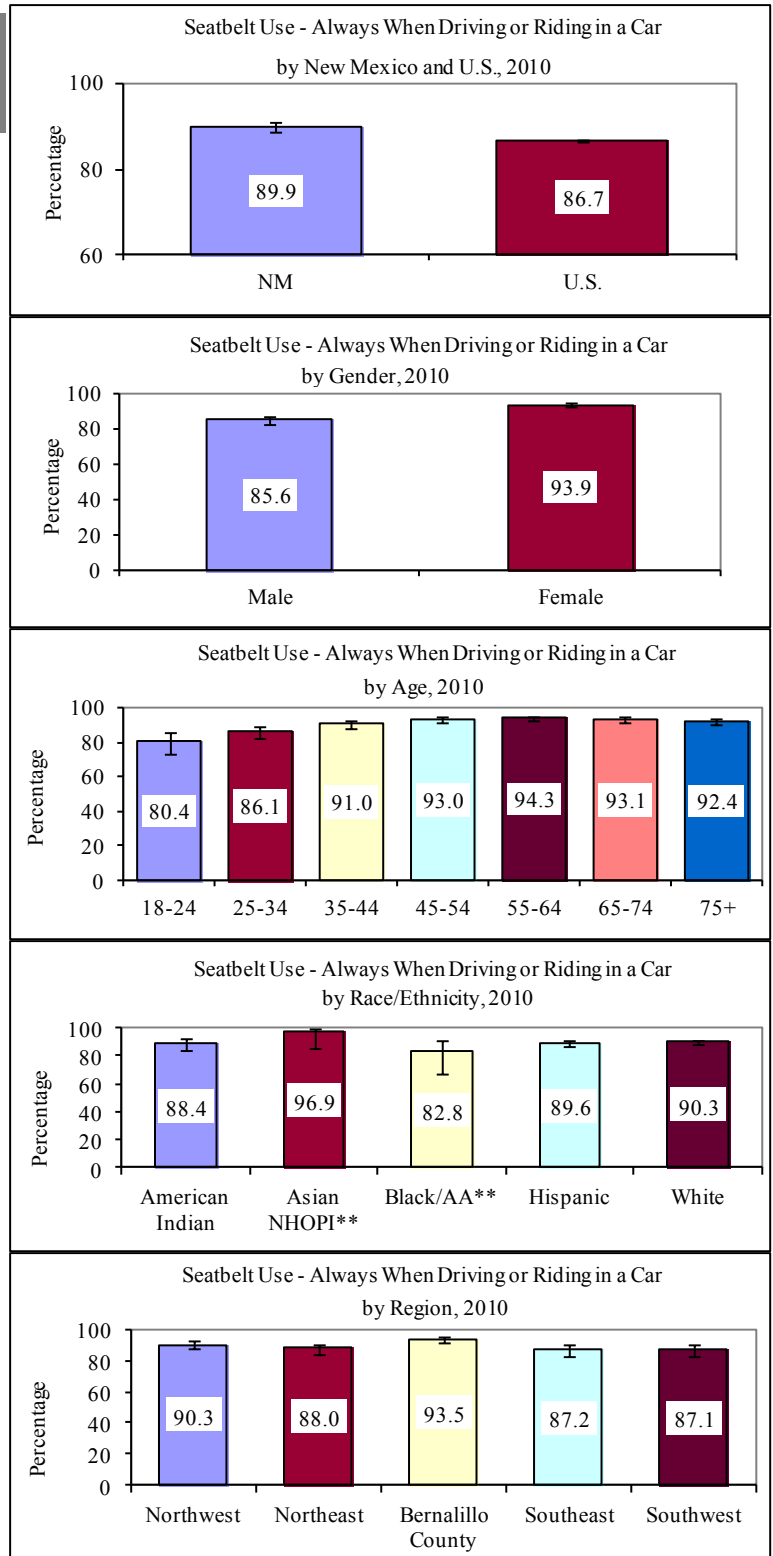
## QUESTIONS:

“How often do you use seat belts when you drive or ride in a car?”

