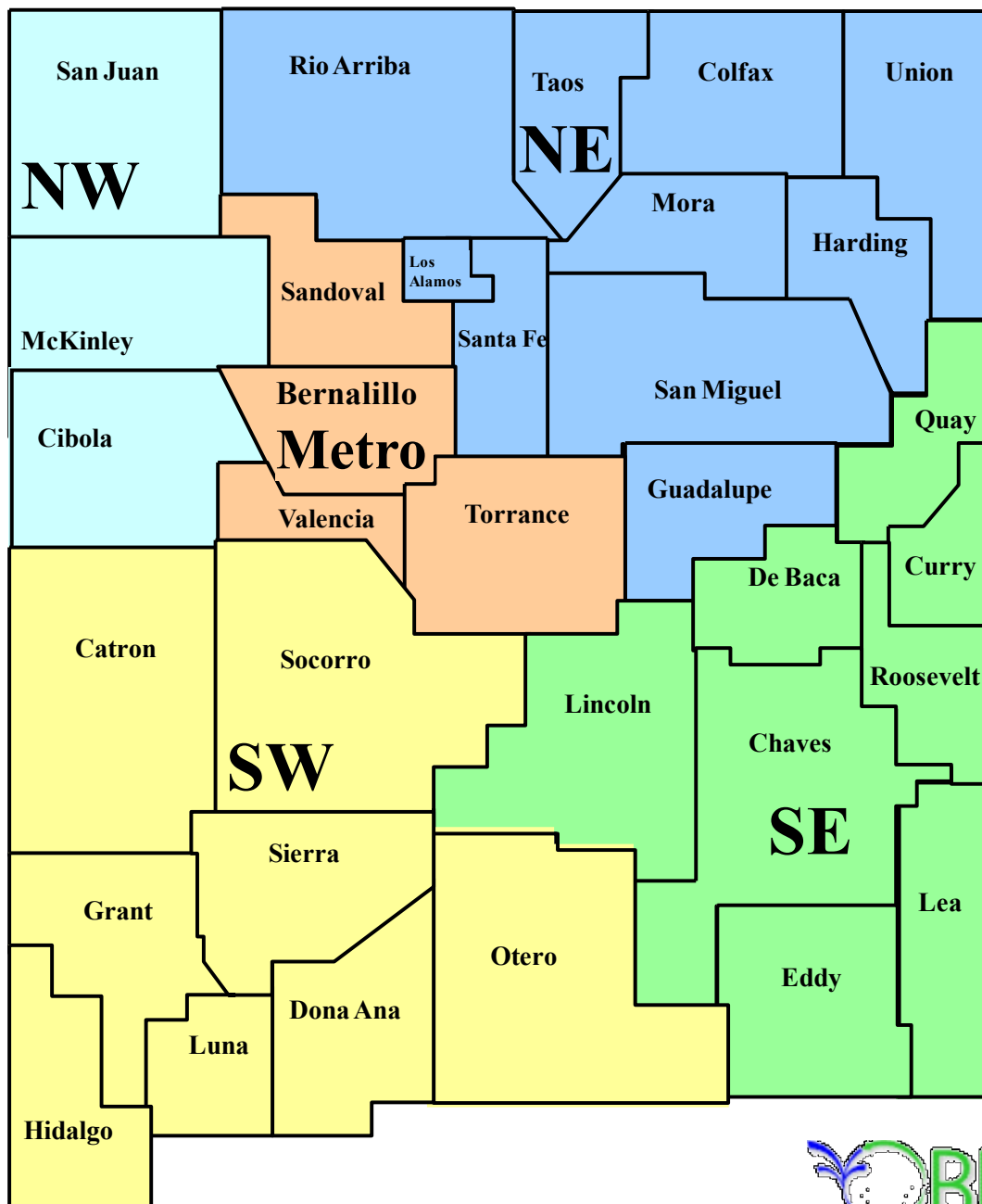




# *Health Behaviors and Conditions of Adult New Mexicans*

*2013*



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

Health Behaviors and Conditions  
of  
Adult New Mexicans  
2013

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

Presented by the  
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The 2013 BRFSS survey was funded by a cooperative agreement with the Centers for Disease Control and Prevention (Grant number U58/SO000036-03), with additional funding from the National Association of Chronic Disease Directors (Contract 0212013), the Alzheimer's Association of New Mexico; as well as the Diabetes Prevention and Control Program of the Chronic Disease Prevention and Control Bureau, and the Epidemiology & Response Division, both 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

<https://ibis.health.state.nm.us/home/Welcome.html>

This report and earlier editions can be found on the New Mexico Department of Health website at:

<http://nmhealth.org/about/erd/ibeb/hbp/>

Additionally, BRFSS data and copies of this report and the 2013 questionnaire can be obtained by contacting:

Wayne Honey at (505) 476-3595 or [wayne.honey@state.nm.us](mailto:wayne.honey@state.nm.us).

# TABLE OF CONTENTS

Acknowledgments.....	i
Table of Contents.....	ii
List of Tables.....	iii
What is the Behavioral Risk Factor Surveillance System (BRFSS)?.....	v
2013 BRFSS Survey Topics.....	vi
Limitations of BRFSS Data.....	vii
Data Presentation.....	viii
Demographics of the 2013 New Mexico Sample.....	ix
<b>Summary—NM Health Risk Factors and Chronic Conditions.....</b>	<b>1</b>
<b>General Health Status</b>	
General Health Status.....	2
<b>Health Care Coverage &amp; Access to Health Care</b>	
Health Care Coverage.....	6
Health Care Access.....	10
Immunization (Influenza, Pneumococcus).....	18
Cholesterol Screening.....	21
HIV Test History.....	25
<b>Chronic Disease and Health Conditions</b>	
Diagnosed Arthritis.....	29
Diagnosed Current Asthma.....	33
Diagnosed Cancer.....	37
Diagnosed Cardiovascular Disease.....	44
Diagnosed High Cholesterol.....	58
Diagnosed Chronic Obstructive Pulmonary Disease, Emphysema, Chronic Bronchitis..	62
Diagnosed Depression.....	66
Diagnosed Diabetes.....	70
Disability.....	74
Diagnosed Hypertension.....	85
Overweight and Obesity.....	93
Vision: Blind or Serious Difficulty Seeing.....	99
<b>Health Behaviors</b>	
Alcohol Consumption: Binge Drinking, Heavy Drinking.....	103
Physical Activity.....	112
Tobacco Use — Current Cigarette Smoking.....	117
Appendices.....	I
Appendix I — Methods.....	II
Appendix II — NM BRFSS Sample Stratification Map.....	V
References.....	VI

## LIST OF TABLES

Table 1. Demographics of the 2011 New Mexico BRFSS Sample .....	ix
Table 2. Summary: NM Health Risk Factors and Chronic Conditions .....	1
Table 3. General Health Status .....	3
Table 4. General Health Status, Males.....	4
Table 5. General Health Status, Females .....	5
Table 6. Health Care Coverage.....	7
Table 7. Health Care Coverage, Males .....	8
Table 8. Health Care Coverage, Females.....	9
Table 9. Health Care Access, Impact of Cost .....	11
Table 10. Health Care Access, Impact of Cost — Males .....	12
Table 11. Health Care Access, Impact of Cost — Females .....	13
Table 12. Health Care Access, Routine Checkup .....	15
Table 13. Health Care Access, Routine Checkup — Males .....	16
Table 14. Health Care Access, Routine Checkup — Females.....	17
Table 15. Immunization, Influenza Vaccination.....	19
Table 16. Immunization, Pneumococcus Vaccination.....	20
Table 17. Cholesterol Check Within Past 5 Years.....	22
Table 18. Cholesterol Check Within Past 5 Years, Males .....	23
Table 19. Cholesterol Check Within Past 5 Years, Females .....	24
Table 20. HIV Test History .....	26
Table 21. HIV Test History, Males.....	27
Table 22. HIV Test History, Females .....	28
Table 23. Diagnosed Arthritis.....	30
Table 24. Diagnosed Arthritis — Males.....	31
Table 25. Diagnosed Arthritis — Females .....	32
Table 26. Diagnosed Current Asthma.....	34
Table 27. Diagnosed Current Asthma — Males.....	35
Table 28. Diagnosed Current Asthma — Females .....	36
Table 29. Diagnosed Cancer, Any Type.....	38
Table 30. Diagnosed Cancer, Any Type — Males .....	39
Table 31. Diagnosed Cancer, Any Type — Females.....	40
Table 32. Diagnosed Cancer, Any Non-skin .....	41
Table 33. Diagnosed Cancer, Any Non-skin — Males.....	42
Table 34. Diagnosed Cancer, Any Non-skin — Females.....	43
Table 35. Diagnosed Cardiovascular Disease (MI, CHD, Stroke), Age 50+ .....	45
Table 36. Diagnosed Cardiovascular Disease (MI, CHD, Stroke), Males Age 50+.....	46
Table 37. Diagnosed Cardiovascular Disease (MI, CHD, Stroke), Females Age 50+ .....	47
Table 38. Diagnosed Cardiovascular Disease — Coronary Heart Disease, Age 50+ .....	49
Table 39. Diagnosed Cardiovascular Disease — Coronary Heart Disease, Males Age 50+.....	50
Table 40. Diagnosed Cardiovascular Disease — Coronary Heart Disease, Females Age 50+ .....	51
Table 41. Diagnosed Cardiovascular Disease — Myocardial Infarction, Age 50+.....	52
Table 42. Diagnosed Cardiovascular Disease — Myocardial Infarction, Males Age 50+.....	53
Table 43. Diagnosed Cardiovascular Disease — Myocardial Infarction, Females Age 50+ .....	54
Table 44. Diagnosed Cardiovascular Disease — Stroke, Age 50+ .....	55
Table 45. Diagnosed Cardiovascular Disease — Stroke, Males Age 50+.....	56
Table 46. Diagnosed Cardiovascular Disease — Stroke, Females Age 50+ .....	57
Table 47. Diagnosed Cholesterol, High — Age 20+ .....	59
Table 48. Diagnosed Cholesterol, High — Males Age 20+ .....	60
Table 49. Diagnosed Cholesterol, High — Females Age 20+.....	61

## LIST OF TABLES

Table 50. Diagnosed COPD	63
Table 51. Diagnosed COPD — Males	64
Table 52. Diagnosed COPD — Females	65
Table 53. Diagnosed Depression	67
Table 54. Diagnosed Depression — Males	68
Table 55. Diagnosed Depression — Females	69
Table 56. Diagnosed Diabetes	71
Table 57. Diagnosed Diabetes — Males	72
Table 58. Diagnosed Diabetes — Females	73
Table 59. Disability	75
Table 60. Disability — Males	76
Table 61. Disability — Females	77
Table 62. Disability, Activity Limitation	79
Table 63. Disability, Activity Limitation — Males	80
Table 64. Disability, Activity Limitation — Females	81
Table 65. Disability, Use of Special Equipment	82
Table 66. Disability, Use of Special Equipment — Males	83
Table 67. Disability, Use of Special Equipment — Females	84
Table 68. Diagnosed Hypertension	86
Table 69. Diagnosed Hypertension — Males	87
Table 70. Diagnosed Hypertension — Females	88
Table 71. Diagnosed Hypertension, Age 50+	90
Table 72. Diagnosed Hypertension, Age 50+ — Males	91
Table 73. Diagnosed Hypertension, Age 50+ — Females	92
Table 74. Overweight	94
Table 75. Obesity	95
Table 76. Overweight or Obese	96
Table 77. Overweight or Obese, Males	97
Table 78. Overweight or Obese, Females	98
Table 79. Vision — Blind or Serious Difficulty Seeing	100
Table 80. Vision — Blind or Serious Difficulty Seeing, Males	101
Table 81. Vision — Blind or Serious Difficulty Seeing, Females	102
Table 82. Alcohol Consumption — Binge	104
Table 83. Alcohol Consumption — Heavy	105
Table 84. Alcohol Consumption — Binge, Males	107
Table 85. Alcohol Consumption — Heavy, Males	108
Table 86. Alcohol Consumption — Binge, Females	110
Table 87. Alcohol Consumption — Heavy, Females	111
Table 88. Physical Activity, Met Recommended Level	114
Table 89. Physical Activity, Met Recommended Level — Males	115
Table 90. Physical Activity, Met Recommended Level — Females	116
Table 91. Current Cigarette Smoking	118
Table 92. Current Cigarette Smoking — Males	119
Table 93. Current Cigarette Smoking — Females	120

# 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.

In 2013, the surveillance system used telephone survey methods to collect data in all 50 states, the District of Columbia, Guam, and Puerto Rico. Individuals who were 18 years of age or older, used a cellular telephone or lived in a private residential household with landline telephone service, were eligible for the survey. Adults who did not have a cellular telephone for personal use, lived in a private residence without a landline telephone, or lived in a group home or in institution such as a prison, military barracks, or a nursing home, were not eligible for the survey.

The BRFSS was initiated in the early 1980s after significant evidence had accumulated that behaviors played a major role in the risk for premature morbidity and mortality. Prior to that time, periodic national surveys were conducted to evaluate health behaviors for the whole country, but data were not available at the state level. Because states were ultimately responsible for efforts to reduce health risk behaviors, state level data were deemed critical.

At about the same time, telephone surveys were emerging as an acceptable means of collecting prevalence data. Telephone surveys were relatively easy for states and local agencies to administer. As a result of these concurrent developments, telephone surveys were developed by the Centers for Disease Control and Prevention (CDC) to monitor state-level prevalence of the major behavioral risk factors associated with premature morbidity and mortality. Feasibility studies were conducted in the early 1980's, and the CDC established the BRFSS in 1984 with 15 states participating. New Mexico began participating in the BRFSS in 1986.

The CDC has developed a core set of questions that is included in the questionnaire of every state. Optional modules of questions on a variety of topics have been developed by the CDC and made available to the states. Additionally, states are free to include other questions that have been borrowed from other surveys or developed by the state provided that space is available in the questionnaire and the state identifies funding to cover the additional cost. Such questions are referred to as 'state-added' questions.

Participation in the survey is voluntary, and all data collected are confidential. The identity of the respondent is never known to the interviewer, and the last two digits of the phone number are never sent to the CDC. The CDC removes the remaining eight digits of the phone number from the data file after completing a quality assurance protocol.

The BRFSS is supported and coordinated by the Division of Behavioral Surveillance (DBS), Public Health Surveillance Program Office (PHSPO) of the CDC.

The CDC has a web site dedicated to the BRFSS:

**<http://www.cdc.gov/brfss>**

This 2013 NM BRFSS report is available in .pdf format at the NM Department of Health website:

**<http://nmhealth.org/about/erd/ibeb/hbp/>**

# 2013 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2013 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  
 Arthritis Burden  
 Asthma  
 Cancer Diagnosis  
 Cardiovascular Disease  
   Myocardial Infarction  
   Angina or Coronary Heart Disease  
   Stroke  
 Cholesterol Awareness  
 Chronic Obstructive Pulmonary Disease  
 Depressive Disorder  
 Diabetes  
 Disability  
   Activity Limitation  
   Use of Specialized Equipment  
   Blindness or Serious Difficulty Seeing  
   Cognitive Difficulties  
   Difficulty Walking/Stairs  
   Difficulty Dressing/Bathing  
   Difficulty Doing Errands Alone  
 Fruit & Vegetable Consumption  
 Health Status  
 Healthy Days  
 Health Care Access  
 HIV/AIDS  
 Hypertension Awareness  
 Immunization  
 Inadequate Sleep  
 Kidney Disease  
 Physical Activity  
 Seatbelt Use  
 Tobacco Use

## Demographics Section (all states):

Age  
 Annual Household Income  
 Cellular Telephone (asked of landline respondents)  
 Cellular Calls as % of total (asked of landline respondents)  
 County of Residence  
 Current Pregnancy Status (asked of female respondents less than 45 years of age)  
 Education  
 Employment Status  
 Gender  
 Height  
 Internet Use in Past 30 Days  
 Marital Status  
 Number of Adults in Household  
 Number of Children in Household  
 Number of Residential Telephone Numbers  
 Own or Rent Home  
 Race/Ethnicity  
 Telephone Coverage History  
 Veteran Status  
 Weight  
 Zip Code of Residence

## Optional Modules

Childhood Asthma Prevalence  
 Industry & Occupation  
 Pre-Diabetes & Diabetes  
 Random Child Selection  
 Social Context

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

Alcohol Screening  
 Binge Drinking  
 Health Care Access Supplement  
 Impact of Cognitive Impairment  
 Sexual Orientation  
 Tribal Affiliation



# LIMITATIONS OF BRFSS DATA

Individuals without cell phones for personal use or households without landline telephones were not eligible to participate in the survey. Data collected by the Bureau of the Census under contract with the Federal Communications Commission (FCC) indicate that unemployed persons and lower income households are less likely to have telephones. Consequently, the BRFSS sample is likely to include a greater proportion of higher income households and employed persons than the population of the state as a whole.

In recent years, some of the adult population has moved to exclusive use of cell phones. This shift is most pronounced among younger adults but has been accelerating and has included all age groups in recent years. For a decade, the Centers for Disease Control has been actively studying the issues related to inclusion of cell phones in the BRFSS and other telephone surveys. The information gathered through these studies was 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 and 2010 NM BRFSS included a test sample of cell phone numbers. These records were not included in the 2009 or 2010 reports. Beginning with the 2011 BRFSS and subsequent years, cell phones were included as a formal part of the sampling process and those records have been included in reports.

The BRFSS relies on adults to provide information on their own health behaviors and conditions. Respondents may be reluctant to report behaviors that are considered undesirable such as drinking and driving. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly. Respondents may be unaware of a health condition if it has not been diagnosed. Consequently, the prevalence of some behaviors or conditions 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, may be affected by lack of confidentiality if others are present when the selected respondent completes the questionnaire, or the questionnaire may be completed by a family member other than the one selected.

## Response Rates

The American Association for Public Opinion Research (AAPOR) has developed measures of survey response that are used to summarize the quality of the BRFSS. The Cooperation Rate (AAPOR #2) presents the percentage of complete and partial complete interviews among contacted and eligible respondents. The Refusal Rate presents the percentage of refusals among all eligible and likely eligible phone numbers in the sample. Separate cooperation and refusal rates were calculated for landline and cellular telephone samples. The Response Rate (AAPOR #4) is a measure meant to provide an overall summary of survey administration and response. Separate response rates are calculated for landline and cellular telephone samples and then a combined summary Response Rate is calculated by combining the individual rates, weighted to the respective size of the two samples.<sup>39</sup>

Response Rates, New Mexico and U.S. (Median), 2013						
Rate	Landline		Cellular		Combined Landline & Cellular	
	NM	U.S.	NM	U.S.	NM	U.S.
Response Rate 4	52.5%	47.9%	52.0%	41.8%	52.3%	46.3%
Cooperation	61.5%	61.4%	77.9%	75.1%	66.8%	65.0%
Refusal	21.7%	17.6%	11.7%	8.4%	18.4%	15.2%

# 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 13.0 MP was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Stata 13.0 MP is statistical analysis software that considers the complex sample design of the BRFSS to calculate appropriate SE and 95% confidence intervals. Bar graphs included in this report present 95% confidence intervals. In tables, the population estimates are presented along with the 95% confidence intervals. By BRFSS convention, when a particular estimate was based on less than 50 respondents, the weighted percentage and associated 95% confidence intervals were 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 for small populations, hence small sample sizes, including sexual minority or small race/ethnicity populations, such as Black/African Americans and Asian or Native Hawaiian/Other Pacific Islanders (NHOPI), 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 2013 NEW MEXICO SAMPLE

Table 1. Demographics of the 2013 New Mexico BRFSS Sample.

Demographic Characteristics	2013 BRFSS Data			2013 Inter-Censal Estimates <sup>¥</sup>
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
<b>TOTAL</b>	9,316	100.0	100.0	
<b>GENDER</b>				
Male	3,947	42.4	49.0	49.0
Female	5,369	57.6	51.0	51.0
<b>SEXUAL ORIENTATION</b>				
Heterosexual	8,639	97.3	96.9	NA
LGBT	238	2.7	3.1	NA
<b>AGE</b>				
18-24	558	6.1	13.2	13.0
25-34	1,059	11.5	17.6	17.5
35-44	1,124	12.2	15.5	15.6
45-54	1,564	17.0	17.2	17.2
55-64	2,061	22.3	17.0	17.3
65-74	1,701	18.4	11.4	11.3
75+	1,159	12.6	8.1	8.0
<b>RACE/ETHNICITY§</b>				
American Indian	762	8.4	7.8	7.6
Asian or NHOPI	93	1.0	1.6	1.5
Black/AA	118	1.3	2.0	2.1
Hispanic	3,342	36.6	44.6	43.7
White	4,809	52.7	43.9	43.7
<b>EDUCATION</b>				
Less than High School Graduate	1,197	12.9	17.8	17.8
High School Graduate or G.E.D.	2,626	28.3	26.9	26.9
Some College	2,533	27.3	32.9	32.9
College Graduate	2,941	31.6	22.4	22.4
<b>INCOME</b>				
Less than \$10,000	661	8.0	8.2	NA
\$10-19,999	1,576	19.1	19.3	NA
\$20-49,999	3,148	38.1	38.4	NA
\$50,000 or more	2,870	34.8	34.0	NA
<b>EMPLOYMENT</b>				
Employed	4,425	47.7	52.5	NA
Unemployed/Unable to Work	1,277	13.8	15.3	NA
Homemaker/Student	1,069	11.5	14.2	NA
Retired	2,509	27.0	18.0	NA
<b>GEOGRAPHIC REGION☼</b>				
Northwest	1,910	20.5	10.3	10.3
Northeast	1,770	19.0	14.7	14.7
Metro	2,084	22.4	43.7	43.7
Southeast	1,629	17.5	13.5	13.5
Southwest	1,923	20.6	17.8	17.8

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes across categories for some variables may not add to 9,316.