The consistent use of seat belts greatly reduces the risk of injury and increases the probability of survival.<sup>29</sup> The National Highway Traffic Safety Administration (NHTSA) estimated that 13,250 lives were saved by seat belts during 2008 and that over 75,000 lives had been saved by seat belts during the 5-year period of 2004 to 2008.<sup>30</sup> The Healthy People 2010 Objective 15-19 set the objective of 89% of adults using a seat belt every time when driving or riding in a car.<sup>31</sup>

## IN NEW MEXICO,

- ◆ 89.9% of New Mexico adults always used a seatbelt when driving or riding in a car, which was significantly higher than the percentage of adults across the U.S. (86.7%).
- ◆ 85.6% of men always used a seatbelt when driving or riding in a car, which was significantly lower than the percentage of women (93.9%).
- ◆ There was no difference in seatbelt use by sexual orientation.
- ◆ The percentage of adults who always wore a seatbelt when driving or riding in a car was lower among younger age groups..
- ◆ There was no significant difference in seatbelt use by race/ethnicity.
- ◆ The prevalence of consistent seatbelt use was highest among those with the higher levels of education.
- ◆ There was no difference in seatbelt use by annual household income.
- ◆ The prevalence of consistent seatbelt use was higher in Bernalillo County than in the Northeast, Southeast, or Southwest regions.



# SEATBELT USE

Table 84. Percentage of adults who always use a seatbelt when driving or riding in a car, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Seatbelt Use - Always When Driving or Riding in a Car			
		Total Number Reporting Always Wearing Seatbelt	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	6,872	6,298	89.9	88.6	91.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,488	5,952	90.2	88.9	91.3
LGBT	159	140	82.3	63.6	92.5
<b>AGE</b>					
18-24	205	163	80.4	73.2	86.0
25-34	511	431	86.1	82.0	89.4
35-44	816	740	91.0	88.3	93.1
45-54	1,270	1,168	93.0	91.3	94.4
55-64	1,700	1,595	94.3	92.8	95.5
65-74	1,315	1,223	93.1	91.1	94.6
75+	994	922	92.4	90.0	94.3
<b>RACE/ETHNICITY</b>					
American Indian	577	521	88.4	83.6	92.0
Asian NHOPI**	59	57	96.9	85.3	99.4
Black/AA**	87	77	82.8	67.3	91.8
Hispanic	2,068	1,904	89.6	87.0	91.7
White	3,975	3,644	90.3	88.8	91.7
<b>EDUCATION</b>					
Less than High School Graduate	771	707	86.9	82.2	90.5
High School Graduate or G.E.D.	1,848	1,671	88.3	85.4	90.6
Some College	1,792	1,635	89.4	86.4	91.7
College Graduate	2,442	2,267	92.8	91.1	94.2
<b>INCOME</b>					
Less than \$10,000	410	375	86.3	78.8	91.4
\$10-19,999	1,037	951	90.3	86.0	93.3
\$20-49,999	2,307	2,101	89.3	86.9	91.3
\$50,000 or more	2,289	2,106	91.0	89.1	92.6
<b>EMPLOYMENT</b>					
Employed	3,242	2,929	88.7	86.8	90.3
Unemployed/Unable to Work	882	798	87.5	83.5	90.6
Homemaker/Student	732	686	92.1	87.4	95.1
Retired	2,004	1,873	94.1	92.8	95.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	2,079	1,915	90.3	87.8	92.3
Northeast	1,263	1,150	88.0	84.7	90.6
Bernalillo County	1,242	1,172	93.5	91.1	95.3
Southeast	1,033	930	87.2	83.4	90.2
Southwest	1,217	1,098	87.1	83.3	90.1

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 6,997 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.



# SEATBELT USE — MALES

Table 85. Percentage of adult males who always use a seatbelt when driving or riding in a car, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Seatbelt Use - Always When Driving or Riding in a Car Among Adult Men			
		Total Number Reporting Always Wearing Seatbelt	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	2,665	2,340	85.6	83.3	87.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,520	2,215	86.1	83.8	88.0
LGBT**	65	54	71.9	43.0	89.7
<b>AGE</b>					
18-24**	98	68	71.4	60.0	80.7
25-34	212	165	80.4	73.1	86.1
35-44	299	266	89.4	84.7	92.8
45-54	505	442	89.7	86.6	92.2
55-64	676	615	92.1	89.4	94.1
65-74	484	441	91.0	87.8	93.5
75+	365	319	86.8	81.7	90.7
<b>RACE/ETHNICITY</b>					
American Indian	204	185	91.2	85.4	94.8
Asian NHOPI**	20	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	761	671	84.2	79.2	88.2
White	1,591	1,385	85.7	82.9	88.1
<b>EDUCATION</b>					
Less than High School Graduate	267	231	79.8	71.0	86.4
High School Graduate or G.E.D.	738	642	84.3	79.4	88.2
Some College	631	545	84.5	78.9	88.8
College Graduate	1,025	918	89.7	86.6	92.1
<b>INCOME</b>					
Less than \$10,000	121	109	81.4	65.8	90.9
\$10-19,999	355	314	86.7	78.1	92.2
\$20-49,999	901	787	84.7	80.2	88.3
\$50,000 or more	1,038	915	87.7	84.6	90.2
<b>EMPLOYMENT</b>					
Employed	1,387	1,194	84.7	81.6	87.4
Unemployed/Unable to Work	369	318	83.7	77.4	88.5
Homemaker/Student** <sup>ψ</sup>	61	53	82.2	63.0	92.6
Retired	846	773	91.9	89.6	93.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	801	716	86.9	82.6	90.3
Northeast	500	437	82.8	77.0	87.4
Bernalillo County	484	443	90.8	86.3	93.9
Southeast	382	327	82.5	75.5	87.8
Southwest	484	406	80.1	73.3	85.5