¥ 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 age-adjusted estimates of various health conditions and behaviors among adult New Mexicans in 2013. 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 2020 objectives are presented in the far right column.

Risk Factor/Condition	Age-Adjusted Weighted Percent (95% CI)*	New Mexico rates vs. U.S. <sup>Φ</sup>	HP2020 Objective <sup>^</sup>
Health Care Coverage (adults age 65+)	97.2% (96.0, 98.0)	Worse	100%
Health Care Coverage (adults age 18-64)	73.6% (72.0, 75.2)	Worse	100%
Specific Source of Ongoing Care (adults age 65+)	90.0% (88.5, 91.4)	Worse	100%
Specific Source of Ongoing Care (adults age 18-64)	63.8% (61.1, 65.5)	Worse	89.4%
Diagnosed Arthritis	23.2% (22.1, 24.3)	Similar	NA
Mean Level of Joint Pain (Scale 0 - 10)	5.1 (4.9, 5.4)	Similar	5.0
Limitation in Social Activities Due to Arthritis	50.8% (46.0, 55.7)	Similar	35.5%
Limitation in Work Due to Arthritis	46.1% (41.3, 50.9)	Worse	29.8%
Diagnosed Diabetes	10.3% ( 9.4, 11.3)	Similar	NA
With Diabetes, Medical Exam of Feet 1+ Times per Year	72.6% (66.0, 78.3)	NA	74.8%
With Diabetes, Annual Dilated Eye Exam	56.9% (48.4, 64.9)	NA	58.7%
With Diabetes, A1C Exam 2+ Times per Year	68.7% (60.7, 75.7)	NA	71.1%
With Diabetes, Ever Course on Management	60.0% (52.5, 67.1)	NA	62.5%
Diagnosed Hypertension	28.2% (27.0, 29.4)	Better	29.9%
Cholesterol Check w/in Past 5 Years (Age 20 years and older)	70.6% (69.2, 72.0)	Worse	82.1%
Told Cholesterol was High (Ages 20 years and older)	31.8% (30.2, 33.5)	Better	13.5%
Flu Shot During the Past Year (Ages 65 years and older)	55.1% (52.3, 57.9)	Worse	90.0%
Pneumococcal Vaccine Ever (Ages 65 years and older)	67.3% (64.5, 69.9)	Similar	90.0%
Seatbelt Use, Always	89.6% (88.4, 90.6)	Better	92.4%
Current Smoking	20.1% (18.8, 21.4)	Similar	12.0%
Smoking - 1+ Attempts to Quit in Past Year	56.1% (52.4, 59.8)	Similar	80.0%
Smokeless Tobacco Use	4.6% ( 4.0, 5.3)	Worse	0.3%
Binge Drinking (Males: 5+ drinks; Females: 4+ drinks on an occasion)	15.5% (14.4, 16.8)	Better	24.4%
Binge Drinking – Males: 5+ Drinks on an Occasion	21.2% (19.2, 23.2)	Similar	NA
Binge Drinking – Females: 4+ Drinks on an Occasion	10.0% ( 8.7, 11.5)	Better	NA
Obese (BMI ≥ 30.0)	27.5% (26.1, 28.9)	Similar	30.5%
Met Recommendations for Aerobic and Strengthening Activity	23.0% (21.6, 24.5)	Better	20.1%

\* Adjusted to the 2000 U.S. Census. For a discussion of the reasons for using weighted estimates, see Appendix I at the end of this report.

<sup>Φ</sup> U.S.: the 50 states and the District of Columbia.

<sup>^</sup> HP2020 Objectives available at [HealthyPeople.gov](http://healthypeople.gov/2020/topicsobjectives2020/default.aspx): <http://healthypeople.gov/2020/topicsobjectives2020/default.aspx>

NA: The Diabetes Module was not included in all states, precluding comparison of NM estimates to the U.S.

# GENERAL HEALTH STATUS

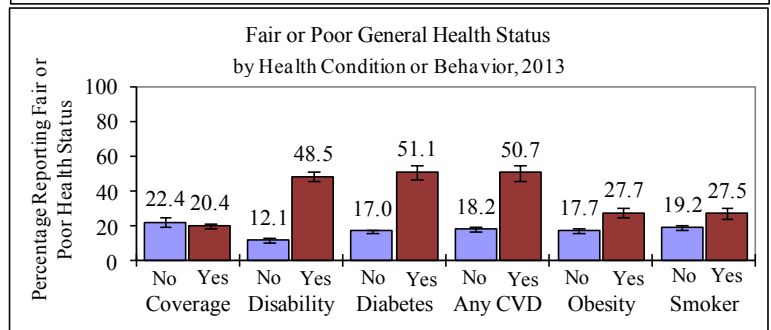
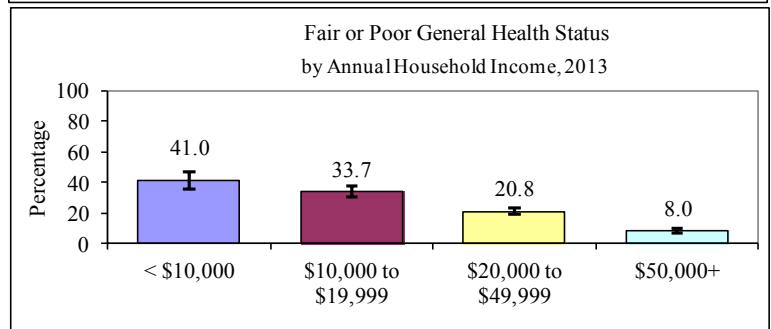
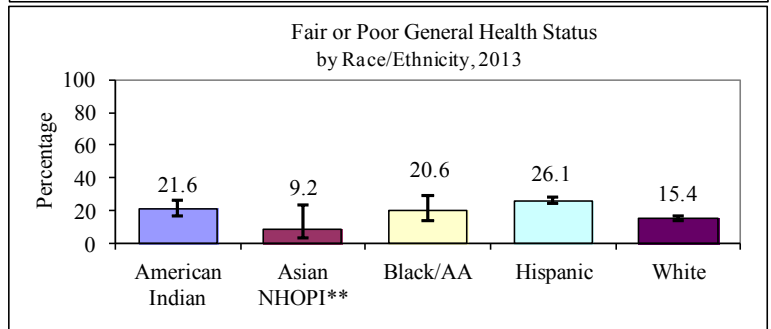
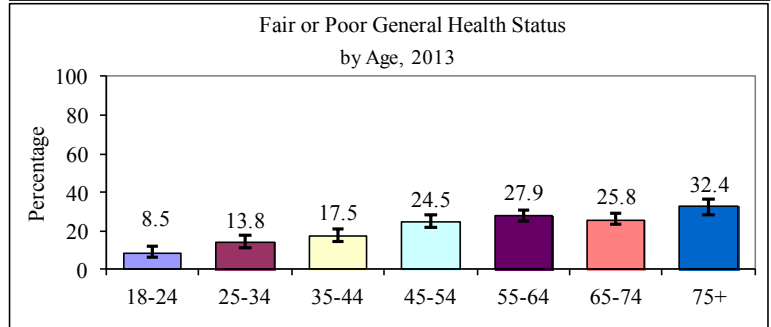
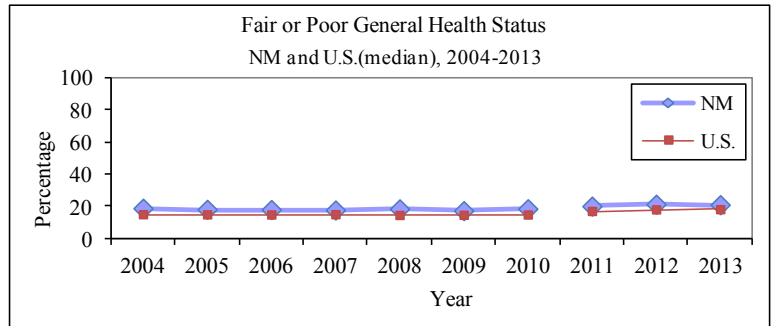
## QUESTION:

“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,

- ◆ The general health status of 79.2% of adults was excellent, very good, or good. The general health status of 20.8% of adults was fair or poor. This percentage was higher than that of the U.S. (18.0%).
- ◆ There was no difference between men and women. Older adults were more likely to report fair or poor general health status.
- ◆ There was no difference by sexual orientation, even after adjusting for differences in age distribution.
- ◆ 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.
- ◆ 64.2% of adults who were unable to work were in fair or poor health status.
- ◆ Several important health characteristics were associated with fair or poor health status. For example, 50.7% of adults with a history of cardiovascular disease had fair or poor health while only 18.2% 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, 2013.

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>	9,295	2,056	20.8	19.6	22.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,622	1,900	20.6	19.4	21.9
LGBT	237	49	20.3	14.4	27.8
<b>AGE</b>					
18-24	557	56	8.5	6.1	11.6
25-34	1,057	129	13.8	10.9	17.4
35-44	1,123	186	17.5	14.7	20.6
45-54	1,562	360	24.5	21.4	27.9
55-64	2,056	539	27.9	25.1	30.8
65-74	1,698	447	25.8	23.0	28.9
75+	1,154	323	32.4	28.4	36.6
<b>RACE/ETHNICITY</b>					
American Indian	757	178	21.6	17.2	26.7
Asian NHOPI**	92	7	9.2	3.2	23.9
Black/AA	118	31	20.6	13.6	29.8
Hispanic	3,337	986	26.1	24.2	28.2
White	4,800	806	15.4	13.8	17.1
<b>EDUCATION</b>					
Less than High School Graduate	1,189	555	41.6	37.7	45.5
High School Graduate or G.E.D.	2,622	689	22.1	19.9	24.4
Some College	2,528	488	16.9	15.0	19.1
College Graduate	2,937	317	8.2	7.0	9.6
<b>INCOME</b>					
Less than \$10,000	659	303	41.0	35.4	46.8
\$10-19,999	1,571	570	33.7	30.4	37.2
\$20-49,999	3,140	685	20.8	18.8	22.9
\$50,000 or more	2,868	245	8.0	6.7	9.6
<b>EMPLOYMENT</b>					
Employed	4,416	549	13.2	11.8	14.7
Unemployed/Unable to Work	1,273	669	44.8	40.4	49.4
Homemaker/Student	1,067	205	16.2	13.5	19.3
Retired	2,503	628	26.0	23.5	28.7
<b>Geographic Region☼</b>					
Northwest	1,903	420	20.3	18.0	22.8
Northeast	1,767	346	19.2	16.9	21.7
Metro	2,081	394	19.3	17.1	21.7
Southeast	1,628	404	23.4	21.0	26.0
Southwest	1,916	492	24.0	21.7	26.5

§ 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 9,316 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, 2013.

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>	3,938	835	20.1	18.3	22.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,658	776	20.1	18.3	22.1
LGBT**	93	15	15.8	8.1	28.5
<b>AGE</b>					
18-24	272	27	9.1	5.7	14.5
25-34	481	52	11.8	7.9	17.3
35-44	487	76	17.0	13.1	21.9
45-54	667	160	25.0	20.3	30.2
55-64	904	226	24.8	21.2	28.8
65-74	681	176	27.6	23.0	32.8
75+	413	113	36.0	29.2	43.3
<b>RACE/ETHNICITY</b>					
American Indian	278	65	19.7	14.2	26.7
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	14	23.7	13.6	37.9
Hispanic	1,385	390	25.5	22.4	28.8
White	2,065	341	14.9	12.7	17.5
<b>EDUCATION</b>					
Less than High School Graduate	483	217	41.2	35.3	47.2
High School Graduate or G.E.D.	1,129	307	22.5	19.1	26.3
Some College	992	179	15.7	13.0	18.9
College Graduate	1,326	130	6.9	5.5	8.5
<b>INCOME</b>					
Less than \$10,000	222	101	40.1	31.5	49.4
\$10-19,999	595	223	34.3	29.2	39.6
\$20-49,999	1,321	308	21.1	18.2	24.3
\$50,000 or more	1,451	124	8.2	6.3	10.5
<b>EMPLOYMENT</b>					
Employed	2,171	281	13.2	11.3	15.3
Unemployed/Unable to Work	532	255	38.8	32.5	45.4
Homemaker/Student**	151	18	10.1	5.5	18.0
Retired	1,070	279	29.7	25.7	34.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	739	152	20.0	16.5	24.0
Northeast	807	161	19.4	16.1	23.2
Metro	931	170	18.4	15.2	22.2
Southeast	679	162	22.8	19.2	26.8
Southwest	782	190	22.8	19.4	26.6

\* 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 9,316 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, 2013.

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>	5,357	1,221	21.4	19.8	23.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,964	1,124	21.1	19.5	22.9
LGBT**	144	34	23.0	15.4	33.0
<b>AGE</b>					
18-24	285	29	7.7	5.1	11.6
25-34	576	77	15.9	11.8	21.0
35-44	636	110	17.9	14.4	22.1
45-54	895	200	24.1	20.0	28.7
55-64	1,152	313	30.7	26.7	35.0
65-74	1,017	271	24.2	20.9	27.8
75+	741	210	29.7	25.2	34.7
<b>RACE/ETHNICITY</b>					
American Indian	479	113	23.3	17.0	31.0
Asian NHOPi**	44	-	-	-	-
Black/AA**	60	17	16.6	9.3	28.0
Hispanic	1,952	596	26.8	24.3	29.4
White	2,735	465	15.9	13.8	18.3
<b>EDUCATION</b>					
Less than High School Graduate	706	338	41.9	36.9	47.1
High School Graduate or G.E.D.	1,493	382	21.6	19.0	24.5
Some College	1,536	309	18.0	15.3	21.1
College Graduate	1,611	187	9.5	7.6	11.8
<b>INCOME</b>					
Less than \$10,000	437	202	41.5	34.3	49.1
\$10-19,999	976	347	33.3	28.9	37.9
\$20-49,999	1,819	377	20.5	18.0	23.2
\$50,000 or more	1,417	121	7.8	6.0	10.0
<b>EMPLOYMENT</b>					
Employed	2,245	268	13.2	11.3	15.3
Unemployed/Unable to Work	741	414	51.2	45.2	57.1
Homemaker/Student	916	187	18.0	15.0	21.6
Retired	1,433	349	22.2	19.4	25.3
<b>Geographic Region</b> <sup>⊙</sup>					
Northwest	1,164	268	20.6	17.6	23.9
Northeast	960	185	19.0	16.0	22.3
Metro	1,150	224	20.1	17.2	23.4
Southeast	949	242	24.0	20.8	27.5
Southwest	1,134	302	25.2	22.3	28.4

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 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

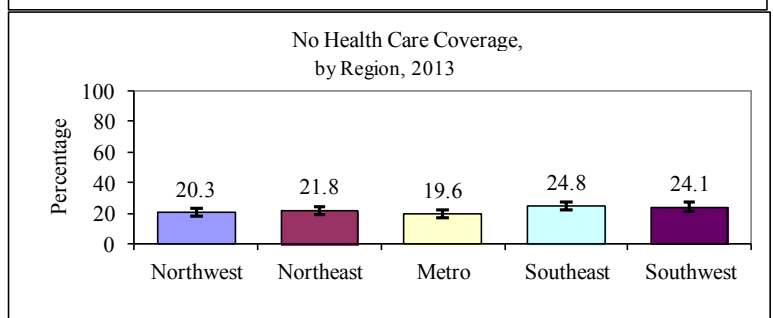
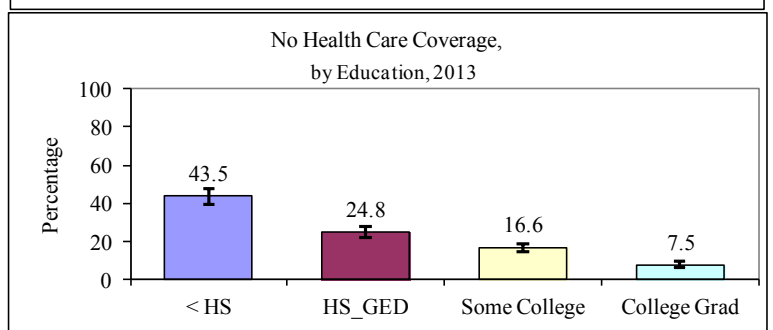
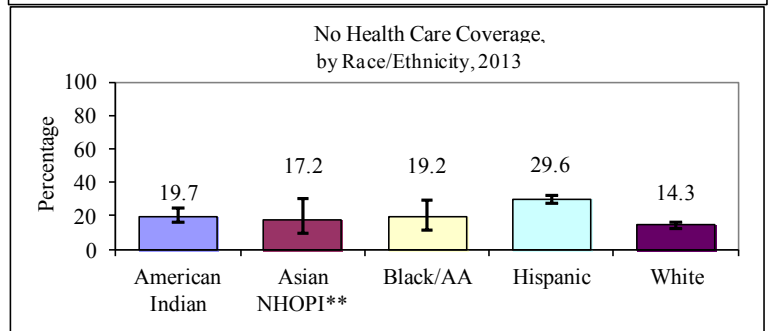
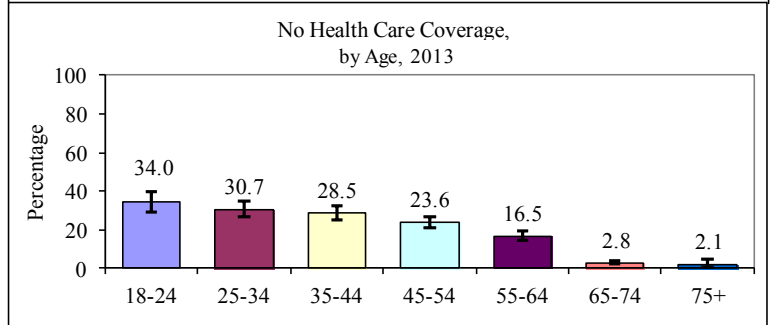
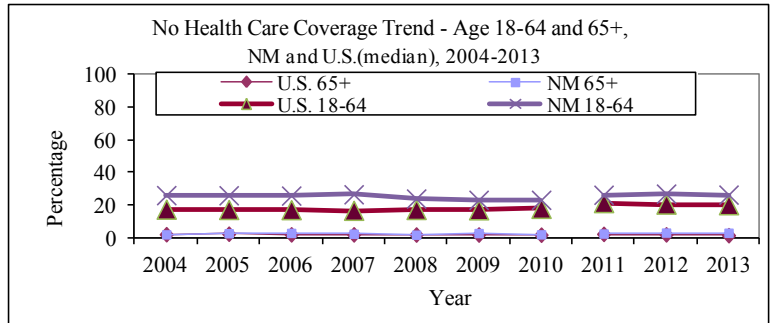
## QUESTION:

“Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Indian Health Service?”

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>3</sup>

## IN NEW MEXICO,

- ◆ Adults continued to be less likely to have coverage than adults across the U.S., 21.5% and 18.4%, respectively.
- ◆ Health care coverage was associated with age: adults in younger age groups were less likely to have coverage. 97.9% of adults age 65+ had coverage, 95.2% of them through Medicare.
- ◆ Adult Whites (14.3%) were less likely to be without health care coverage than Hispanics (29.6%), American Indian (19.7%), or Black/AA adults (19.2%). Small sample size made comparison to and between other groups difficult. If Indian Health Service (IHS) was excluded, then 35.2% of American Indian adults were without coverage. IHS alone is not considered to be 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, 22.8% of employed adults were without coverage. 45.9% of unemployed adults were without coverage while 17.2% of those who were unable to work were without coverage.
- ◆ Adjusting for differences in age distribution, adults living in the Metro Region were less likely to be without coverage than those living in the SE and SW regions of New Mexico.



# HEALTH CARE COVERAGE

Table 6. Percentage of adults without health care coverage, New Mexico, 2013.