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among males, 90% were students.

# SEATBELT USE — FEMALES

Table 86. Percentage of adult females who always use a seatbelt when driving or riding in a car, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Seatbelt Use - Always When Driving or Riding in a Car Among Adult Women			
		Total Number Reporting Always Wearing Seatbelt	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	4,207	3,958	93.9	92.7	94.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,968	3,737	94.1	92.9	95.1
LGBT**	94	86	92.7	75.0	98.2
<b>AGE</b>					
18-24	107	95	89.9	81.9	94.6
25-34	299	266	92.0	88.3	94.6
35-44	517	474	92.5	89.3	94.8
45-54	765	726	96.1	94.4	97.3
55-64	1,024	980	96.4	94.8	97.5
65-74	831	782	94.8	92.1	96.6
75+	629	603	96.4	94.4	97.7
<b>RACE/ETHNICITY</b>					
American Indian	373	336	86.3	78.7	91.5
Asian NHOPI**	39	-	-	-	-
Black/AA**	51	43	82.5	65.2	92.2
Hispanic	1,307	1,233	94.4	92.3	96.0
White	2,384	2,259	95.0	93.6	96.2
<b>EDUCATION</b>					
Less than High School Graduate	504	476	93.1	88.4	96.0
High School Graduate or G.E.D.	1,110	1,029	92.4	89.6	94.5
Some College	1,161	1,090	93.5	90.9	95.4
College Graduate	1,417	1,349	95.8	94.1	97.0
<b>INCOME</b>					
Less than \$10,000	289	266	90.1	84.0	94.0
\$10-19,999	682	637	93.4	89.9	95.8
\$20-49,999	1,406	1,314	93.7	91.5	95.4
\$50,000+	1,251	1,191	94.8	92.4	96.4
<b>EMPLOYMENT</b>					
Employed	1,855	1,735	93.3	91.4	94.7
Unemployed Unable to Work	513	480	92.0	86.8	95.3
Homemaker Student <sup>ψ</sup>	671	633	94.7	92.0	96.6
Retired	1,158	1,100	96.4	95.1	97.4
<b>Geographic Region</b> ⚙					
Northwest	1,278	1,199	93.5	90.9	95.4
Northeast	763	713	92.9	89.8	95.1
Bernalillo County	758	729	96.0	93.6	97.6
Southeast	651	603	91.6	88.1	94.1
Southwest	733	692	93.9	90.7	96.0

\* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 6,997 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.

<sup>ψ</sup> Among Females, 87% were homemakers.