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>	9,270	1,501	21.5	20.2	22.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,603	1,389	21.4	20.1	22.8
LGBT	235	46	26.9	19.4	36.0
<b>AGE</b>					
18-24	543	188	34.0	28.9	39.5
25-34	1,057	292	30.7	27.0	34.6
35-44	1,119	297	28.5	25.1	32.1
45-54	1,559	337	23.6	20.7	26.8
55-64	2,056	322	16.5	14.3	19.0
65-74	1,695	39	2.8	1.9	4.1
75+	1,153	15	2.1	1.0	4.4
<b>RACE/ETHNICITY</b>					
American Indian	760	125	19.7	15.8	24.3
Asian NHOPI**	92	15	17.2	9.1	30.0
Black/AA	118	20	19.2	11.9	29.5
Hispanic	3,325	844	29.6	27.4	31.9
White	4,789	473	14.3	12.6	16.2
<b>EDUCATION</b>					
Less than High School Graduate	1,189	422	43.5	39.5	47.5
High School Graduate or G.E.D.	2,610	515	24.8	22.2	27.6
Some College	2,518	357	16.6	14.6	18.8
College Graduate	2,935	205	7.5	6.2	9.0
<b>INCOME</b>					
Less than \$10,000	656	202	38.9	33.2	44.8
\$10-19,999	1,566	421	33.6	30.1	37.2
\$20-49,999	3,141	589	24.6	22.4	26.9
\$50,000 or more	2,868	140	6.0	4.8	7.4
<b>EMPLOYMENT</b>					
Employed	4,415	840	22.8	21.1	24.6
Unemployed/Unable to Work	1,267	313	32.1	27.8	36.7
Homemaker/Student	1,054	264	28.7	24.9	32.7
Retired	2,500	74	3.1	2.3	4.2
<b>Geographic Region</b> ⊛					
Northwest	1,896	259	20.3	17.7	23.1
Northeast	1,764	295	21.8	19.2	24.6
Metro	2,076	324	19.6	17.3	22.2
Southeast	1,624	290	24.8	22.1	27.8
Southwest	1,910	333	24.1	21.5	26.9

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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# HEALTH CARE COVERAGE — MALES

Table 7. Percentage of adult males without health care coverage, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Men			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	3,927	685	22.8	20.8	25.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,649	637	22.9	20.8	25.1
LGBT**	93	24	36.0	23.5	50.8
<b>AGE</b>					
18-24	262	97	36.9	29.4	45.0
25-34	481	137	31.7	26.3	37.7
35-44	484	131	29.0	24.1	34.5
45-54	666	156	24.2	19.7	29.3
55-64	905	138	17.1	13.8	21.0
65-74	682	17	2.9	1.7	5.2
75+	414	5	1.5	0.6	4.0
<b>RACE/ETHNICITY</b>					
American Indian	279	61	26.2	19.4	34.3
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	16	31.0	18.8	46.4
Hispanic	1,378	370	30.0	26.7	33.5
White	2,063	219	15.5	12.7	18.8
<b>EDUCATION</b>					
Less than High School Graduate	484	193	43.4	37.4	49.5
High School Graduate or G.E.D.	1,125	236	27.3	23.2	31.8
Some College	986	166	19.2	16.1	22.9
College Graduate	1,324	88	6.5	4.8	8.6
<b>INCOME</b>					
Less than \$10,000	220	89	46.7	37.4	56.2
\$10-19,999	592	173	36.5	31.0	42.4
\$20-49,999	1,321	286	26.3	23.0	29.8
\$50,000 or more	1,451	72	6.1	4.6	8.2
<b>EMPLOYMENT</b>					
Employed	2,168	466	24.8	22.3	27.4
Unemployed/Unable to Work	531	146	36.7	30.0	43.9
Homemaker/Student**	145	43	29.9	21.1	40.5
Retired	1,070	27	2.5	1.6	4.0
<b>Geographic Region</b> ⊛					
Northwest	734	113	21.3	17.4	25.7
Northeast	804	148	23.8	20.0	28.0
Metro	929	149	21.1	17.4	25.2
Southeast	678	129	26.0	21.9	30.4
Southwest	782	146	24.7	20.8	29.1

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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# HEALTH CARE COVERAGE — FEMALES

Table 8. Percentage of adult females without health care coverage, New Mexico, 2013.

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>	5,343	816	20.3	18.6	22.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,954	752	20.0	18.3	21.7
LGBT**	142	22	21.2	12.8	33.1
<b>AGE</b>					
18-24	281	91	30.8	24.4	38.1
25-34	576	155	29.5	24.8	34.8
35-44	635	166	27.9	23.6	32.7
45-54	893	181	23.0	19.4	27.0
55-64	1,151	184	15.9	13.1	19.2
65-74	1,013	22	2.7	1.7	4.5
75+	739	10	2.5	0.9	6.7
<b>RACE/ETHNICITY</b>					
American Indian	481	64	13.9	10.4	18.3
Asian NHOPI**	44	-	-	-	-
Black/AA**	60	4	4.4	1.1	15.2
Hispanic	1,947	474	29.2	26.4	32.2
White	2,726	254	13.2	11.2	15.3
<b>EDUCATION</b>					
Less than High School Graduate	705	229	43.5	38.3	48.9
High School Graduate or G.E.D.	1,485	279	22.2	19.3	25.3
Some College	1,532	191	14.3	12.0	17.0
College Graduate	1,611	117	8.5	6.8	10.7
<b>INCOME</b>					
Less than \$10,000	436	113	33.8	27.0	41.4
\$10-19,999	974	248	31.3	27.0	35.9
\$20-49,999	1,820	303	22.9	20.2	25.9
\$50,000 or more	1,417	68	5.8	4.2	7.9
<b>EMPLOYMENT</b>					
Employed	2,247	374	20.5	18.1	23.0
Unemployed/Unable to Work	736	167	27.2	22.5	32.5
Homemaker/Student	909	221	28.3	24.3	32.7
Retired	1,430	47	3.7	2.4	5.5
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,162	146	19.4	16.2	23.1
Northeast	960	147	19.8	16.5	23.6
Metro	1,147	175	18.3	15.5	21.4
Southeast	946	161	23.7	20.0	27.9
Southwest	1,128	187	23.5	20.1	27.2

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

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

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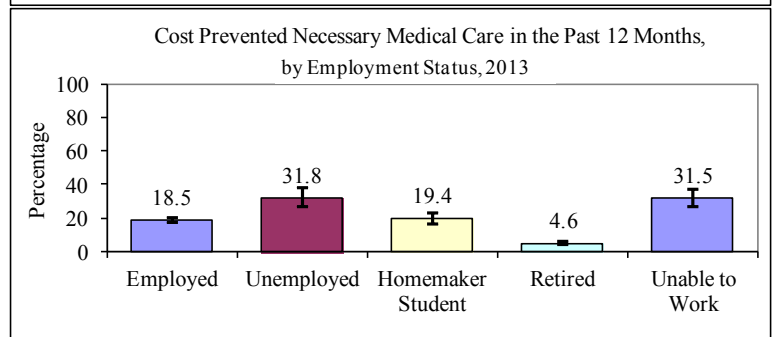
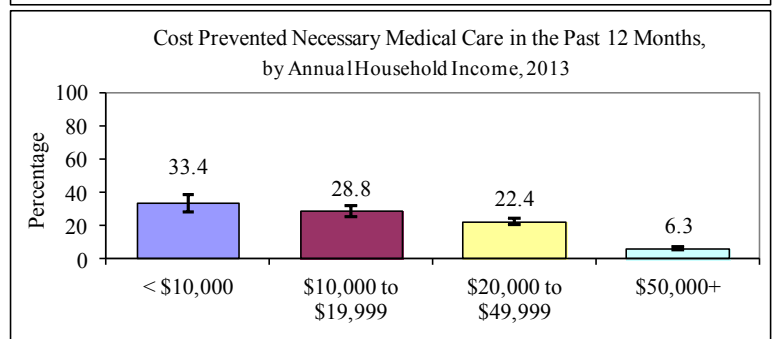
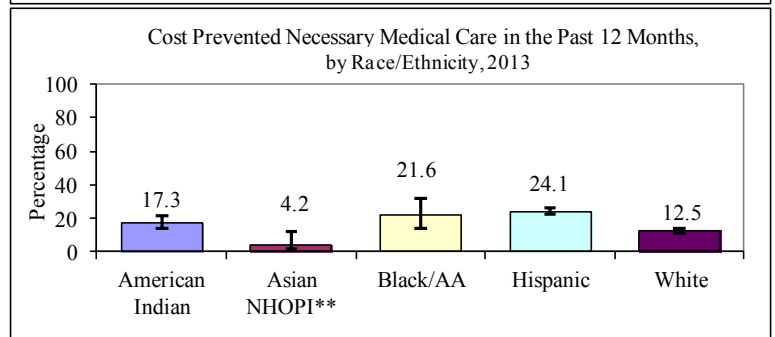
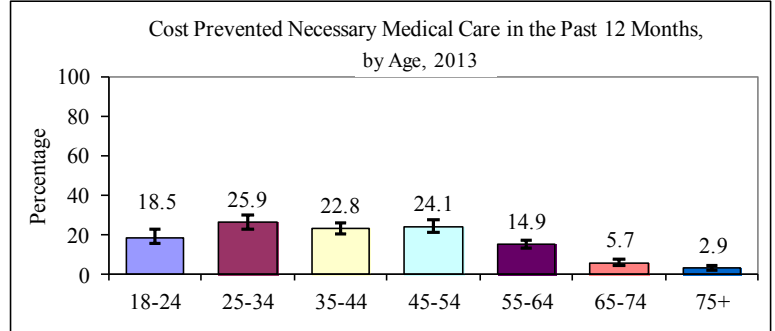
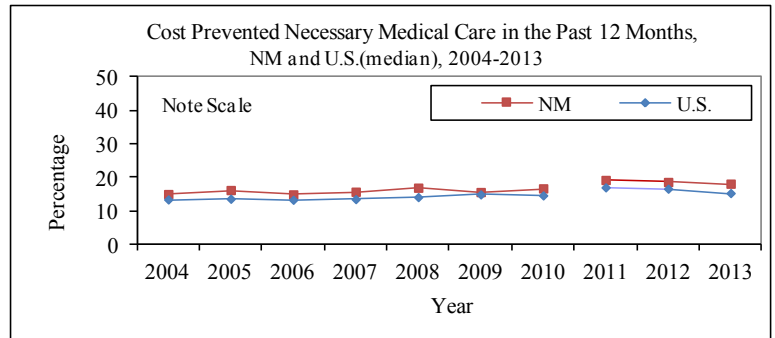
# HEALTH CARE ACCESS, IMPACT OF COST

## 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,

- ◆ Cost prevented 18.1% of adult New Mexicans from getting needed medical care in the previous 12 months.
- ◆ 20.1% of women and 16.0% of men were prevented by cost from obtaining needed medical care in the previous 12 months.
- ◆ In spite of a greater need for expensive forms of medical care, cost prevented only 4.6% of adults aged 65 or older from getting necessary medical care while cost prevented 21.4% of adults less than 65 from getting necessary care. Nearly all adults age 65 or older qualified for coverage through Federally-funded Medicare. Over 95% of adults aged 65+ were covered by Medicare and, over-all, 97.5% were covered by some form of coverage while only 73.8% of adults less than age 65 had some form of coverage.
- ◆ Hispanic adults (24.1%) were more likely to forego needed medical care in the past 12 months because of cost than adults of all other race/ethnic groups. Adjusting for differences in age distribution of these groups did not affect this relationship. Among adults with health care coverage, American Indian and Hispanic adults were more likely than adults of other groups to have been prevented by cost from getting needed medical care, 14.9% and 14.2% versus all others below 9.0%, suggesting that out-of-pocket expenses serve as a disparate barrier to access, even for those with coverage.
- ◆ Adults with lower income or less education or who were unemployed were more likely to forego needed medical care in the past 12 months because of cost.
- ◆ Adults who were unemployed or unable to work were more likely to have experienced cost as a barrier to needed care.



# 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, 2013.

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>	9,300	1,463	18.1	17.0	19.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,627	1,361	18.1	16.9	19.3
LGBT	237	54	25.6	18.6	34.2
<b>AGE</b>					
18-24	557	125	18.5	15.1	22.5
25-34	1,058	271	25.9	22.6	29.4
35-44	1,123	257	22.8	19.8	26.1
45-54	1,561	354	24.1	21.3	27.3
55-64	2,057	300	14.9	12.8	17.2
65-74	1,697	107	5.7	4.5	7.2
75+	1,159	37	2.9	2.0	4.2
<b>RACE/ETHNICITY</b>					
American Indian	759	138	17.3	13.9	21.3
Asian NHOPI**	93	5	4.2	1.4	12.2
Black/AA	118	24	21.6	13.7	32.2
Hispanic	3,337	782	24.1	22.2	26.1
White	4,803	486	12.5	11.1	14.0
<b>EDUCATION</b>					
Less than High School Graduate	1,195	336	30.0	26.6	33.6
High School Graduate or G.E.D.	2,618	446	18.3	16.3	20.3
Some College	2,529	408	17.5	15.6	19.7
College Graduate	2,939	271	9.2	7.9	10.8
<b>INCOME</b>					
Less than \$10,000	661	203	33.4	28.4	38.8
\$10-19,999	1,571	420	28.8	25.6	32.2
\$20-49,999	3,144	562	22.4	20.3	24.6
\$50,000 or more	2,866	176	6.3	5.2	7.5
<b>EMPLOYMENT</b>					
Employed	4,416	734	18.5	16.9	20.1
Unemployed/Unable to Work	1,274	395	31.6	27.9	35.7
Homemaker/Student	1,069	205	19.4	16.5	22.7
Retired	2,505	128	4.6	3.6	5.9
<b>Geographic Region</b> ⊛					
Northwest	1,908	248	15.8	13.7	18.2
Northeast	1,766	285	18.7	16.3	21.2
Metro	2,082	325	16.4	14.5	18.4
Southeast	1,624	271	20.6	18.1	23.4
Southwest	1,920	334	21.1	18.7	23.6

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

\* Those who responded "don't know/not sure" or refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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, 2013.

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>	3,942	552	16.0	14.4	17.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,660	511	16.1	14.4	17.8
LGBT**	94	22	23.4	14.0	36.4
<b>AGE</b>					
18-24	272	43	13.3	9.4	18.6
25-34	482	109	23.0	18.5	28.2
35-44	488	101	20.8	16.6	25.7
45-54	666	135	20.5	16.5	25.2
55-64	905	118	14.3	11.3	18.0
65-74	682	27	4.2	2.7	6.4
75+	415	13	3.0	1.7	5.5
<b>RACE/ETHNICITY</b>					
American Indian	280	56	15.9	11.3	21.9
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	15	31.7	19.2	47.5
Hispanic	1,387	284	20.8	18.0	23.8
White	2,067	184	11.0	9.1	13.3
<b>EDUCATION</b>					
Less than High School Graduate	486	142	31.1	25.9	36.9
High School Graduate or G.E.D.	1,129	176	16.1	13.5	19.1
Some College	993	138	13.9	11.2	17.0
College Graduate	1,326	95	7.0	5.3	9.1
<b>INCOME</b>					
Less than \$10,000	222	85	39.2	30.6	48.7
\$10-19,999	597	151	28.0	23.1	33.5
\$20-49,999	1,325	217	19.3	16.5	22.5
\$50,000 or more	1,449	66	4.6	3.5	6.1
<b>EMPLOYMENT</b>					
Employed	2,171	317	16.3	14.2	18.5
Unemployed/Unable to Work	535	161	29.4	24.0	35.4
Homemaker/Student**	151	28	13.5	8.6	20.7
Retired	1,071	46	4.7	3.1	7.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	739	86	14.8	11.7	18.4
Northeast	808	122	19.3	15.8	23.5
Metro	931	124	13.7	11.1	16.9
Southeast	677	100	18.3	14.9	22.4
Southwest	787	120	17.4	14.2	21.1

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

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 9,316 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, 2013.

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>	5,358	911	20.1	18.6	21.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,967	850	20.1	18.5	21.7
LGBT**	143	32	27.0	17.8	38.7
<b>AGE</b>					
18-24	285	82	24.0	18.7	30.4
25-34	576	162	28.9	24.5	33.8
35-44	635	156	24.8	20.7	29.3
45-54	895	219	27.6	23.6	32.0
55-64	1,152	182	15.4	12.8	18.5
65-74	1,015	80	7.1	5.4	9.3
75+	744	24	2.8	1.8	4.4
<b>RACE/ETHNICITY</b>					
American Indian	479	82	18.6	14.0	24.4
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	9	8.7	3.7	19.1
Hispanic	1,950	498	27.3	24.7	30.1
White	2,736	302	14.0	12.0	16.1
<b>EDUCATION</b>					
Less than High School Graduate	709	194	28.9	24.6	33.6
High School Graduate or G.E.D.	1,489	270	20.5	17.8	23.5
Some College	1,536	270	20.7	17.9	23.8
College Graduate	1,613	176	11.5	9.4	13.9
<b>INCOME</b>					
Less than \$10,000	439	118	29.7	23.9	36.1
\$10-19,999	974	269	29.4	25.4	33.7
\$20-49,999	1,819	345	25.5	22.6	28.6
\$50,000 or more	1,417	110	8.4	6.6	10.6
<b>EMPLOYMENT</b>					
Employed	2,245	417	21.2	18.9	23.6
Unemployed/Unable to Work	739	234	34.0	29.0	39.4
Homemaker/Student	918	177	21.1	17.8	24.9
Retired	1,434	82	4.5	3.5	5.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,169	162	16.8	14.0	20.1
Northeast	958	163	18.0	15.1	21.3
Metro	1,151	201	18.8	16.2	21.8
Southeast	947	171	22.9	19.3	26.9
Southwest	1,133	214	24.6	21.4	28.2

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 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:

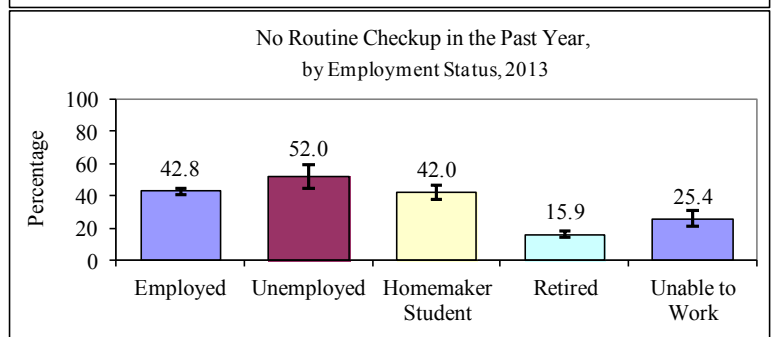
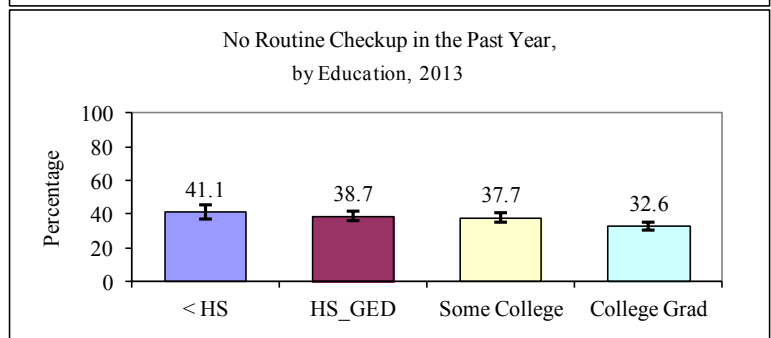
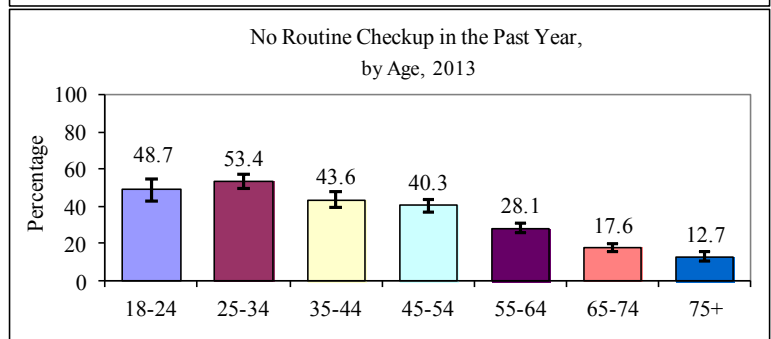
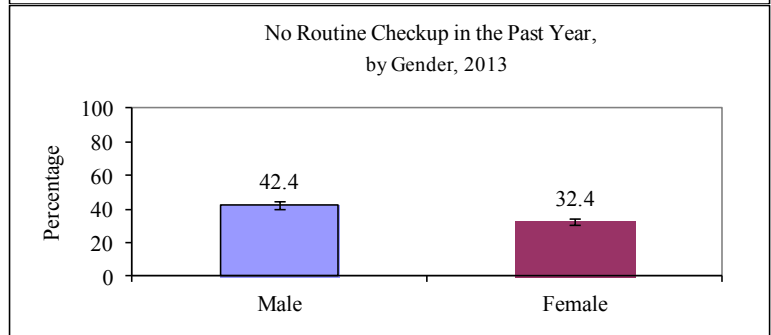
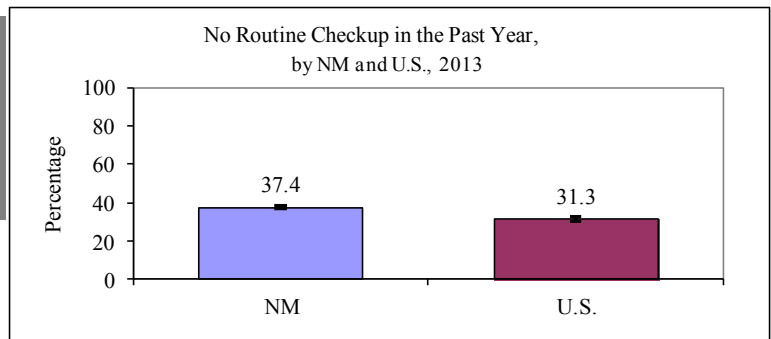
“Do you have one person you think of as your personal doctor or health care provider?”

“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,

- ◆ Adults in New Mexico were more likely than adults of the U.S., as a whole, to have gone without a routine checkup in the past year.
- ◆ A greater percentage of men (42.4%) than women (32.4%) had not visited a physician for a routine checkup in the previous 12 months.
- ◆ Younger adults, age 18 to 34, were more likely to have gone without a checkup in the previous year.
- ◆ There was not a measurable difference by race/ethnicity, even after adjusting for differences in age distribution of these populations.
- ◆ Adults with less than a high school education were less likely to have had a routine checkup in the past year and those with at least a college degree were more likely than all others to have had a routine checkup.
- ◆ Adults living in households with an annual income greater than \$50,000 were more likely to have had a routine checkup in the past year.
- ◆ Adults who reported having a personal health care provider were more likely to report a routine checkup in the past year, even among adults who did not have a health care coverage plan.



# HEALTH CARE ACCESS, ROUTINE CHECKUP

Table 12. Percentage of adults who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2013.

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>	9,177	2,957	37.4	35.9 38.9
<b>SEXUAL ORIENTATION</b>				
Heterosexual	8,513	2,741	37.4	35.8 39.0
LGBT	237	88	44.5	35.9 53.5
<b>AGE</b>				
18-24	546	275	48.7	43.1 54.3
25-34	1,042	525	53.4	49.3 57.4
35-44	1,109	468	43.6	39.7 47.5
45-54	1,549	607	40.3	36.9 43.7
55-64	2,035	586	28.1	25.5 30.9
65-74	1,681	314	17.6	15.3 20.2
75+	1,130	153	12.7	10.3 15.7
<b>RACE/ETHNICITY</b>				
American Indian	747	254	35.2	30.3 40.4
Asian NHOPJ**	91	30	37.2	24.5 51.9
Black/AA	114	36	32.3	22.5 43.9
Hispanic	3,295	1,170	40.1	37.8 42.5
White	4,745	1,406	35.3	33.1 37.5
<b>EDUCATION</b>				
Less than High School Graduate	1,162	422	41.1	37.1 45.2
High School Graduate or G.E.D.	2,583	869	38.7	35.8 41.6
Some College	2,500	815	37.7	34.9 40.5
College Graduate	2,915	846	32.6	30.2 35.1
<b>INCOME</b>				
Less than \$10,000	637	228	37.7	32.3 43.6
\$10-19,999	1,546	561	38.5	35.1 42.0
\$20-49,999	3,118	1,060	40.0	37.5 42.5
\$50,000 or more	2,854	832	34.2	31.5 36.9
<b>EMPLOYMENT</b>				
Employed	4,375	1,760	42.8	40.8 44.9
Unemployed/Unable to Work	1,238	404	39.4	34.8 44.2
Homemaker/Student	1,049	387	42.0	37.8 46.4
Retired	2,480	392	15.9	13.9 18.1
<b>Geographic Region</b> ⊛				
Northwest	1,886	558	35.3	32.3 38.5
Northeast	1,753	566	35.7	32.8 38.7
Metro	2,050	724	38.7	36.0 41.6
Southeast	1,600	525	39.4	36.4 42.5
Southwest	1,888	584	35.0	32.2 37.9

§ 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 9,316 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 — MALES

Table 13. Percentage of adult males who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2013.

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>	3,897	1,440	42.4	40.2	44.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,619	1,339	42.5	40.1	44.9
LGBT**	94	38	52.5	39.0	65.6
<b>AGE</b>					
18-24	267	145	49.9	42.0	57.8
25-34	474	277	63.3	57.6	68.6
35-44	481	236	49.6	43.7	55.4
45-54	661	290	45.8	40.5	51.2
55-64	896	295	32.6	28.6	37.0
65-74	679	132	16.7	13.6	20.3
75+	407	54	12.8	9.3	17.4
<b>RACE/ETHNICITY</b>					
American Indian	275	116	47.7	39.9	55.7
Asian NHOPI**	47	-	-	-	-
Black/AA**	55	25	42.7	28.3	58.4
Hispanic	1,372	557	44.4	40.7	48.1
White	2,049	689	39.6	36.3	42.9
<b>EDUCATION</b>					
Less than High School Graduate	473	203	44.8	38.7	51.0
High School Graduate or G.E.D.	1,115	435	44.5	40.3	48.8
Some College	985	386	44.2	39.9	48.6
College Graduate	1,317	416	36.0	32.4	39.8
<b>INCOME</b>					
Less than \$10,000**	215	89	42.4	33.5	51.8
\$10-19,999	586	242	43.6	38.1	49.2
\$20-49,999	1,314	527	46.8	43.0	50.6
\$50,000 or more	1,444	474	39.1	35.3	43.0
<b>EMPLOYMENT</b>					
Employed	2,152	980	49.4	46.5	52.3
Unemployed/Unable to Work	520	195	44.4	37.5	51.4
Homemaker/Student**	148	80	50.2	40.0	60.3
Retired	1,063	177	15.7	13.0	18.9
<b>Geographic Region</b> ⊛					
Northwest	731	245	41.1	36.4	46.1
Northeast	798	299	42.5	38.1	47.1
Metro	921	378	44.5	40.3	48.8
Southeast	670	247	42.6	38.0	47.2
Southwest	777	271	37.9	33.6	42.5

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

\* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to 9,316 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, 2013.

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>	5,280	1,517	32.4	30.5	34.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,894	1,402	32.4	30.4	34.4
LGBT**	143	50	39.6	29.0	51.3
<b>AGE</b>					
18-24	279	130	47.4	39.5	55.4
25-34	568	248	43.0	37.7	48.4
35-44	628	232	37.6	32.8	42.7
45-54	888	317	35.0	30.8	39.3
55-64	1,139	291	23.8	20.6	27.4
65-74	1,002	182	18.4	15.1	22.3
75+	723	99	12.7	9.5	16.7
<b>RACE/ETHNICITY</b>					
American Indian	472	138	24.0	19.5	29.1
Asian NHOPI**	44	-	-	-	-
Black/AA**	59	11	19.7	9.0	37.8
Hispanic	1,923	613	36.1	33.1	39.2
White	2,696	717	31.1	28.3	34.0
<b>EDUCATION</b>					
Less than High School Graduate	689	219	37.6	32.5	42.9
High School Graduate or G.E.D.	1,468	434	32.5	28.8	36.4
Some College	1,515	429	31.9	28.6	35.5
College Graduate	1,598	430	29.1	26.0	32.4
<b>INCOME</b>					
Less than \$10,000	422	139	34.8	28.0	42.2
\$10-19,999	960	319	34.4	30.1	38.9
\$20-49,999	1,804	533	33.0	30.0	36.1
\$50,000 or more	1,410	358	27.9	24.6	31.4
<b>EMPLOYMENT</b>					
Employed	2,223	780	34.9	32.2	37.7
Unemployed/Unable to Work	718	209	34.2	28.4	40.4
Homemaker/Student	901	307	39.5	34.9	44.4
Retired	1,417	215	16.1	13.4	19.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,155	313	29.8	26.3	33.6
Northeast	955	267	29.2	25.6	32.9
Metro	1,129	346	33.2	29.6	36.9
Southeast	930	278	36.3	32.3	40.5
Southwest	1,111	313	32.1	28.6	35.8

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

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

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

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

# IMMUNIZATION

**QUESTION:**

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

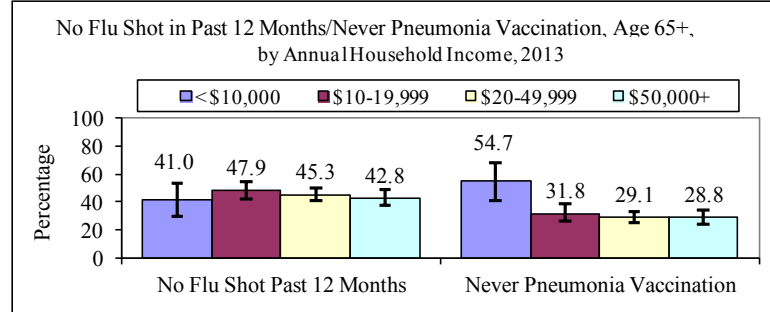
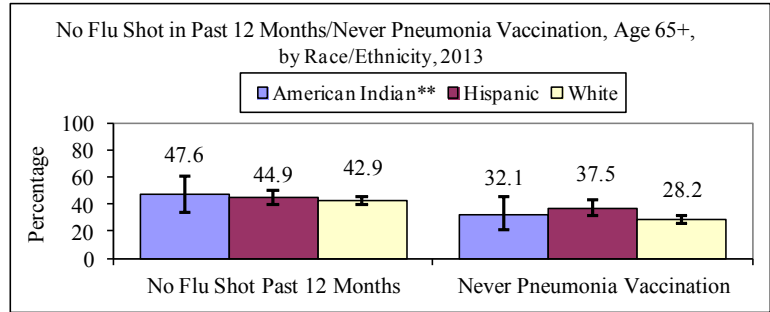
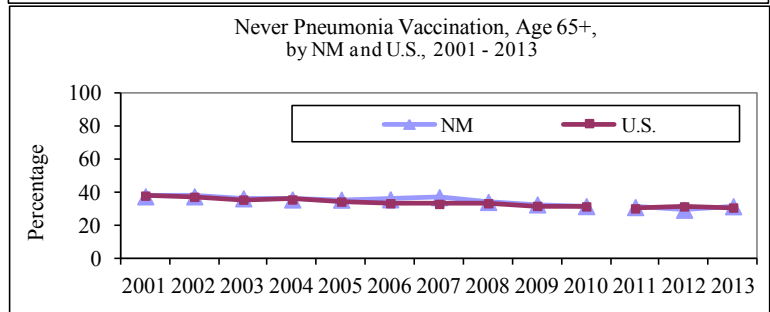
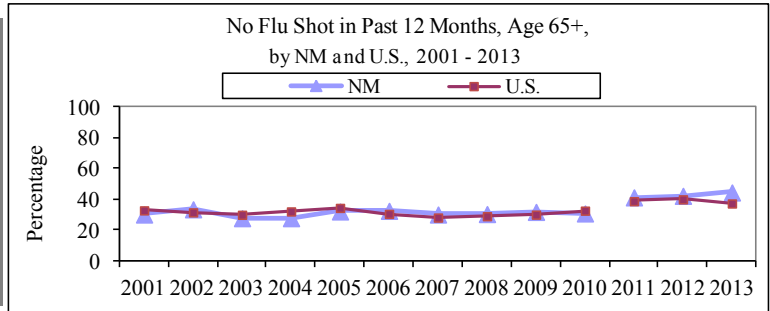
“A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

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,**

- ◆ 44.4% of adults age 65 years and older had not been immunized against seasonal influenza during the past 12 months. The 2013 estimate for NM was worse than that of the U.S. (37.2%).
- ◆ 31.3% of adults age 65 years and older had never received the pneumonia vaccine. However, there has been steady improvement over the past decade and there was no difference between NM and the U.S. (30.5%).
- ◆ There was no measurable difference in immunization against influenza by race/ethnicity.
- ◆ The apparent differences in pneumococcal vaccination by race/ethnicity were not statistically significant.
- ◆ There was no difference in influenza vaccination by annual household income.
- ◆ There was no difference in vaccination against influenza by level of education. Those who were college graduates were more likely to have received the pneumococcal vaccination than those with high school or lower level of education.



- ◆ Those living in households with annual income of \$10,000 or greater were more likely to have pneumococcal vaccine than those living in households with an annual income of less than \$10,000. There was no difference in influenza vaccination by annual household income.
- ◆ 46.2% 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, 2013.

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>	2,580	1,146	44.4	41.7	47.1
<b>GENDER</b>					
Male	992	433	43.8	39.5	48.2
Female	1,588	713	44.8	41.4	48.3
<b>AGE</b>					
65-74	1,560	752	47.3	43.8	50.8
75+	1,020	394	40.1	35.8	44.5
<b>RACE/ETHNICITY</b>					
American Indian**	93	43	47.6	34.2	61.3
Asian NHOPI**	12	-	-	-	-
Black/AA**	32	-	-	-	-
Hispanic	640	283	44.9	39.4	50.6
White	1,748	764	42.9	39.7	46.1
<b>EDUCATION</b>					
Less than High School Graduate	343	154	43.5	36.3	51.0
High School Graduate or G.E.D.	702	323	47.8	42.7	52.9
Some College	637	288	43.0	37.6	48.5
College Graduate	893	379	43.3	39.0	47.7
<b>INCOME</b>					
Less than \$10,000	138	69	41.0	29.4	53.7
\$10-19,999	445	210	47.9	41.7	54.3
\$20-49,999	988	441	45.3	41.0	49.6
\$50,000 or more	595	246	42.8	37.0	48.7
<b>EMPLOYMENT</b>					
Employed	372	196	50.1	43.0	57.3
Unemployed/Unable to Work	187	96	57.0	47.7	65.8
Homemaker/Student	217	99	42.9	34.1	52.2
Retired	1,802	753	42.0	38.8	45.3
<b>Geographic Region☼</b>					
Northwest	516	221	42.4	36.9	48.0
Northeast	536	236	44.8	39.7	49.9
Metro	485	220	45.2	39.8	50.7
Southeast	477	213	44.3	39.2	49.5
Southwest	566	256	43.2	38.5	48.0

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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, 2013.

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>	2,480	777	31.3	28.8	34.0
<b>GENDER</b>					
Male	939	323	35.4	31.1	39.9
Female	1,541	454	28.0	25.0	31.2
<b>AGE</b>					
65-74	1,491	545	37.6	34.1	41.2
75+	989	232	22.4	19.0	26.3
<b>RACE/ETHNICITY</b>					
American Indian**	91	28	32.1	21.2	45.4
Asian NHOPI**	11	-	-	-	-
Black/AA**	32	-	-	-	-
Hispanic	597	211	37.5	31.9	43.4
White	1,695	507	28.2	25.3	31.2
<b>EDUCATION</b>					
Less than High School Graduate	319	126	46.4	38.7	54.3
High School Graduate or G.E.D.	679	216	29.8	25.3	34.7
Some College	618	168	23.4	19.2	28.2
College Graduate	860	264	31.3	27.3	35.7
<b>INCOME</b>					
Less than \$10,000	134	61	54.7	41.0	67.7
\$10-19,999	420	136	31.8	26.2	38.1
\$20-49,999	957	291	29.1	25.5	33.0
\$50,000 or more	570	169	28.8	23.7	34.5
<b>EMPLOYMENT</b>					
Employed	356	156	45.8	38.6	53.3
Unemployed/Unable to Work	181	53	30.4	22.2	40.1
Homemaker/Student	210	73	30.7	23.1	39.7
Retired	1,731	494	28.5	25.5	31.7
<b>Geographic Region☼</b>					
Northwest	501	142	30.7	25.1	36.8
Northeast	508	158	31.3	26.5	36.5
Metro	467	131	28.3	23.5	33.7
Southeast	462	159	35.8	30.8	41.1
Southwest	542	187	35.0	30.4	39.9

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

\* Those who responded "don't know/not sure", who refused to respond, or were females were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

# CHOLESTEROL CHECK WITHIN PAST FIVE YEARS

## QUESTION:

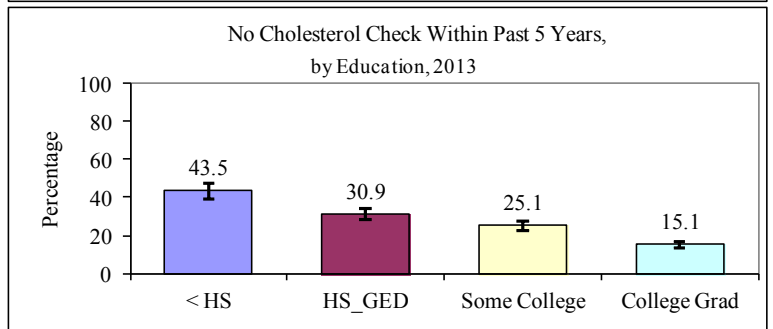
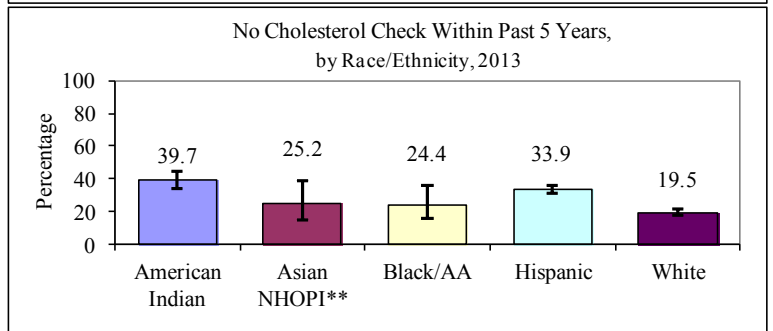
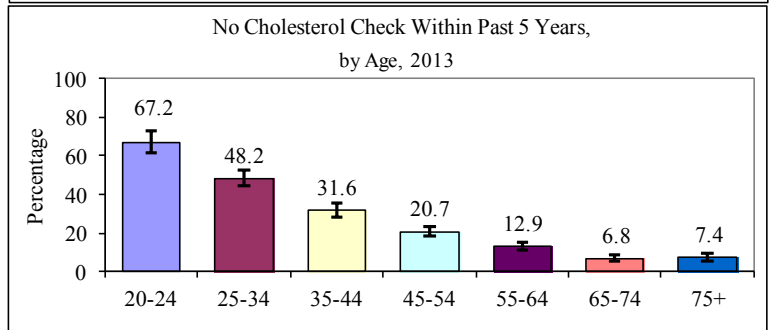
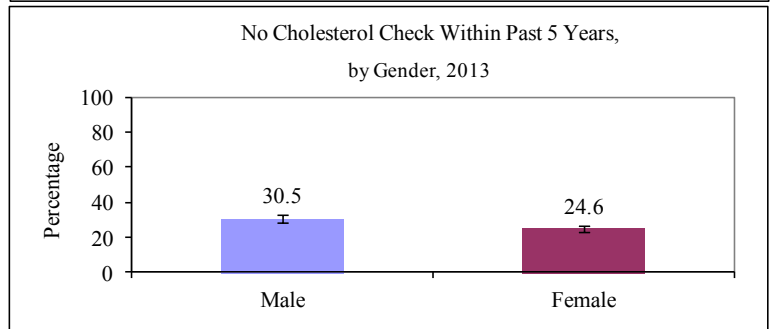
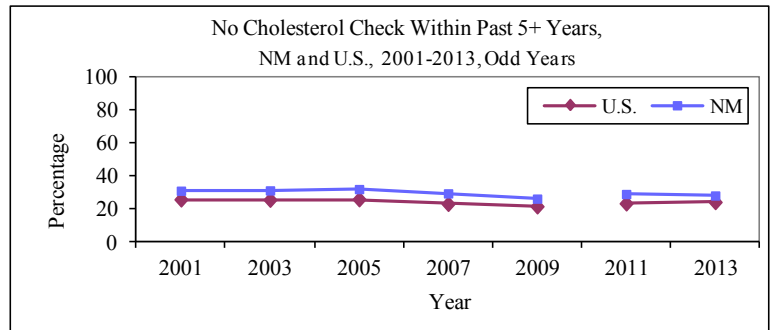
“Have you EVER had your blood cholesterol checked?”