# CURRENT CIGARETTE SMOKING

## QUESTIONS:

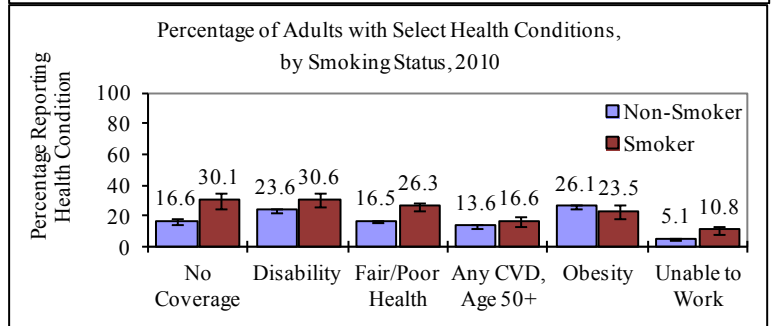
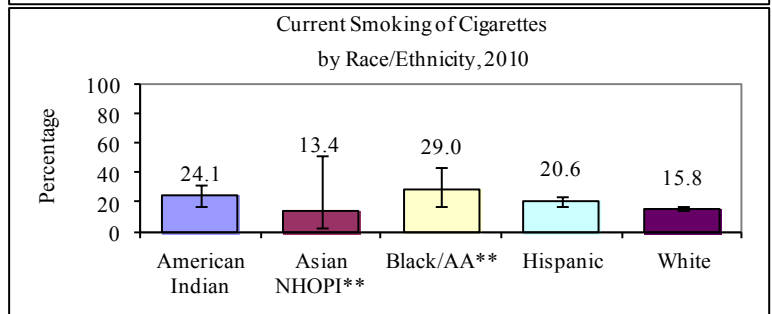
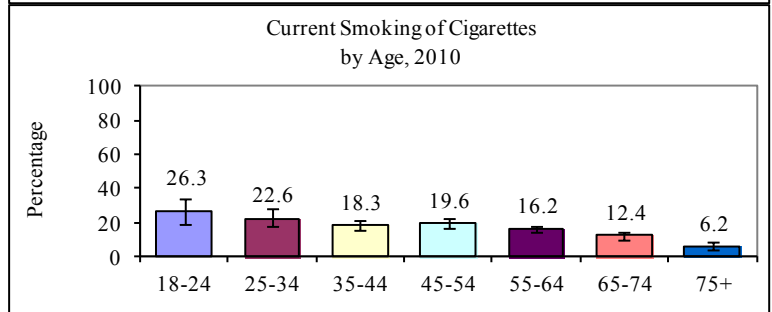
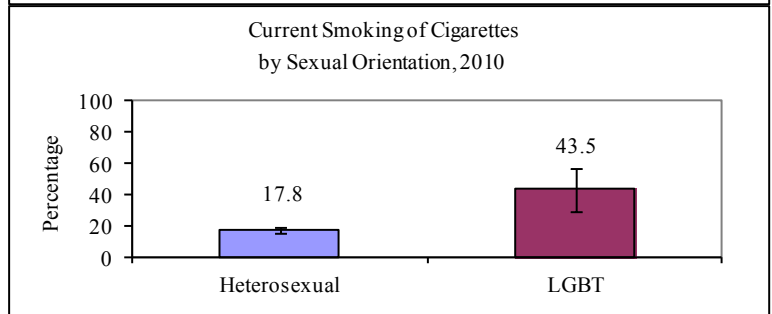
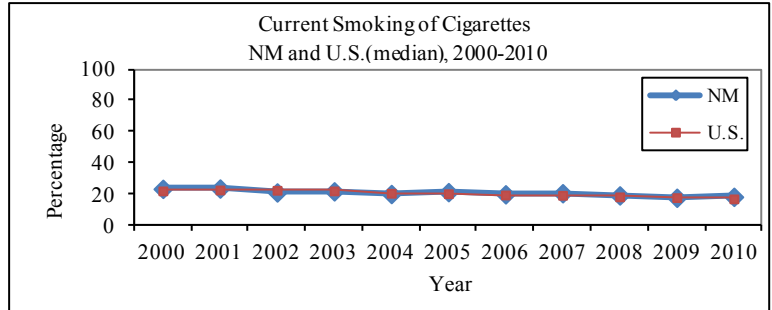
“Have you smoked at least 100 cigarettes in your entire life?”

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

Smoking cigarettes harms nearly every organ of the body. It causes about 85% of deaths from lung cancer and chronic obstructive pulmonary disease. Smokers are 2 to 4 times more likely to have coronary heart disease and stroke.<sup>32</sup> An estimated 42,000 New Mexicans suffer from chronic smoking-related illnesses and about 2,100 die every year.<sup>33, 34</sup> Exposure to second-hand smoke can cause serious health effects, including sudden infant death syndrome, asthma in children, heart attacks, and lung cancer.<sup>15, 36</sup> BRFSS defines current smokers as respondents who have smoked at least 100 cigarettes and now report smoking cigarettes “Every Day” or “Some Days”.

## IN NEW MEXICO,

- ◆ 18.5% of New Mexico adults were current smokers, which was not statistically different from the U.S. (21.2%).
- ◆ Men (21.8%) were more likely to be current cigarette smokers than were women (15.3%).
- ◆ The prevalence of current smoking among LGBT adults (43.5%) was significantly higher than among heterosexual adults (17.8%).
- ◆ Other than the youngest age group, the prevalence of current smoking was fairly similar through age 54 but was lower within each successive age group above age 54.
- ◆ White and Asian/NHOPI adults had the lowest prevalence of current smoking. However, apparent differences were not significant.
- ◆ The prevalence of smoking was highest among those with the lowest education and annual household income.
- ◆ Current smokers were more likely than non-smokers to be without some form of health care coverage; to have a disability; to describe their general health as Fair or Poor; to have been diagnosed with cardiovascular disease; particularly myocardial infarction; or to be unable to work. They were less likely to be obese.
- ◆ 62.2% of adult smokers tried to quit smoking at least once during the past year.