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

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

### IN NEW MEXICO,

- ◆ 27.5% of New Mexico adults age 20 or more had not had their blood cholesterol checked within the past 5 years, significantly worse than that of the U.S. (23.6%).
- ◆ Men were significantly less likely to have had a cholesterol check within the past five years.
- ◆ Though it is recommended that all adults age 20 or more have a blood cholesterol test every five years, history of testing was quite poor across age groups below age 55.
- ◆ White adults over age 20 were more likely to have had a cholesterol check within the previous 5 years than American Indian or Hispanic adults. Small sample size made comparison to and between other groups difficult.
- ◆ Adults age 20 years or more with less than a high school education were less likely to have had a cholesterol test within the previous five years than adults of all other education levels. Adults with a college degree were more likely than adults with all other education levels to have been checked. This relationship did not change with adjustment for age.
- ◆ Annual household income followed a pattern similar to that of education level.
- ◆ Adult residents of the Northwest Region of the state were less likely to have had a cholesterol test in the past 5 years than those of the Northeast or Metro regions.





# CHOLESTEROL CHECK WITHIN PAST 5 YEARS

Table 17. Percentage of adults age 20+ who have not had a cholesterol test within the past 5 years, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check within the Past Five Years - Among Adults Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	8,851	1,820	27.5	26.1	29.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,245	1,692	27.8	26.3	29.3
LGBT	219	49	25.8	18.8	34.3
<b>AGE</b>					
20-24	387	249	67.2	61.2	72.8
25-34	1,021	470	48.2	44.1	52.3
35-44	1,105	328	31.6	28.0	35.3
45-54	1,535	314	20.7	18.2	23.6
55-64	2,030	265	12.9	10.9	15.1
65-74	1,669	115	6.8	5.5	8.5
75+	1,104	79	7.4	5.5	9.8
<b>RACE/ETHNICITY</b>					
American Indian	722	240	39.7	34.6	44.9
Asian NHOPI**	87	19	25.2	15.3	38.7
Black/AA	112	27	24.4	15.7	35.8
Hispanic	3,162	859	33.9	31.5	36.3
White	4,597	647	19.5	17.7	21.5
<b>EDUCATION</b>					
Less than High School Graduate	1,123	402	43.5	39.4	47.6
High School Graduate or G.E.D.	2,447	583	30.9	28.1	33.8
Some College	2,406	469	25.1	22.6	27.8
College Graduate	2,864	362	15.1	13.3	17.0
<b>INCOME</b>					
Less than \$10,000	624	220	43.3	37.4	49.3
\$10-19,999	1,491	416	35.0	31.5	38.7
\$20-49,999	3,029	670	30.1	27.7	32.6
\$50,000 or more	2,793	343	15.9	13.8	18.2
<b>EMPLOYMENT</b>					
Employed	4,255	1,065	30.1	28.2	32.0
Unemployed/Unable to Work	1,217	313	35.0	30.5	39.9
Homemaker/Student	937	282	38.6	34.2	43.3
Retired	2,414	152	6.9	5.3	8.8
<b>Geographic Region</b> ⊛					
Northwest	1,823	402	35.1	32.0	38.4
Northeast	1,694	306	23.4	20.5	26.4
Metro	1,960	414	26.5	24.0	29.3
Southeast	1,554	313	28.0	25.1	31.2
Southwest	1,820	385	28.6	25.7	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 were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

# CHOLESTEROL CHECK WITHIN PAST 5 YEARS — MALES

Table 18. Percentage of adult males age 20+ who have not had a cholesterol test within the past 5 years, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check within the Past Five Years - Among Adult Men Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,778	891	30.5	28.3	32.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,519	834	31.1	28.7	33.5
LGBT**	89	18	24.9	14.5	39.3
<b>AGE</b>					
20-24**	203	132	68.1	59.4	75.6
25-34	469	223	50.9	44.9	56.9
35-44	483	151	33.0	27.6	38.8
45-54	656	165	23.5	19.6	27.9
55-64	893	142	15.6	12.6	19.3
65-74	675	46	7.0	5.0	9.6
75+	399	32	7.9	5.2	11.9
<b>RACE/ETHNICITY</b>					
American Indian	266	116	49.2	41.2	57.2
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	18	30.8	18.7	46.3
Hispanic	1,322	404	36.2	32.5	40.1
White	1,994	328	22.3	19.3	25.6
<b>EDUCATION</b>					
Less than High School Graduate	466	188	44.7	38.6	51.0
High School Graduate or G.E.D.	1,061	306	36.9	32.6	41.4
Some College	944	228	29.9	25.7	34.4
College Graduate	1,302	167	13.5	11.2	16.2
<b>INCOME</b>					
Less than \$10,000	212	83	44.9	35.2	54.9
\$10-19,999	565	185	38.9	33.5	44.6
\$20-49,999	1,275	351	35.2	31.4	39.1
\$50,000 or more	1,418	201	18.5	15.3	22.1
<b>EMPLOYMENT</b>					
Employed	2,098	603	33.1	30.4	35.9
Unemployed/Unable to Work	512	157	41.0	34.0	48.4
Homemaker/Student**	113	52	50.0	38.1	61.9
Retired	1,043	75	8.5	5.9	12.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	712	192	39.8	34.9	44.9
Northeast	780	156	26.1	21.8	31.0
Metro	890	222	30.2	26.2	34.6
Southeast	648	148	29.1	24.9	33.7
Southwest	748	173	30.7	26.0	35.7

\* 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 9,316 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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# CHOLESTEROL CHECK WITHIN PAST 5 YEARS — FEMALES

Table 19. Percentage of adult females age 20+ who have not had a cholesterol test within the past 5 years, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	No Blood Cholesterol Check within the Past Five Years - Among Adult Women Age 20+			
		Total # Reporting No Cholesterol Check Within Past 5+ Years	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,073	929	24.6	22.8	26.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,726	858	24.5	22.6	26.4
LGBT**	130	31	26.4	17.7	37.4
<b>AGE</b>					
20-24	184	117	66.1	57.7	73.7
25-34	552	247	45.3	39.9	50.8
35-44	622	177	30.1	25.7	35.0
45-54	879	149	18.1	14.9	21.9
55-64	1,137	123	10.3	8.1	13.0
65-74	994	69	6.7	5.0	8.9
75+	705	47	7.0	4.7	10.3
<b>RACE/ETHNICITY</b>					
American Indian	456	124	31.2	25.4	37.7
Asian NHOPI**	40	-	-	-	-
Black/AA**	56	9	16.0	6.1	35.8
Hispanic	1,840	455	31.6	28.6	34.7
White	2,603	319	16.8	14.7	19.1
<b>EDUCATION</b>					
Less than High School Graduate	657	214	42.2	36.8	47.8
High School Graduate or G.E.D.	1,386	277	24.2	21.1	27.6
Some College	1,462	241	20.9	18.1	24.1
College Graduate	1,562	195	16.7	14.2	19.6
<b>INCOME</b>					
Less than \$10,000	412	137	42.2	35.0	49.7
\$10-19,999	926	231	31.9	27.4	36.8
\$20-49,999	1,754	319	24.9	22.1	28.0
\$50,000 or more	1,375	142	12.5	10.3	15.2
<b>EMPLOYMENT</b>					
Employed	2,157	462	26.3	23.7	29.0
Unemployed/Unable to Work	705	156	28.6	23.6	34.2
Homemaker/Student	824	230	35.8	31.1	40.7
Retired	1,371	77	5.1	3.8	6.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,111	210	30.6	26.7	34.7
Northeast	914	150	20.6	17.2	24.4
Metro	1,070	192	22.9	19.7	26.4
Southeast	906	165	27.0	23.0	31.4
Southwest	1,072	212	26.6	23.3	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 9,316 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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# HIV TEST HISTORY

## QUESTIONS:

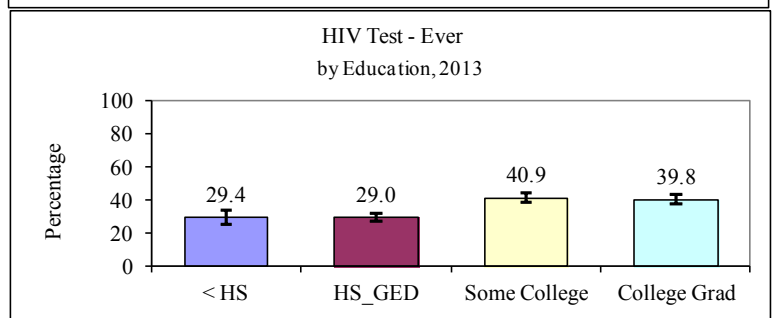
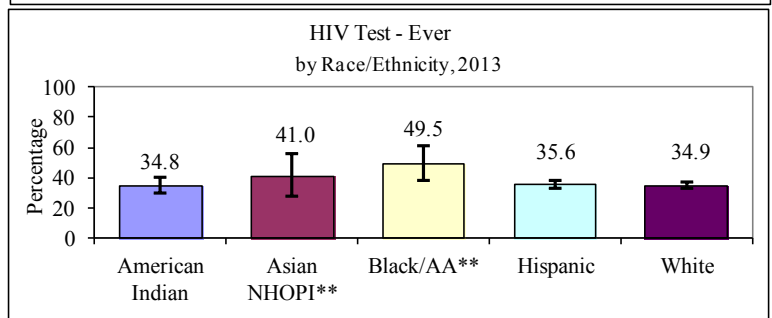
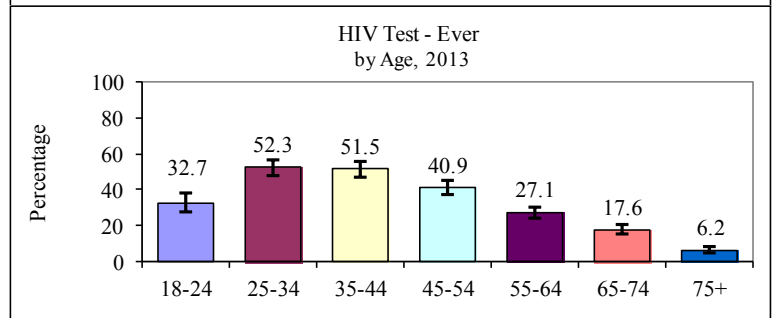
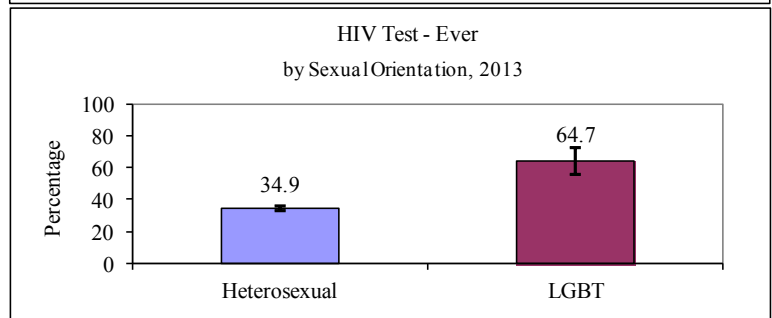
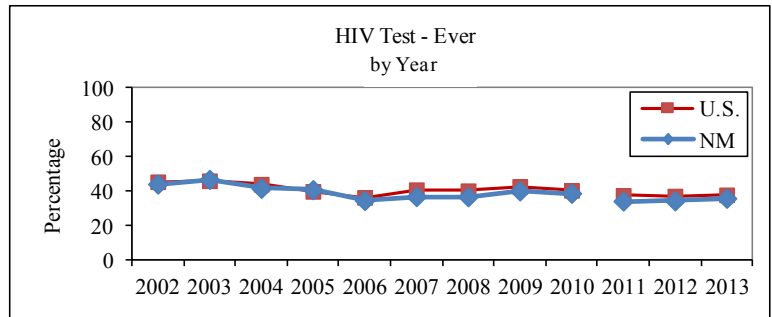
“Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.”

“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. In 2013, 145 new cases of HIV infection and a total of 3,126 people of all ages living with HIV/AIDS in New Mexico.<sup>7</sup> Among those currently living with HIV/AIDS, the most prevalent risk factor category was men having sex with men, followed heterosexual transmission and by injection drug use.<sup>7</sup>

## IN NEW MEXICO,

- ◆ Over most of the past decade, NM and the U.S. have demonstrated a very similar prevalence of HIV testing history among adults. In 2013, the NM estimate was slightly lower than that of the U.S.
- ◆ 35.6% of adults reported a history of at least one test for HIV infection.
- ◆ Adults who were lesbian, gay, bisexual, or transgender (LGBT), were significantly more likely to have been tested than heterosexual adults.
- ◆ History of HIV testing was most common 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 White adults to have ever been tested, and after adjusting for differences in age distribution, were more likely than American Indian and Hispanic adults to have ever 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 the Metro Region were more likely to have been tested than residents of the SE Region but this difference disappeared after adjustment for differences in age distribution.

# HIV TEST HISTORY

Table 20. Percentage of adults ages 64 years and younger who have ever been tested for HIV, New Mexico, 2013.

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>	8,148	2,588	35.6	34.0 37.1
<b>Sexual Orientation</b>				
Heterosexual	7,588	2,356	34.9	33.3 36.5
LGBT	211	136	64.7	55.5 72.9
<b>AGE</b>				
18-24	475	176	32.7	27.6 38.2
25-34	917	494	52.3	47.9 56.7
35-44	982	522	51.5	47.3 55.6
45-54	1,371	541	40.9	37.1 44.8
55-64	1,840	510	27.1	24.3 30.1
65-74	1,508	263	17.6	15.1 20.5
75+	987	64	6.2	4.4 8.6
<b>RACE/ETHNICITY</b>				
American Indian	627	225	34.8	29.9 40.0
Asian NHOPI**	75	27	41.0	27.4 56.0
Black/AA**	100	43	49.5	37.7 61.4
Hispanic	2,871	933	35.6	33.1 38.2
White	4,314	1,308	34.9	32.8 37.1
<b>EDUCATION</b>				
Less than High School Graduate	993	252	29.4	25.2 33.9
High School Graduate or G.E.D.	2,238	580	29.0	26.4 31.8
Some College	2,238	793	40.9	38.0 43.9
College Graduate	2,667	960	39.8	37.2 42.5
<b>INCOME</b>				
Less than \$10,000	561	219	39.6	33.7 45.9
\$10-19,999	1,331	427	36.7	32.8 40.8
\$20-49,999	2,798	874	36.2	33.6 38.8
\$50,000 or more	2,610	885	37.1	34.4 39.9
<b>EMPLOYMENT</b>				
Employed	3,913	1,526	40.6	38.4 42.8
Unemployed/Unable to Work	1,073	417	39.0	34.4 43.9
Homemaker/Student	950	322	37.7	33.5 42.1
Retired	2,189	317	16.1	14.0 18.6
<b>Geographic Region</b> ⊛				
Northwest	1,649	490	34.7	31.6 37.9
Northeast	1,552	525	35.7	32.5 38.9
Metro	1,841	668	37.7	34.9 40.7
Southeast	1,416	373	31.1	28.1 34.4
Southwest	1,690	532	33.9	31.0 36.9

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

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

# HIV TEST, EVER — MALES

Table 21. Percentage of adult males ages 64 years and younger who have ever been tested for HIV, New Mexico, 2013.

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>	3,428	1,072	33.8	31.5	36.2
<b>Sexual Orientation</b>					
Heterosexual	3,195	973	33.3	30.9	35.7
LGBT**	85	61	72.1	57.3	83.2
<b>AGE</b>					
18-24	241	77	29.7	22.8	37.7
25-34	410	186	42.5	36.4	48.9
35-44	417	200	48.1	41.8	54.4
45-54	587	227	42.1	36.3	48.2
55-64	800	206	24.1	20.5	28.1
65-74	600	138	23.9	19.3	29.1
75+	351	30	7.1	4.4	11.3
<b>RACE/ETHNICITY</b>					
American Indian	229	76	32.4	25.4	40.3
Asian NHOPI**	38	-	-	-	-
Black/AA**	49	-	-	-	-
Hispanic	1,183	348	33.4	29.5	37.5
White	1,846	588	34.0	30.9	37.2
<b>EDUCATION</b>					
Less than High School Graduate	408	99	30.1	23.6	37.6
High School Graduate or G.E.D.	955	256	29.9	25.9	34.2
Some College	867	300	37.6	33.2	42.2
College Graduate	1,193	415	36.1	32.5	40.0
<b>INCOME</b>					
Less than \$10,000**	191	69	36.6	27.9	46.3
\$10-19,999	489	145	32.8	26.8	39.5
\$20-49,999	1,162	375	35.7	31.8	39.8
\$50,000 or more	1,308	405	33.9	30.2	37.9
<b>EMPLOYMENT</b>					
Employed	1,918	688	38.1	35.0	41.2
Unemployed/Unable to Work	448	163	33.5	27.1	40.5
Homemaker/Student**	137	60	39.1	29.6	49.6
Retired	915	159	18.5	15.1	22.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	642	180	32.4	27.7	37.4
Northeast	697	236	36.1	31.3	41.1
Metro	827	293	35.4	31.2	39.8
Southeast	575	157	31.6	27.0	36.7
Southwest	687	206	30.7	26.4	35.5

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 9,316 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, 2013.

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>	4,720	1,516	37.2	35.2	39.3
<b>Sexual Orientation</b>					
Heterosexual	4,393	1,383	36.5	34.4	38.7
LGBT**	126	75	59.9	48.0	70.8
<b>AGE</b>					
18-24	234	99	36.2	29.1	44.0
25-34	507	308	62.5	57.0	67.7
35-44	565	322	54.6	49.2	60.0
45-54	784	314	39.7	35.1	44.4
55-64	1,040	304	29.8	25.7	34.2
65-74	908	125	12.1	9.8	15.0
75+	636	34	5.5	3.3	8.8
<b>RACE/ETHNICITY</b>					
American Indian	398	149	36.8	30.2	44.0
Asian NHOPI**	37	-	-	-	-
Black/AA**	51	19	48.6	31.9	65.6
Hispanic	1,688	585	37.6	34.5	40.9
White	2,468	720	35.9	32.9	38.9
<b>EDUCATION</b>					
Less than High School Graduate	585	153	28.7	23.7	34.2
High School Graduate or G.E.D.	1,283	324	28.1	24.8	31.7
Some College	1,371	493	43.8	40.0	47.7
College Graduate	1,474	545	43.5	39.9	47.1
<b>INCOME</b>					
Less than \$10,000	370	150	41.5	33.7	49.7
\$10-19,999	842	282	39.7	34.7	45.0
\$20-49,999	1,636	499	36.6	33.4	40.0
\$50,000 or more	1,302	480	41.2	37.4	45.1
<b>EMPLOYMENT</b>					
Employed	1,995	838	43.6	40.6	46.7
Unemployed/Unable to Work	625	254	44.9	38.7	51.3
Homemaker/Student	813	262	37.2	32.7	42.0
Retired	1,274	158	13.8	11.2	17.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,007	310	36.9	32.8	41.2
Northeast	855	289	35.3	31.3	39.5
Metro	1,014	375	40.1	36.2	44.0
Southeast	841	216	30.7	26.8	34.9
Southwest	1,003	326	37.0	33.3	40.9

\* 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 9,316 across some categories for some variables.

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

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

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

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# DIAGNOSED ARTHRITIS

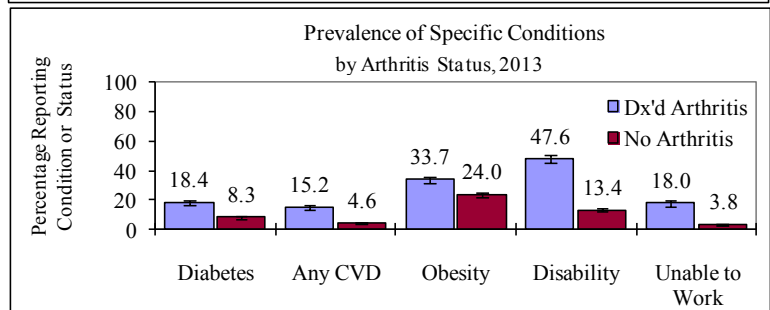
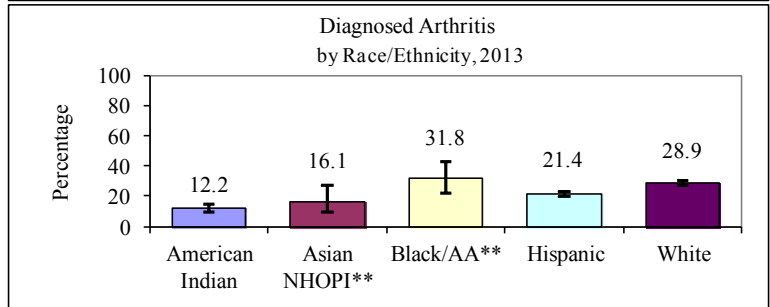
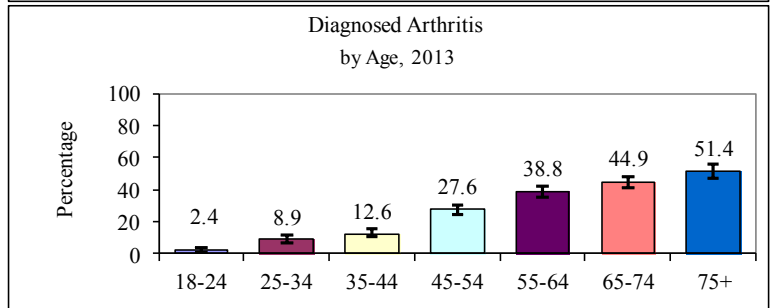
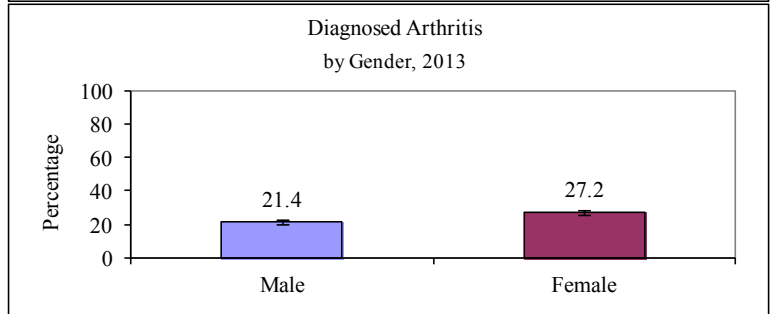
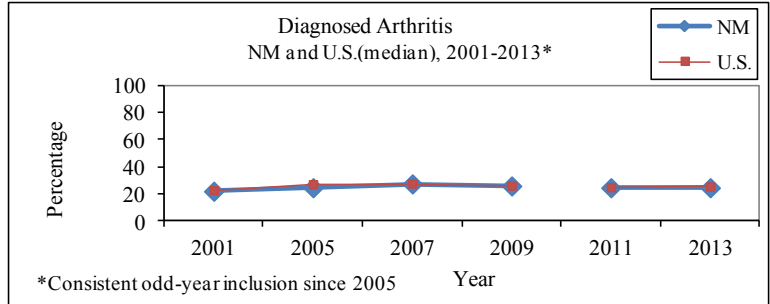
## QUESTIONS:

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

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

### IN NEW MEXICO,

- ◆ 24.4% of adults had been diagnosed with some form of arthritis. There was no significant difference between NM and the U.S. (25.3%).
- ◆ The percentage of women with diagnosed arthritis (27.2%) was significantly higher than that of adult men (21.4%). This association with gender has been consistent over time. From age 18 through age 54, there was no difference in arthritis prevalence between men and women. From age 55 and older, women were significantly more likely to have been diagnosed with arthritis.
- ◆ Arthritis is strongly associated with age, the prevalence among adults over age 65 being over 45%.
- ◆ White adults were more likely to have arthritis than American Indian, Asian/NHOPI, and Hispanic adults. The White population is older, on average, than these populations. After adjusting for age, the difference between White and Hispanic adults was not significant. The prevalence of arthritis was highest among Black/African American adults and was statistically significantly higher than American Indian adults. Small sample size made comparison to other groups difficult.
- ◆ Adults living in households with an annual income of less than \$10,000 were more likely to have arthritis than those of households with an annual income of \$50,000 or more.
- ◆ The prevalence of diagnosed arthritis did not vary by sexual orientation or education level.
- ◆ Adult residents of Southeast region of the state were more likely to be diagnosed with arthritis than residents of the Northwest Region.



- ◆ Adults with diagnosed arthritis were more likely to have fair or poor health status, to have diabetes, cardiovascular disease, or to be obese, disabled, or unable to work.



# DIAGNOSED ARTHRITIS

Table 23. Percentage of adults with diagnosed arthritis, New Mexico, 2013

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	9,269	2,853	24.4	23.2	25.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,600	2,665	24.4	23.2	25.6
LGBT	238	62	22.1	16.1	29.6
<b>AGE</b>					
18-24	558	16	2.4	1.3	4.2
25-34	1,058	93	8.9	7.0	11.3
35-44	1,120	149	12.6	10.3	15.4
45-54	1,558	443	27.6	24.6	30.8
55-64	2,043	757	38.8	35.8	41.9
65-74	1,692	773	44.9	41.5	48.2
75+	1,152	599	51.4	47.2	55.5
<b>RACE/ETHNICITY</b>					
American Indian	754	134	12.2	9.8	15.1
Asian NHOPI**	92	16	16.1	9.0	27.1
Black/AA**	117	42	31.8	22.5	42.9
Hispanic	3,328	884	21.4	19.6	23.3
White	4,789	1,710	28.9	27.2	30.7
<b>EDUCATION</b>					
Less than High School Graduate	1,191	402	25.7	22.5	29.2
High School Graduate or G.E.D.	2,613	827	24.7	22.6	27.0
Some College	2,521	795	25.1	22.9	27.4
College Graduate	2,925	824	22.0	20.2	23.9
<b>INCOME</b>					
Less than \$10,000	653	240	29.4	24.6	34.7
\$10-19,999	1,568	553	26.3	23.5	29.3
\$20-49,999	3,133	968	24.7	22.7	26.8
\$50,000 or more	2,860	730	21.9	19.9	24.1
<b>EMPLOYMENT</b>					
Employed	4,405	830	15.2	13.9	16.7
Unemployed/Unable to Work	1,268	610	39.0	34.9	43.2
Homemaker/Student	1,066	239	14.5	12.2	17.1
Retired	2,495	1,168	46.5	43.7	49.4
<b>Geographic Region</b> ⊛					
Northwest	1,897	545	20.3	18.2	22.5
Northeast	1,762	524	25.7	23.3	28.2
Metro	2,073	593	24.1	21.9	26.4
Southeast	1,623	574	27.8	25.4	30.4
Southwest	1,914	617	23.9	21.8	26.1

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

# DIAGNOSED ARTHRITIS — MALES

Table 24. Percentage of adult males with diagnosed arthritis, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis Among Adult Men			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,924	1,064	21.4	19.8	23.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,646	988	21.3	19.5	23.1
LGBT**	94	21	16.1	8.5	28.4
<b>AGE</b>					
18-24	273	8	2.6	1.1	6.0
25-34	482	32	7.0	4.6	10.6
35-44	485	59	11.5	8.3	15.8
45-54	664	170	25.8	21.2	30.9
55-64	897	313	35.3	31.2	39.8
65-74	680	297	43.1	37.9	48.5
75+	411	176	41.5	35.0	48.4
<b>RACE/ETHNICITY</b>					
American Indian	277	48	12.2	8.5	17.1
Asian NHOPI**	48	-	-	-	-
Black/AA**	57	13	23.2	12.3	39.5
Hispanic	1,381	318	19.0	16.3	22.0
White	2,060	641	24.7	22.3	27.2
<b>EDUCATION</b>					
Less than High School Graduate	486	132	23.8	18.9	29.4
High School Graduate or G.E.D.	1,123	320	21.4	18.4	24.7
Some College	989	266	20.4	17.5	23.7
College Graduate	1,318	344	21.1	18.5	23.9
<b>INCOME</b>					
Less than \$10,000	220	79	32.5	24.1	42.2
\$10-19,999	593	192	24.1	19.7	29.0
\$20-49,999	1,317	341	19.8	17.1	22.8
\$50,000 or more	1,446	359	21.1	18.4	24.1
<b>EMPLOYMENT</b>					
Employed	2,163	372	14.2	12.4	16.2
Unemployed/Unable to Work	530	225	32.6	27.1	38.7
Homemaker/Student**	151	7	4.4	1.5	11.8
Retired	1,067	457	40.7	36.5	45.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	736	193	19.0	16.0	22.5
Northeast	801	222	24.3	20.8	28.1
Metro	927	234	21.5	18.4	25.0
Southeast	678	213	24.2	20.7	28.0
Southwest	782	202	18.2	15.5	21.3

\* 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 9,316 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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# DIAGNOSED ARTHRITIS — FEMALES

Table 25. Percentage of adult females with diagnosed arthritis, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis Among Adult Women			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,345	1,789	27.2	25.6	28.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,954	1,677	27.4	25.8	29.2
LGBT**	144	41	25.8	17.7	35.8
<b>AGE</b>					
18-24	285	8	2.1	1.0	4.4
25-34	576	61	10.9	8.1	14.5
35-44	635	90	13.7	10.6	17.5
45-54	894	273	29.3	25.5	33.4
55-64	1,146	444	42.1	37.9	46.4
65-74	1,012	476	46.4	42.2	50.7
75+	741	423	58.5	53.4	63.5
<b>RACE/ETHNICITY</b>					
American Indian	477	86	12.2	9.4	15.7
Asian NHOPI**	44	-	-	-	-
Black/AA**	60	29	42.6	27.9	58.8
Hispanic	1,947	566	23.7	21.3	26.2
White	2,729	1,069	33.0	30.6	35.6
<b>EDUCATION</b>					
Less than High School Graduate	705	270	27.5	23.5	32.0
High School Graduate or G.E.D.	1,490	507	28.2	25.2	31.4
Some College	1,532	529	29.1	26.1	32.3
College Graduate	1,607	480	22.9	20.4	25.5
<b>INCOME</b>					
Less than \$10,000	433	161	27.3	22.0	33.4
\$10-19,999	975	361	28.1	24.5	32.0
\$20-49,999	1,816	627	29.7	26.9	32.6
\$50,000 or more	1,414	371	23.0	20.1	26.1
<b>EMPLOYMENT</b>					
Employed	2,242	458	16.5	14.6	18.6
Unemployed/Unable to Work	738	385	45.6	39.9	51.4
Homemaker/Student	915	232	17.6	14.9	20.7
Retired	1,428	711	52.6	48.9	56.3
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,161	352	21.5	18.8	24.5
Northeast	961	302	27.0	23.8	30.5
Metro	1,146	359	26.5	23.6	29.6
Southeast	945	361	31.5	28.1	35.1
Southwest	1,132	415	29.3	26.3	32.5

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 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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# CURRENT DIAGNOSED ASTHMA

## QUESTIONS:

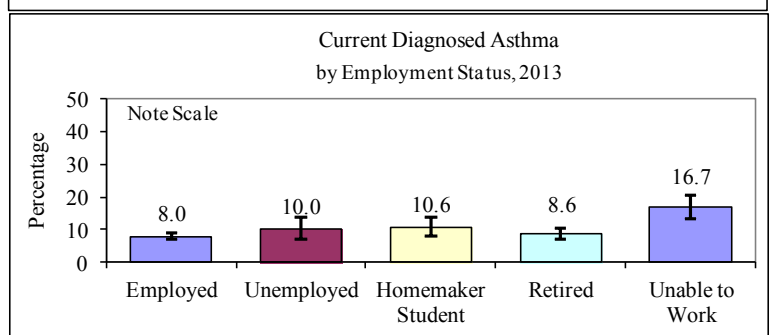
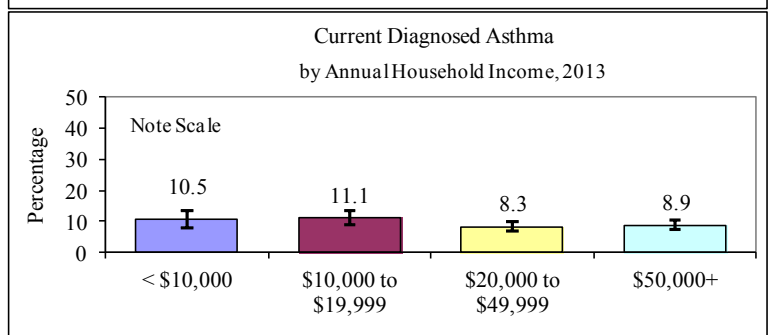
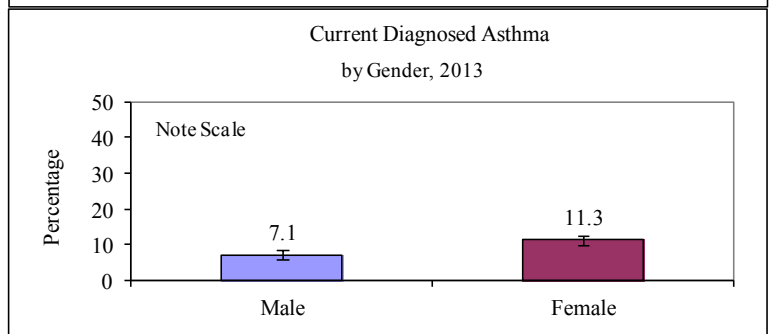
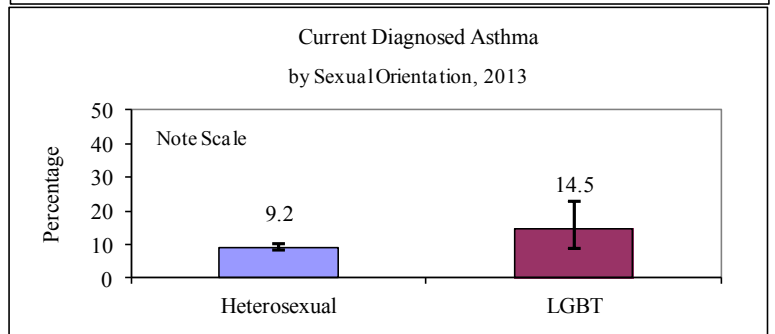
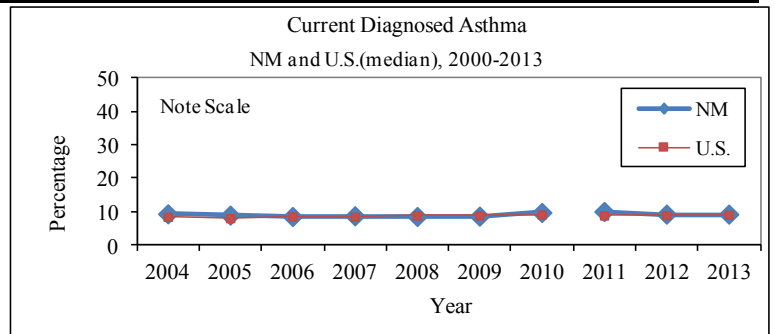
“Has a doctor, nurse or other health professional ever told you that you had asthma?”

“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>9</sup>

### IN NEW MEXICO,

- ◆ 9.2% of adults currently had asthma. There was no difference between NM and the U.S. (9.0%).
- ◆ The percentage of current asthma among LGBT was significantly higher than among heterosexual adults.
- ◆ The percentage of women who currently had asthma (11.3%) was higher than that of men (7.1%).
- ◆ Black/African American adults (19.5%) were more likely to have current asthma than Hispanic (8.2%) and White adults (9.1%).
- ◆ 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 (13.1%) than those without current asthma (6.7%).
- ◆ Apparent difference by annual household income were not significant, even after adjusting for differences in age distribution.
- ◆ The prevalence of current asthma did not vary by age, education level, or by region of residence.
- ◆ Those with current asthma were more likely to have fair or poor general health status and were more likely to have a disability.



# CURRENT DIAGNOSED ASTHMA

Table 26. Percentage of adults who currently have diagnosed asthma, New Mexico, 2013.

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>	9,243	917	9.2	8.4	10.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,579	848	9.2	8.3	10.1
LGBT	234	30	14.5	9.0	22.6
<b>AGE</b>					
18-24	550	59	10.2	7.4	13.9
25-34	1,047	97	8.4	6.6	10.6
35-44	1,118	111	9.3	7.3	11.9
45-54	1,555	154	8.6	6.9	10.5
55-64	2,046	219	10.9	9.1	13.0
65-74	1,697	177	9.0	7.4	10.9
75+	1,141	94	8.1	6.1	10.7
<b>RACE/ETHNICITY</b>					
American Indian	759	90	11.6	8.5	15.8
Asian NHOPI**	91	5	11.1	4.3	25.6
Black/AA	115	22	19.5	12.2	29.6
Hispanic	3,313	300	8.2	7.0	9.5
White	4,778	474	9.1	8.0	10.4
<b>EDUCATION</b>					
Less than High School Graduate	1,182	107	8.1	6.2	10.3
High School Graduate or G.E.D.	2,605	245	9.1	7.6	10.8
Some College	2,516	280	9.8	8.4	11.4
College Graduate	2,921	284	9.5	8.0	11.3
<b>INCOME</b>					
Less than \$10,000	651	96	10.5	8.0	13.5
\$10-19,999	1,561	194	11.1	9.1	13.3
\$20-49,999	3,124	284	8.3	7.1	9.7
\$50,000 or more	2,863	250	8.9	7.4	10.6
<b>EMPLOYMENT</b>					
Employed	4,391	350	8.0	6.9	9.2
Unemployed/Unable to Work	1,264	215	13.2	10.9	15.8
Homemaker/Student	1,063	113	10.6	8.2	13.7
Retired	2,489	235	8.6	7.2	10.2
<b>Geographic Region☼</b>					
Northwest	1,897	205	10.6	8.6	12.9
Northeast	1,754	151	8.6	7.0	10.6
Metro	2,070	199	9.0	7.6	10.6
Southeast	1,616	147	8.4	6.8	10.2
Southwest	1,906	215	10.2	8.6	12.1

§ 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 9,316 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 27. Percentage of adult males who currently have diagnosed asthma, New Mexico, 2013.

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>	3,917	279	7.1	6.0	8.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,640	261	7.1	6.0	8.4
LGBT**	93	9	11.5	5.3	23.4
<b>AGE</b>					
18-24	268	23	9.7	5.8	15.9
25-34	477	28	4.9	3.2	7.3
35-44	484	32	7.4	4.6	11.6
45-54	664	48	6.8	4.6	9.8
55-64	901	68	7.2	5.2	9.8
65-74	682	48	7.3	5.0	10.5
75+	409	30	7.7	4.7	12.3
<b>RACE/ETHNICITY</b>					
American Indian	279	26	12.0	6.9	20.0
Asian NHOPI**	47	-	-	-	-
Black/AA**	58	8	16.0	7.6	30.5
Hispanic	1,377	78	5.8	4.3	7.9
White	2,054	154	7.0	5.7	8.6
<b>EDUCATION</b>					
Less than High School Graduate	481	32	6.4	4.1	9.8
High School Graduate or G.E.D.	1,122	75	7.9	5.7	10.9
Some College	987	78	6.1	4.6	8.1
College Graduate	1,319	94	7.9	5.8	10.8
<b>INCOME</b>					
Less than \$10,000	220	25	7.2	4.4	11.6
\$10-19,999	589	52	8.2	5.7	11.6
\$20-49,999	1,313	81	6.4	4.8	8.4
\$50,000 or more	1,449	98	6.7	5.0	8.9
<b>EMPLOYMENT</b>					
Employed	2,155	120	6.0	4.7	7.6
Unemployed/Unable to Work	531	58	8.9	6.3	12.3
Homemaker/Student**	150	20	13.0	6.9	23.1
Retired	1,067	80	7.1	5.3	9.5
<b>Geographic Region<sup>☆</sup></b>					
Northwest	735	60	9.1	6.5	12.6
Northeast	800	46	5.5	3.7	8.1
Metro	925	66	7.3	5.4	9.8
Southeast	675	49	7.2	5.0	10.3
Southwest	782	58	6.7	4.8	9.2

\* 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 9,316 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 28. Percentage of adult females who currently have diagnosed asthma, New Mexico, 2013.

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>	5,326	638	11.3	10.1	12.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,939	587	11.2	10.0	12.5
LGBT**	141	21	16.4	9.1	27.9
<b>AGE</b>					
18-24	282	36	10.7	7.2	15.6
25-34	570	69	12.0	8.9	15.8
35-44	634	79	11.2	8.5	14.7
45-54	891	106	10.3	8.0	13.1
55-64	1,145	151	14.4	11.6	17.9
65-74	1,015	129	10.5	8.5	13.0
75+	732	64	8.4	5.9	11.7
<b>RACE/ETHNICITY</b>					
American Indian	480	64	11.3	8.0	15.7
Asian NHOPI**	44	-	-	-	-
Black/AA**	57	14	24.0	13.0	40.2
Hispanic	1,936	222	10.3	8.7	12.2
White	2,724	320	11.2	9.6	13.1
<b>EDUCATION</b>					
Less than High School Graduate	701	75	9.6	7.0	13.0
High School Graduate or G.E.D.	1,483	170	10.3	8.5	12.4
Some College	1,529	202	13.0	10.8	15.6
College Graduate	1,602	190	11.1	9.2	13.4
<b>INCOME</b>					
Less than \$10,000	431	71	12.6	9.2	17.0
\$10-19,999	972	142	13.3	10.6	16.5
\$20-49,999	1,811	203	10.3	8.5	12.3
\$50,000 or more	1,414	152	11.7	9.3	14.6
<b>EMPLOYMENT</b>					
Employed	2,236	230	10.4	8.7	12.3
Unemployed/Unable to Work	733	157	17.7	14.1	21.8
Homemaker/Student	913	93	9.9	7.6	12.8
Retired	1,422	155	10.1	8.1	12.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,162	145	12.0	9.3	15.4
Northeast	954	105	11.6	9.1	14.8
Metro	1,145	133	10.6	8.7	12.8
Southeast	941	98	9.5	7.5	11.9
Southwest	1,124	157	13.7	11.1	16.6

§ 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 9,316 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?”