# CURRENT CIGARETT SMOKING

Table 87. Percentage of adults who were current smokers, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking of Cigarettes			
		Total # Reporting Current Smoking of Cigarettes	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	6,976	1,114	18.5	16.9	20.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,581	1,039	17.8	16.2	19.4
LGBT	162	47	43.5	30.2	57.8
<b>AGE</b>					
18-24	211	52	26.3	19.7	34.2
25-34	516	113	22.6	17.9	28.1
35-44	826	158	18.3	15.4	21.7
45-54	1,286	268	19.6	17.1	22.5
55-64	1,723	289	16.2	14.1	18.6
65-74	1,332	170	12.4	10.4	14.8
75+	1,018	59	6.2	4.6	8.3
<b>RACE/ETHNICITY</b>					
American Indian	591	96	24.1	17.8	31.8
Asian NHOPI**	62	2	13.4	2.2	52.0
Black/AA**	89	25	29.0	17.4	44.3
Hispanic	2,116	372	20.6	17.8	23.8
White	4,008	608	15.8	14.1	17.6
<b>EDUCATION</b>					
Less than High School Graduate	791	195	30.2	24.8	36.1
High School Graduate or G.E.D.	1,882	352	22.6	19.4	26.2
Some College	1,822	321	20.3	17.1	23.8
College Graduate	2,462	244	9.3	7.7	11.0
<b>INCOME</b>					
Less than \$10,000	415	114	31.3	24.1	39.6
\$10-19,999	1,056	249	27.9	23.1	33.3
\$20-49,999	2,342	405	21.6	18.6	24.8
\$50,000 or more	2,309	251	10.9	9.0	13.0
<b>EMPLOYMENT</b>					
Employed	3,286	518	17.6	15.4	19.9
Unemployed/Unable to Work	898	295	36.0	31.1	41.3
Homemaker/Student	743	86	12.7	9.2	17.3
Retired	2,036	212	10.0	8.5	11.7
<b>Geographic Region</b> ⊛					
Northwest	2,110	372	18.1	15.7	20.8
Northeast	1,280	202	19.2	16.1	22.8
Bernalillo County	1,257	174	18.6	15.2	22.5
Southeast	1,049	183	20.1	16.7	24.0
Southwest	1,239	177	17.4	14.1	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 were excluded. Consequently, the sample sizes may not add to 6,997 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 CIGARETTE SMOKING — MALES

Table 88. Percentage of adult males who were current smokers, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking of Cigarettes Among Adult Men			
		Total # Reporting Current Smoking of Cigarettes	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,721	505	21.8	19.2	24.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,570	467	21.0	18.4	23.8
LGBT**	66	23	50.4	29.1	71.6
<b>AGE</b>					
18-24**	101	31	32.9	22.7	44.9
25-34	215	60	30.1	22.2	39.4
35-44	305	66	18.7	14.3	24.1
45-54	514	119	20.9	17.0	25.4
55-64	685	139	19.4	15.9	23.4
65-74	496	63	11.0	8.3	14.4
75+	378	25	7.8	5.0	12.1
<b>RACE/ETHNICITY</b>					
American Indian	212	51	31.8	21.5	44.3
Asian NHOPI**	22	-	-	-	-
Black/AA**	38	-	-	-	-
Hispanic	787	171	26.5	21.5	32.1
White	1,608	264	16.9	14.4	19.8
<b>EDUCATION</b>					
Less than High School Graduate	280	91	36.5	27.8	46.2
High School Graduate or G.E.D.	752	171	28.1	22.8	34.1
Some College	644	135	24.1	18.6	30.6
College Graduate	1,041	108	9.5	7.3	12.2
<b>INCOME</b>					
Less than \$10,000	123	49	40.1	26.6	55.3
\$10-19,999	367	115	36.3	27.8	45.8
\$20-49,999	919	188	26.4	21.6	31.8
\$50,000 or more	1,053	111	10.4	7.7	13.8
<b>EMPLOYMENT</b>					
Employed	1,411	237	19.9	16.5	23.8
Unemployed/Unable to Work	381	157	39.2	32.2	46.6
Homemaker/Student**	62	12	21.2	10.3	38.9
Retired	865	98	10.5	8.3	13.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	821	172	20.6	16.8	25.0
Northeast	509	96	25.5	20.1	31.7
Bernalillo County	492	72	21.4	15.8	28.2
Southeast	392	87	25.0	19.2	31.8
Southwest	493	76	19.2	13.9	25.8