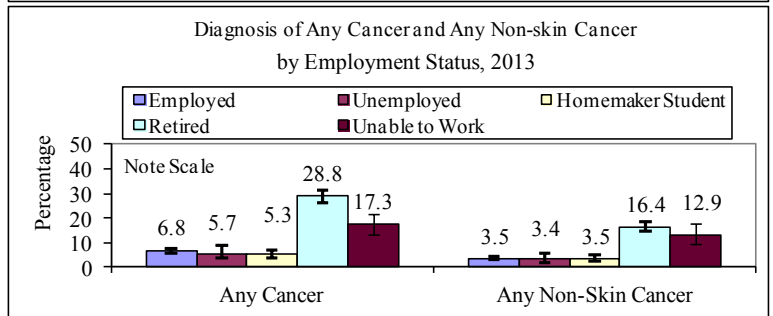
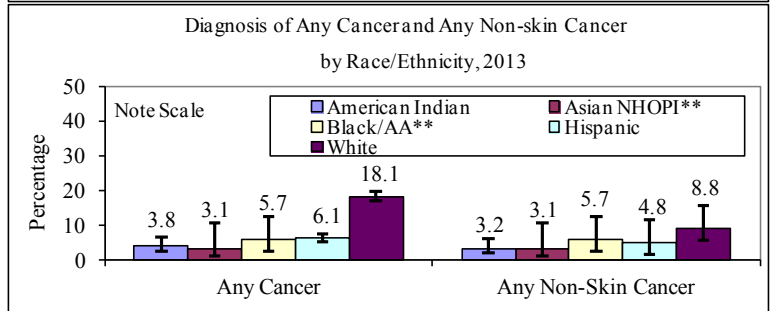
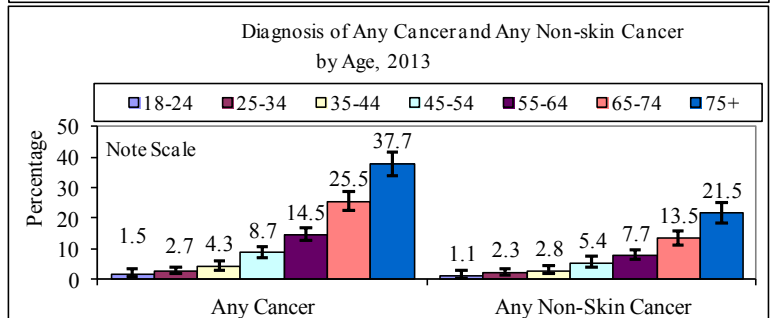
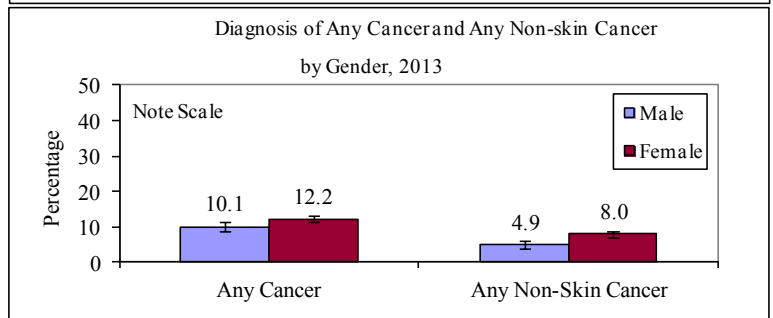
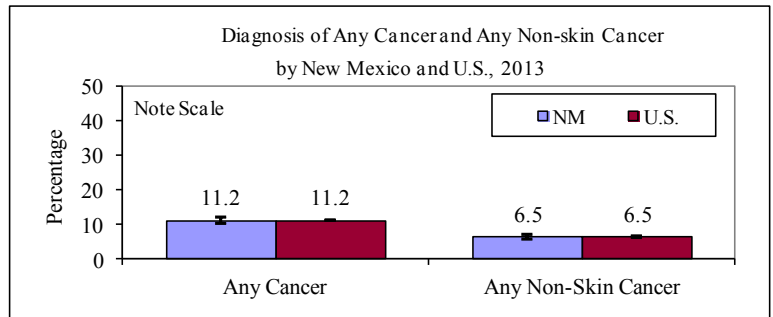
“...any other types of cancer?”

Cancer is a term used for diseases in which abnormal cells divide without control and are able to invade other tissues. There are over 100 different types of cancer.<sup>30</sup>

The skin cancer question does not allow for identification of melanoma, a serious form of skin cancer. Roughly 75% of skin cancer survivors have had forms of skin cancer that are rarely lethal and do not require treatment beyond surgery.<sup>30</sup> Consequently, estimates of cancer are presented in two ways, here, with skin cancer included under Any Cancer, and excluded under Any Non-skin Cancer.

## IN NEW MEXICO,

- ◆ 11.2% of adults had a history of any type of cancer and 6.5% of adults had a history of cancer other than skin cancer. There was no significant difference between NM and the U.S.
- ◆ Women (12.2% and 8.0%) were more likely to have a history of cancer than were men (10.1% and 4.9%).
- ◆ There was a strong association with age, older adults much more likely to have a history of cancer.
- ◆ There was no association with skin or other forms of cancer and sexual orientation.
- ◆ White adults were more likely than all other racial/ethnic groups to have a history of skin cancer. For non-skin cancers, the difference between White and other adults disappeared after adjusting for differences in age distribution.
- ◆ Adults who were retired or unable to work were more likely to have a history of skin or other type of cancer. Adjustment for age eliminated the difference between retired and categories other than unable to work but unable to work remained significantly different from all other categories.
- ◆ History of cancer was not associated with sexual orientation. Other than skin cancer, 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.
- ◆ Adults who were current smokers were not more likely to have a history of cancer.



# HISTORY OF DIAGNOSED CANCER

Table 29. Percentage of adults with history of diagnosis of any type of cancer, New Mexico, 2013.

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>	9,275	1,405	11.2	10.4	12.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,604	1,296	11.1	10.3	12.0
LGBT	235	42	12.5	8.3	18.4
<b>AGE</b>					
18-24	557	9	1.5	0.7	3.2
25-34	1,058	32	2.7	1.8	4.1
35-44	1,123	53	4.3	3.0	6.1
45-54	1,552	143	8.7	6.9	10.8
55-64	2,049	303	14.5	12.6	16.7
65-74	1,693	437	25.5	22.7	28.6
75+	1,154	417	37.7	33.7	41.8
<b>RACE/ETHNICITY</b>					
American Indian	760	36	3.8	2.1	6.5
Asian NHOPI**	93	4	3.1	0.9	10.4
Black/AA**	118	7	5.7	2.5	12.5
Hispanic	3,331	250	6.1	5.1	7.2
White	4,783	1,066	18.1	16.7	19.6
<b>EDUCATION</b>					
Less than High School Graduate	1,191	105	5.5	4.3	7.0
High School Graduate or G.E.D.	2,613	336	10.3	8.9	12.0
Some College	2,521	407	12.2	10.7	13.8
College Graduate	2,932	555	15.3	13.7	17.1
<b>INCOME</b>					
Less than \$10,000	653	71	7.2	5.3	9.9
\$10-19,999	1,566	209	9.6	7.8	11.8
\$20-49,999	3,137	490	10.8	9.6	12.2
\$50,000 or more	2,868	464	13.6	12.0	15.3
<b>EMPLOYMENT</b>					
Employed	4,414	398	6.8	6.0	7.7
Unemployed/Unable to Work	1,260	181	11.2	8.9	13.9
Homemaker/Student	1,065	89	5.3	4.0	7.1
Retired	2,500	733	28.8	26.3	31.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,902	262	8.1	6.9	9.6
Northeast	1,766	272	13.1	11.3	15.2
Metro	2,074	298	11.2	9.8	12.8
Southeast	1,624	266	11.5	10.0	13.2
Southwest	1,909	307	11.1	9.7	12.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 30. Percentage of adult males with history of diagnosis of any type of cancer, New Mexico, 2013.

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>	3,927	572	10.1	9.0	11.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,647	522	10.0	8.8	11.3
LGBT**	93	19	11.9	6.9	19.9
<b>AGE</b>					
18-24	273	2	1.1	0.2	5.1
25-34	481	9	1.4	0.7	2.9
35-44	488	12	1.8	0.9	3.4
45-54	660	51	7.2	4.6	10.9
55-64	902	136	13.1	10.6	16.0
65-74	679	193	28.0	23.5	33.0
75+	412	164	42.6	36.0	49.5
<b>RACE/ETHNICITY</b>					
American Indian	280	11	3.3	1.2	8.8
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	2	3.4	0.8	12.8
Hispanic	1,382	77	4.4	3.1	6.2
White	2,057	457	17.2	15.3	19.4
<b>EDUCATION</b>					
Less than High School Graduate	482	36	4.8	3.3	7.0
High School Graduate or G.E.D.	1,126	134	9.2	7.1	11.9
Some College	989	126	9.0	7.1	11.3
College Graduate	1,323	274	16.9	14.5	19.6
<b>INCOME</b>					
Less than \$10,000**	218	18	5.2	2.9	9.4
\$10-19,999	593	68	9.1	6.2	13.1
\$20-49,999	1,321	185	8.2	6.8	9.9
\$50,000 or more	1,451	249	13.7	11.5	16.1
<b>EMPLOYMENT</b>					
Employed	2,167	185	5.4	4.5	6.5
Unemployed/Unable to Work	526	53	7.4	4.7	11.4
Homemaker/Student** <sup>ψ</sup>	151	1	1.7	0.2	11.2
Retired	1,069	331	30.3	26.6	34.4
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	737	99	7.9	6.2	9.9
Northeast	805	118	11.6	9.2	14.5
Metro	927	125	10.5	8.4	12.9
Southeast	676	114	11.0	8.9	13.6
Southwest	782	116	8.8	7.1	10.8

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 9,316 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.

# HISTORY OF DIAGNOSED CANCER — FEMALES

Table 31. Percentage of adult females with history of diagnosis of any type of cancer, New Mexico, 2013.

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>	5,348	833	12.2	11.1	13.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,957	774	12.3	11.2	13.5
LGBT**	142	23	12.9	7.3	21.6
<b>AGE</b>					
18-24	284	7	1.9	0.8	4.1
25-34	577	23	4.0	2.4	6.6
35-44	635	41	6.9	4.6	10.2
45-54	892	92	10.1	7.9	12.8
55-64	1,147	167	15.8	13.0	19.2
65-74	1,014	244	23.3	19.9	27.0
75+	742	253	34.1	29.4	39.1
<b>RACE/ETHNICITY</b>					
American Indian	480	25	4.2	2.2	7.8
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	5	8.6	3.0	22.0
Hispanic	1,949	173	7.6	6.3	9.2
White	2,726	609	18.9	17.0	21.0
<b>EDUCATION</b>					
Less than High School Graduate	709	69	6.1	4.4	8.4
High School Graduate or G.E.D.	1,487	202	11.5	9.5	13.8
Some College	1,532	281	15.0	12.9	17.4
College Graduate	1,609	281	13.8	11.7	16.1
<b>INCOME</b>					
Less than \$10,000	435	53	8.5	5.8	12.3
\$10-19,999	973	141	10.0	8.0	12.5
\$20-49,999	1,816	305	13.5	11.6	15.7
\$50,000 or more	1,417	215	13.5	11.3	16.1
<b>EMPLOYMENT</b>					
Employed	2,247	213	8.4	7.1	10.0
Unemployed/Unable to Work	734	128	15.2	11.8	19.2
Homemaker/Student <sup>ψ</sup>	914	88	6.4	4.9	8.4
Retired	1,431	402	27.2	24.1	30.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,165	163	8.4	6.7	10.6
Northeast	961	154	14.6	12.1	17.7
Metro	1,147	173	11.9	10.0	14.2
Southeast	948	152	12.0	10.0	14.4
Southwest	1,127	191	13.3	11.2	15.6

\* 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 9,316 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.

# HISTORY OF DIAGNOSED NON-SKIN CANCER

Table 32. Percentage of adults with history of diagnosis of any type of cancer, excluding skin, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosis of Any Cancer, Excluding Skin			
		Total Number Reporting Diagnosis of Non-skin Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	9,290	803	6.5	5.9	7.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,618	738	6.4	5.8	7.1
LGBT	235	24	6.8	3.9	11.4
<b>AGE</b>					
18-24	557	6	1.1	0.4	2.8
25-34	1,059	28	2.3	1.5	3.6
35-44	1,123	32	2.8	1.7	4.5
45-54	1,555	86	5.4	3.9	7.4
55-64	2,055	162	7.7	6.3	9.4
65-74	1,697	238	13.5	11.4	16.0
75+	1,155	246	21.5	18.3	25.0
<b>RACE/ETHNICITY</b>					
American Indian	761	30	3.2	1.7	5.9
Asian NHOPI**	93	4	3.1	0.9	10.4
Black/AA**	118	7	5.7	2.5	12.5
Hispanic	3,333	204	4.8	3.9	5.8
White	4,794	536	8.8	7.8	9.9
<b>EDUCATION</b>					
Less than High School Graduate	1,194	75	3.7	2.8	5.0
High School Graduate or G.E.D.	2,616	201	5.9	4.7	7.3
Some College	2,526	248	7.8	6.6	9.2
College Graduate	2,936	278	7.4	6.3	8.8
<b>INCOME</b>					
Less than \$10,000	657	53	5.3	3.6	7.6
\$10-19,999	1,569	135	6.5	5.0	8.6
\$20-49,999	3,140	299	7.0	6.0	8.2
\$50,000 or more	2,870	222	6.2	5.1	7.4
<b>EMPLOYMENT</b>					
Employed	4,420	211	3.5	2.9	4.2
Unemployed/Unable to Work	1,265	119	7.9	5.9	10.5
Homemaker/Student	1,065	52	3.5	2.3	5.1
Retired	2,504	419	16.4	14.4	18.5
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,905	152	4.6	3.6	5.8
Northeast	1,767	153	7.6	6.1	9.4
Metro	2,079	173	6.5	5.4	7.8
Southeast	1,626	146	6.6	5.4	8.0
Southwest	1,913	179	6.4	5.4	7.6

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 NON-SKIN CANCER — MALES

Table 33. Percentage of adult males with history of diagnosis of any type of cancer, excluding skin, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosis of Any Cancer, Excluding Skin Among Adult Men			
		Total Number Reporting Diagnosis of Any Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,938	269	4.9	4.1	5.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,657	243	4.7	3.9	5.7
LGBT**	93	10	7.5	3.6	15.0
<b>AGE</b>					
18-24	273	2	1.1	0.2	5.1
25-34	482	7	1.1	0.5	2.5
35-44	488	1	0.1	0.0	0.8
45-54	662	19	3.8	1.8	7.9
55-64	906	62	5.5	4.1	7.4
65-74	682	90	13.2	9.8	17.5
75+	413	87	21.9	16.8	28.0
<b>RACE/ETHNICITY</b>					
American Indian	280	8	2.4	0.7	8.4
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	2	3.4	0.8	12.8
Hispanic	1,383	56	3.0	2.0	4.6
White	2,066	193	7.1	5.8	8.6
<b>EDUCATION</b>					
Less than High School Graduate	484	21	2.6	1.6	4.2
High School Graduate or G.E.D.	1,128	72	5.1	3.5	7.4
Some College	993	64	4.9	3.5	6.8
College Graduate	1,326	111	6.5	5.0	8.4
<b>INCOME</b>					
Less than \$10,000	220	9	1.8	0.8	4.3
\$10-19,999	596	40	6.2	3.6	10.3
\$20-49,999	1,324	100	4.6	3.6	6.0
\$50,000 or more	1,451	96	5.2	3.8	6.9
<b>EMPLOYMENT</b>					
Employed	2,172	70	1.8	1.4	2.5
Unemployed/Unable to Work	530	30	5.1	2.7	9.3
Homemaker/Student	151	1	1.7	0.2	11.2
Retired	1,071	168	15.6	12.8	19.0
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	739	48	3.5	2.4	4.9
Northeast	806	54	5.6	3.8	8.2
Metro	930	58	5.1	3.7	7.1
Southeast	678	54	5.4	3.9	7.5
Southwest	785	55	4.2	3.1	5.7

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 9,316 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>⊙</sup> Among males, 90% were students.

# HISTORY OF DIAGNOSED NON-SKIN CANCER — FEMALES

Table 34. Percentage of adult females with history of diagnosis of any type of cancer, excluding skin, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosis of Any Cancer, Excluding Skin Among Adult Women			
		Total Number Reporting Diagnosis of Any Cancer	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup> Lower Upper	
<b>TOTAL</b>	5,352	534	8.0	7.1	9.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,961	495	8.0	7.1	9.0
LGBT**	142	14	6.3	2.9	13.2
<b>AGE</b>					
18-24	284	4	1.0	0.4	2.9
25-34	577	21	3.6	2.1	5.9
35-44	635	31	5.5	3.4	8.8
45-54	893	67	6.9	5.1	9.3
55-64	1,149	100	9.8	7.6	12.7
65-74	1,015	148	13.8	11.3	16.8
75+	742	159	21.1	17.2	25.6
<b>RACE/ETHNICITY</b>					
American Indian	481	22	3.8	1.9	7.5
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	5	8.6	3.0	22.0
Hispanic	1,950	148	6.4	5.2	7.9
White	2,728	343	10.4	9.0	12.0
<b>EDUCATION</b>					
Less than High School Graduate	710	54	4.9	3.4	7.0
High School Graduate or G.E.D.	1,488	129	6.7	5.3	8.4
Some College	1,533	184	10.4	8.6	12.5
College Graduate	1,610	167	8.4	6.7	10.3
<b>INCOME</b>					
Less than \$10,000	437	44	7.5	4.9	11.2
\$10-19,999	973	95	6.8	5.2	9.0
\$20-49,999	1,816	199	9.4	7.7	11.4
\$50,000 or more	1,419	126	7.5	5.9	9.4
<b>EMPLOYMENT</b>					
Employed	2,248	141	5.5	4.4	6.9
Unemployed/Unable to Work	735	89	10.9	8.0	14.6
Homemaker/Student	914	51	4.0	2.8	5.7
Retired	1,433	251	17.1	14.5	20.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,166	104	5.7	4.2	7.6
Northeast	961	99	9.5	7.4	12.2
Metro	1,149	115	7.8	6.3	9.7
Southeast	948	92	7.8	6.1	9.8
Southwest	1,128	124	8.6	7.0	10.5

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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:

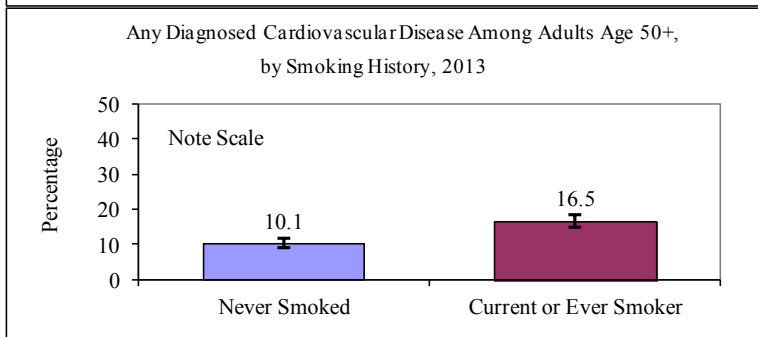
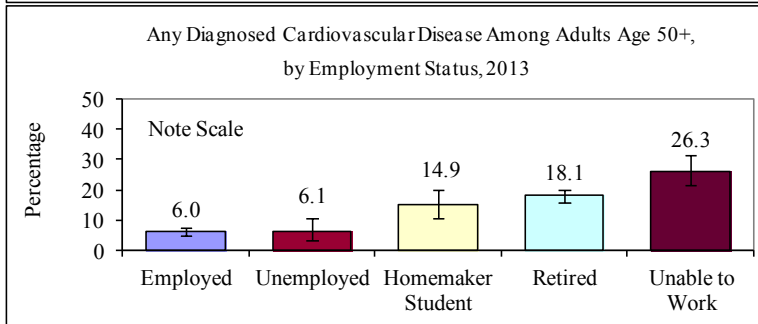
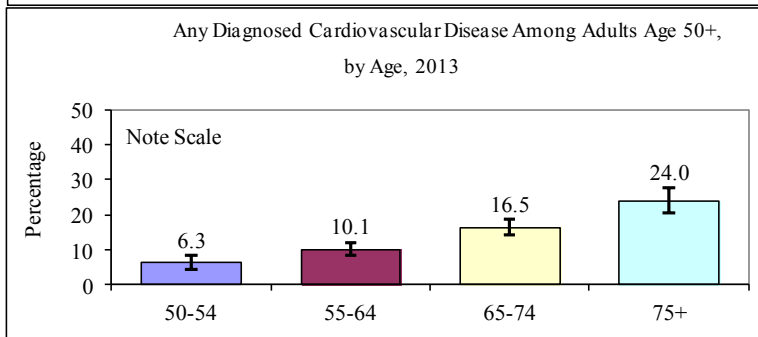
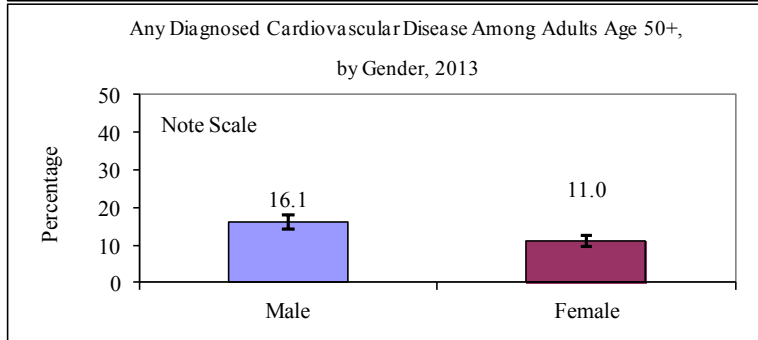
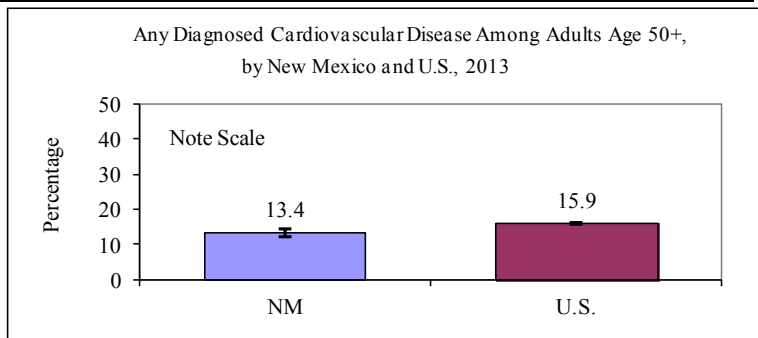
- ...a heart attack, also called a myocardial infarction?
- ...angina or coronary heart disease?
- ...a stroke?