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 6,997 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 CIGARETTE SMOKING — FEMALES

Table 89. Percentage of adult females who were current smokers, New Mexico, 2010.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking of Cigarettes Among Adult Women			
		Total # Reporting Current Smoking of Cigarettes	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,255	609	15.3	13.6	17.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,011	572	14.7	13.1	16.5
LGBT**	96	24	36.6	22.7	53.2
<b>AGE</b>					
18-24**	110	21	19.3	12.1	29.4
25-34	301	53	14.7	10.7	19.7
35-44	521	92	18.0	14.3	22.4
45-54	772	149	18.4	15.2	22.1
55-64	1,038	150	13.3	11.0	16.0
65-74	836	107	13.7	10.9	17.2
75+	640	34	5.1	3.5	7.4
<b>RACE/ETHNICITY</b>					
American Indian	379	45	18.1	11.3	27.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	51	14	27.6	13.3	48.5
Hispanic	1,329	201	15.4	12.7	18.5
White	2,400	344	14.6	12.7	16.8
<b>EDUCATION</b>					
Less than High School Graduate	511	104	24.6	18.6	31.9
High School Graduate or G.E.D.	1,130	181	16.8	13.7	20.4
Some College	1,178	186	16.9	13.8	20.5
College Graduate	1,421	136	9.0	7.1	11.4
<b>INCOME</b>					
Less than \$10,000	292	65	24.5	18.0	32.4
\$10-19,999	689	134	20.3	16.1	25.4
\$20-49,999	1,423	217	16.9	13.8	20.5
\$50,000 or more	1,256	140	11.4	9.1	14.3
<b>EMPLOYMENT</b>					
Employed	1,875	281	14.8	12.7	17.3
Unemployed/Unable to Work	517	138	32.1	25.5	39.5
Homemaker/Student	681	74	10.4	7.7	13.9
Retired	1,171	114	9.4	7.6	11.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,289	200	15.7	13.0	18.9
Northeast	771	106	13.2	10.3	16.7
Bernalillo County	765	102	15.9	12.4	20.1
Southeast	657	96	15.4	12.0	19.6
Southwest	746	101	15.6	12.0	20.0

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 6,997 across some categories for some variables.

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

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

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

# APPENDICES

# APPENDIX I—METHODS

The 2010 Behavioral Risk Factor Surveillance System (BRFSS) was conducted using random telephone survey methods. Households using only cell phones were included as a separate stratum but are excluded here. The CDC has not released cell-phone estimates so in the interest of comparability, the cell phone portion of the 2010 BRFSS have been excluded, here. Of course, households not having any form of telephone service were excluded. 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. According to the National Health Interview Survey, in the latter half of 2009, only 69% of New Mexico adults subscribed to landline telephone service.<sup>23</sup> 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.<sup>24</sup>

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.<sup>25</sup> 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 2010, interviews were performed at 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 Marketing Service Group, Genesys Sampling Systems, Inc.

Calls were made during day, evening, and weekend periods in order to maximize the chance of finding randomly selected respondents at home. The calling periods for the BRFSS in 2010 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 possible landline telephone numbers in the state, using a disproportionate stratified sampling (DSS) methodology. One adult respondent was randomly selected from all adults ages 18 and older living in the randomly selected household.

DSS, as implemented in the BRFSS beginning in 2003, involves drawing telephone numbers from two strata (lists) that were based on the presumed density of known telephone household numbers. In 2010, 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.

Cellular telephones were chosen at random from all possible cellular telephone numbers in the state. Since nearly all cell phones are now used by a single person, the adult answering the cell phone was selected for interview. These data are available and may be used in special analyses.

The final landline sample size of 2010 was 6,997.



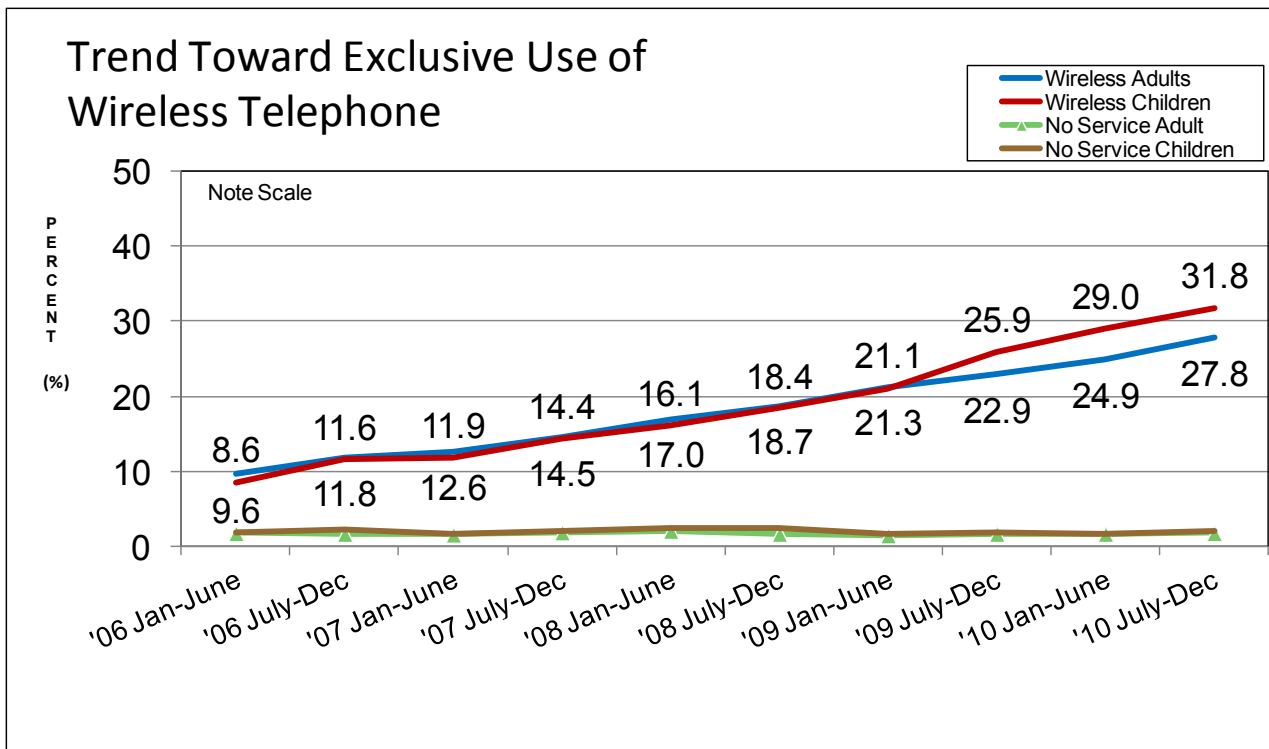
# APPENDIX I—METHODS

## Sources of Error

Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The information presented below was abstracted from two sources: the BRFSS User's Guide<sup>27</sup> and an article from the Journal of the American Statistical Association.<sup>28</sup>

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 form of 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.



Source: CDC/NCHS, National Health Interview Survey.

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

- ◆ **Non-coverage error** occurs if not all adult members of the general population have a known probability of inclusion in the sample. Adults living in private residences who did not have either a landline telephone could not be included. Adults living in nursing homes, prisons, military barracks, or half-way houses, were excluded. If these adults differed in a significant and consistent way from adults with landline telephones, then estimates presented in this report could be biased. By the end of 2010, 27.8% of adults and 31.8% of children lived in cell-only households. 3.8% of adults in private residences did not have either landline or cellular telephone service.
- ◆ **Measurement error** is error due to inaccurate responses.
  - ◆ Inaccurate answers may be given by respondents who misunderstand questions, have faulty memory, are simply unaware of a health condition, 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, such as simple typographical errors, is another form of measurement error.

# 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 closely until the CDC BRFSS protocol is followed consistently.

## Implications of Sampling Design for Estimates Presented in this Report

The estimates presented in this report are weighted percentages. Records of the sample were adjusted by a weighting factor to produce the prevalence estimates representative of the adult population as a whole. There are several components to the weight used to adjust the sample percentage.

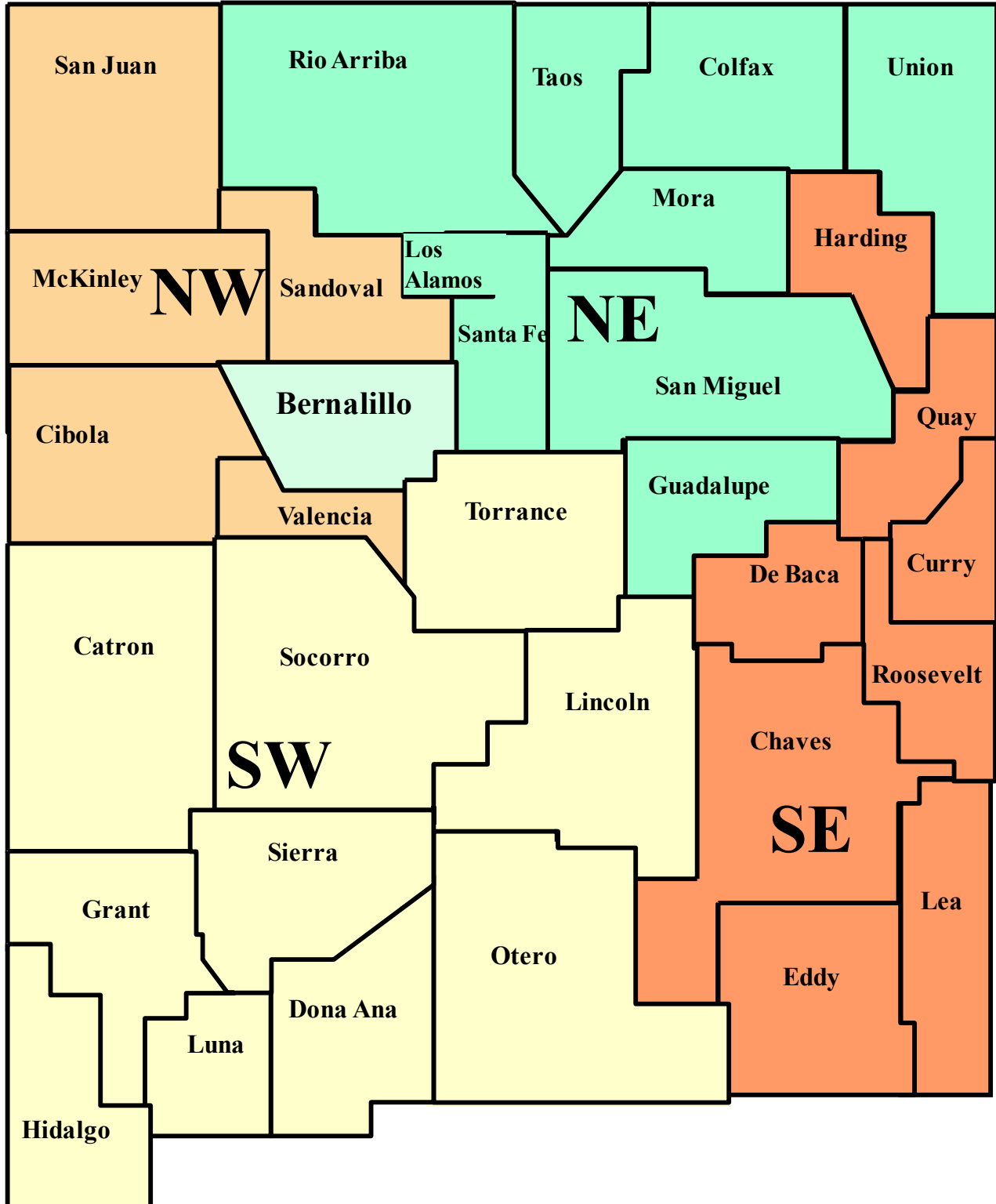
- ◆ The Sampling Weight adjusts for the fact that adults within the population had different probabilities of being included in the sample, because:
  - ◆ Households with landline telephone numbers in the low-density stratum (described under Sample Selection above) had a lower probability of being selected 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 landline households housing 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.
  - ◆ Each cellular telephone number had a probability of selection based on the total number of cell phone numbers in the cell phone sample.
- ◆ A weighting procedure known as iterative proportional fitting (known commonly as “raking”) was used to adjust for differences between the distribution of the sample and that of the adult population, by gender, age, region of residence, Race/Ethnicity, Phone Type (Cell or Landline), Home Ownership (Rent or Own), Education, Marital Status, Gender by Race/Ethnicity, Age by Gender, and Age by Race/Ethnicity, as determined by the Bureau of the Census. This component of the weighting process attempts to adjust the estimates so that they better reflect the adult population of the state. This weighting system, new in 2011, along with inclusion of cell phone interviews, results in some important changes in estimates over those of previous years. Studies have demonstrated that there is every reason to believe these improvements to the BRFSS, inclusion of cell phones and weighting by iterative proportional fitting result in improved, more representative, estimates over those of previous years.

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

Stata 12 MP software was used for all analyses in this report. Stata 12 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 2010 NM BRFSS sample was stratified according to the NM Department of Health Regions of the time, depicted below. Estimates for Regions have been presented at the bottom of each table, throughout this report.



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