Heart disease is the leading cause of death for both men and women in the United States.<sup>12</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>10</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>11</sup>

### IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 13.4% report history of either myocardial infarction (MI), coronary heart disease, stroke, or some combination of the three. The NM estimate of CVD was statistically lower than that of the U.S. (15.9%).
- ◆ Men were more likely than women to report a history of CVD.
- ◆ 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 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.
- ◆ Adults 50+ with history of CVD were more likely to be in fair or poor health (50.3% versus 23.8%) or to have a disability (57.2% versus 29.3%),



## ANY DIAGNOSED CARDIOVASCULAR DISEASE — ADULTS AGE 50+

Table 35. Percentage of adults age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2013.

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>	5,748	853	13.4	12.3	14.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,355	802	13.5	12.4	14.7
LGBT**	106	9	8.6	3.7	19.0
<b>AGE</b>					
50-54	877	56	6.3	4.6	8.6
55-64	2,045	221	10.1	8.5	11.9
65-74	1,685	298	16.5	14.3	19.0
75+	1,141	278	24.0	20.8	27.6
<b>RACE/ETHNICITY</b>					
American Indian	347	37	8.8	5.9	13.0
Asian NHOPI**	40	-	-	-	-
Black/AA**	66	11	16.6	8.6	29.6
Hispanic	1,659	246	13.3	11.4	15.6
White	3,502	534	13.9	12.4	15.4
<b>EDUCATION</b>					
Less than High School Graduate	704	125	16.6	13.4	20.4
High School Graduate or G.E.D.	1,571	276	15.7	13.6	18.2
Some College	1,503	230	13.5	11.4	15.9
College Graduate	1,959	222	8.8	7.5	10.3
<b>INCOME</b>					
Less than \$10,000	381	78	16.0	11.8	21.2
\$10-19,999	952	195	19.1	16.0	22.6
\$20-49,999	1,932	308	15.4	13.3	17.7
\$50,000 or more	1,764	148	7.2	5.9	8.9
<b>EMPLOYMENT</b>					
Employed	2,077	143	6.0	4.8	7.4
Unemployed/Unable to Work	791	187	19.8	16.5	23.5
Homemaker/Student	424	60	14.9	10.7	20.3
Retired	2,441	461	18.1	16.1	20.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,202	176	14.8	12.2	17.9
Northeast	1,154	129	10.3	8.4	12.5
Metro	1,159	136	10.7	8.9	12.9
Southeast	1,026	201	18.8	16.1	21.9
Southwest	1,207	211	17.5	15.0	20.3

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 36. Percentage of adult males age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2013.

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>	2,342	415	16.1	14.3	18.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,172	387	16.1	14.2	18.1
LGBT**	47	-	-	-	-
<b>AGE</b>					
50-54	357	30	7.7	5.0	11.5
55-64	901	119	12.1	9.7	15.1
65-74	677	146	19.9	16.4	24.1
75+	407	120	30.0	24.3	36.4
<b>RACE/ETHNICITY</b>					
American Indian**	111	20	15.0	8.9	24.2
Asian NHOPI**	22	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	664	122	16.6	13.4	20.4
White	1,452	255	16.2	13.9	18.7
<b>EDUCATION</b>					
Less than High School Graduate	278	54	18.0	13.2	24.1
High School Graduate or G.E.D.	627	143	21.0	17.3	25.3
Some College	532	92	15.6	12.2	19.8
College Graduate	900	126	11.0	8.9	13.5
<b>INCOME</b>					
Less than \$10,000**	132	29	15.4	9.5	24.1
\$10-19,999	363	91	24.1	18.9	30.1
\$20-49,999	748	145	18.7	15.3	22.5
\$50,000 or more	893	106	9.9	7.7	12.6
<b>EMPLOYMENT</b>					
Employed	976	89	8.0	6.1	10.4
Unemployed/Unable to Work	315	79	20.7	15.7	26.6
Homemaker/Student**	8	-	-	-	-
Retired	1,037	247	23.1	19.9	26.7
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	454	81	18.6	14.2	24.0
Northeast	513	75	12.7	9.8	16.3
Metro	497	71	12.4	9.5	15.9
Southeast	404	90	22.3	17.7	27.6
Southwest	474	98	21.7	17.5	26.7

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

\* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to 9,316 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 37. Percentage of adult females age 50+ with history of diagnosis of either myocardial infarction, coronary heart disease, or a stroke, New Mexico, 2013.

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>	3,406	438	11.0	9.7	12.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,183	415	11.3	9.9	12.8
LGBT**	59	4	6.7	1.8	21.7
<b>AGE</b>					
50-54	520	26	5.1	3.1	8.3
55-64	1,144	102	8.1	6.2	10.5
65-74	1,008	152	13.5	11.0	16.4
75+	734	158	19.7	16.1	23.9
<b>RACE/ETHNICITY</b>					
American Indian	236	17	4.7	2.7	8.0
Asian NHOPI**	18	-	-	-	-
Black/AA**	42	-	-	-	-
Hispanic	995	124	10.5	8.3	13.2
White	2,050	279	11.9	10.1	13.9
<b>EDUCATION</b>					
Less than High School Graduate	426	71	15.3	11.4	20.2
High School Graduate or G.E.D.	944	133	11.2	8.9	13.9
Some College	971	138	12.1	9.6	15.0
College Graduate	1,059	96	6.4	5.0	8.3
<b>INCOME</b>					
Less than \$10,000	249	49	16.4	11.2	23.5
\$10-19,999	589	104	14.9	11.5	19.1
\$20-49,999	1,184	163	12.7	10.3	15.6
\$50,000 or more	871	42	4.1	2.8	5.9
<b>EMPLOYMENT</b>					
Employed	1,101	54	3.9	2.8	5.5
Unemployed/Unable to Work	476	108	19.0	14.9	23.9
Homemaker/Student	416	60	15.2	11.0	20.8
Retired	1,404	214	13.2	11.0	15.8
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	748	95	11.3	8.8	14.5
Northeast	641	54	8.2	6.0	11.2
Metro	662	65	9.3	7.0	12.3
Southeast	622	111	15.9	13.0	19.4
Southwest	733	113	13.8	11.2	16.8

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

\* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 9,316 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.

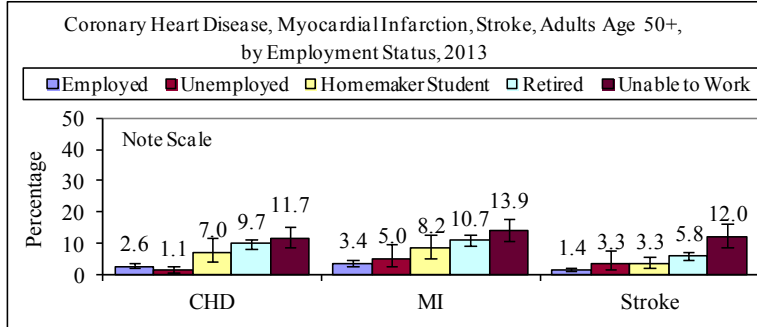
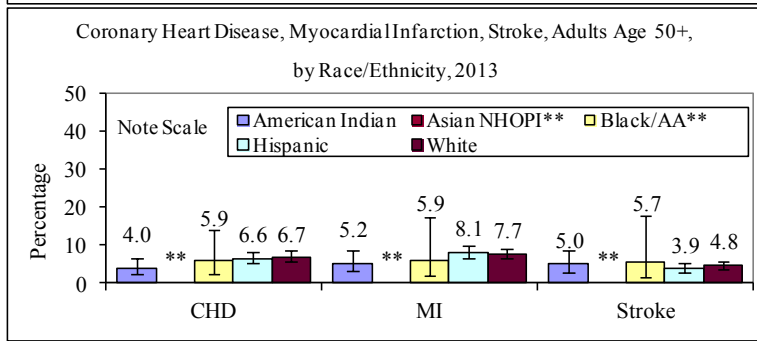
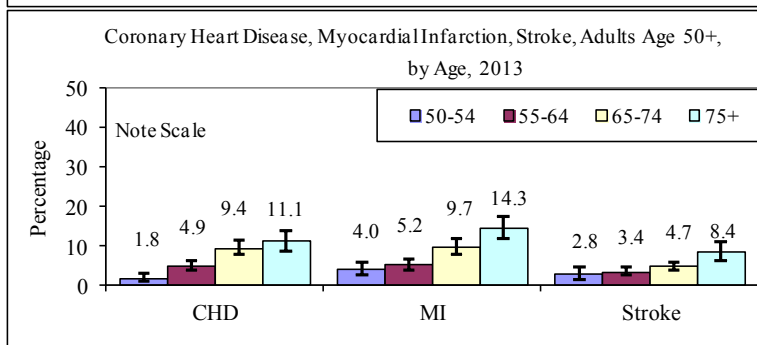
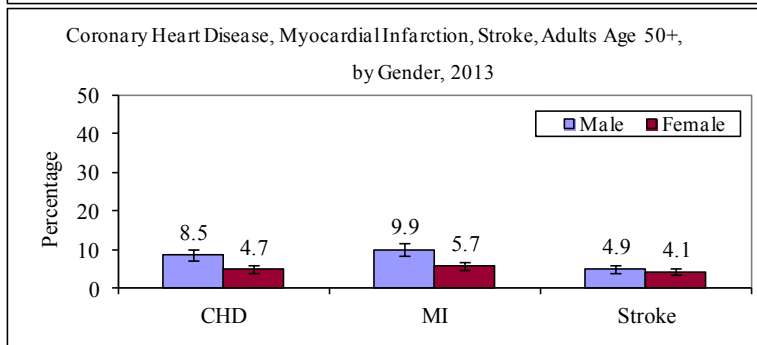
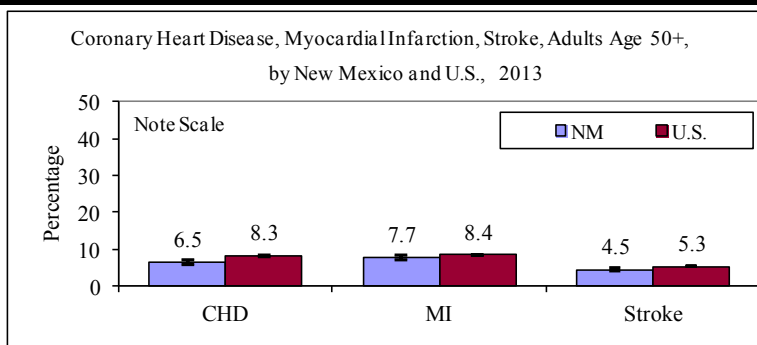
⊙ For a list of the counties in each geographic region, see Appendix II at the end of this report.

\*\* 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 NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 6.5% have a history of coronary heart disease, 7.7% a history of myocardial infarction, and 4.5% 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 and significant association between age and cardiovascular disease. For each form of CVD, there was a step-wise increase in prevalence across age groups that was statistically significant, overall. 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 and lower annual household income were more likely to report one or more forms of cardiovascular disease.
- ◆ Adults with diabetes were more likely to report history of cardiovascular disease of any type, as well as any individual cardiovascular disease.
- ◆ There was a strong association between history of cardiovascular disease and ability to work. Adults with history of coronary heart disease, myocardial infarction, or stroke, were more likely to be unable to work than those with no history of each form of cardiovascular disease.
- ◆ Adults age 50+ with history of coronary heart disease, myocardial infarction, or stroke, or any combination of the three, were more likely to be in fair or poor health or to have a disability.



# DIAGNOSED CORONARY HEART DISEASE — AGE 50+

Table 38. Percentage of adults age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2013.

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>	5,760	423	6.5	5.7	7.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,368	407	6.7	5.9	7.6
LGBT**	105	3	3.3	0.7	14.4
<b>AGE</b>					
50-54	881	20	1.8	1.1	2.9
55-64	2,051	101	4.9	3.8	6.4
65-74	1,685	164	9.4	7.7	11.3
75+	1,143	138	11.1	8.8	13.8
<b>RACE/ETHNICITY</b>					
American Indian	349	20	4.0	2.3	6.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	67	5	5.9	2.3	14.2
Hispanic	1,664	118	6.6	5.2	8.3
White	3,505	266	6.7	5.7	7.8
<b>EDUCATION</b>					
Less than High School Graduate	713	50	6.9	4.8	9.9
High School Graduate or G.E.D.	1,570	131	7.4	6.0	9.2
Some College	1,505	124	7.2	5.7	9.0
College Graduate	1,961	118	4.4	3.6	5.5
<b>INCOME</b>					
Less than \$10,000	381	34	6.5	3.9	10.5
\$10-19,999	953	95	9.4	7.2	12.2
\$20-49,999	1,941	156	7.7	6.3	9.5
\$50,000 or more	1,763	89	4.4	3.4	5.8
<b>EMPLOYMENT</b>					
Employed	2,079	67	2.6	1.9	3.5
Unemployed/Unable to Work	792	86	8.3	6.4	10.8
Homemaker/Student	428	26	7.0	4.2	11.6
Retired	2,446	244	9.7	8.2	11.4
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,205	83	7.2	5.5	9.3
Northeast	1,159	70	5.1	3.9	6.6
Metro	1,165	65	4.7	3.5	6.3
Southeast	1,026	111	10.7	8.5	13.2
Southwest	1,205	94	8.3	6.4	10.6

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 — MALES AGE 50+

Table 39. Percentage of adult males age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2013.

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>	2,346	230	8.5	7.2	9.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,176	220	8.7	7.4	10.3
LGBT**	46	-	-	-	-
<b>AGE</b>					
50-54	357	15	2.8	1.6	4.9
55-64	904	54	5.6	4.0	7.8
65-74	678	96	13.7	10.7	17.4
75+	407	65	14.1	10.2	19.1
<b>RACE/ETHNICITY</b>					
American Indian**	112	10	6.1	2.8	12.4
Asian NHOPI**	22	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	664	69	9.1	6.8	12.1
White	1,454	140	8.4	6.8	10.3
<b>EDUCATION</b>					
Less than High School Graduate	282	27	9.0	5.6	14.2
High School Graduate or G.E.D.	628	75	10.9	8.3	14.2
Some College	531	55	8.6	6.3	11.8
College Graduate	900	73	5.8	4.5	7.6
<b>INCOME</b>					
Less than \$10,000**	132	13	5.7	2.7	11.7
\$10-19,999	363	50	13.8	9.7	19.1
\$20-49,999	751	83	10.0	7.6	12.9
\$50,000 or more	892	66	6.4	4.7	8.6
<b>EMPLOYMENT</b>					
Employed	976	47	3.9	2.7	5.6
Unemployed/Unable to Work	317	35	7.8	5.2	11.7
Homemaker/Student**	8	-	-	-	-
Retired	1,039	148	13.7	11.2	16.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	457	46	10.2	7.4	14.1
Northeast	515	47	7.3	5.3	10.0
Metro	498	37	5.7	3.9	8.3
Southeast	402	54	13.1	9.5	17.7
Southwest	474	46	11.4	8.1	15.8

§ 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 9,316 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 — FEMALES AGE 50+

Table 40. Percentage of adult females age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2013.

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>	3,414	193	4.7	3.9	5.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,192	187	4.9	4.0	6.0
LGBT**	59	2	4.7	0.8	22.9
<b>AGE</b>					
50-54	524	5	0.9	0.3	2.4
55-64	1,147	47	4.2	2.8	6.4
65-74	1,007	68	5.5	4.1	7.4
75+	736	73	8.9	6.5	12.1
<b>RACE/ETHNICITY</b>					
American Indian	237	10	2.6	1.3	5.3
Asian NHOPI**	18	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	1,000	49	4.4	2.9	6.6
White	2,051	126	5.2	4.1	6.5
<b>EDUCATION</b>					
Less than High School Graduate	431	23	4.9	2.8	8.5
High School Graduate or G.E.D.	942	56	4.4	3.2	6.1
Some College	974	69	6.2	4.5	8.5
College Graduate	1,061	45	2.9	2.0	4.1
<b>INCOME</b>					
Less than \$10,000	249	21	7.1	3.7	13.5
\$10-19,999	590	45	5.8	4.0	8.5
\$20-49,999	1,190	73	6.0	4.3	8.3
\$50,000 or more	871	23	2.1	1.3	3.5
<b>EMPLOYMENT</b>					
Employed	1,103	20	1.3	0.7	2.2
Unemployed/Unable to Work	475	51	8.8	6.2	12.3
Homemaker/Student	420	26	7.2	4.3	11.9
Retired	1,407	96	5.8	4.3	7.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	748	37	4.4	2.8	6.7
Northeast	644	23	3.2	2.0	5.0
Metro	667	28	3.8	2.4	6.1
Southeast	624	57	8.6	6.4	11.5
Southwest	731	48	5.6	4.0	7.7

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

\* Those who responded "don't know/not sure", who refused to respond or are male are excluded. Consequently, the sample sizes may not add to 9,316 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 — AGE 50+

Table 41. Percentage of adults age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2013.

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>	5,760	472	7.7	6.8	8.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,366	446	7.7	6.9	8.7
LGBT**	107	5	7.2	2.7	18.0
<b>AGE</b>					
50-54	878	34	4.0	2.7	5.8
55-64	2,046	111	5.2	4.0	6.6
65-74	1,691	171	9.7	7.9	11.7
75+	1,145	156	14.3	11.7	17.3
<b>RACE/ETHNICITY</b>					
American Indian	347	21	5.2	3.1	8.8
Asian NHOPI**	40	-	-	-	-
Black/AA**	65	3	5.9	1.9	17.3
Hispanic	1,662	148	8.1	6.5	9.9
White	3,512	286	7.7	6.7	9.0
<b>EDUCATION</b>					
Less than High School Graduate	706	77	10.0	7.6	13.1
High School Graduate or G.E.D.	1,573	160	9.6	7.9	11.5
Some College	1,506	113	6.9	5.3	8.8
College Graduate	1,964	122	5.2	4.2	6.5
<b>INCOME</b>					
Less than \$10,000	382	44	9.0	6.2	12.9
\$10-19,999	955	127	12.7	10.2	15.7
\$20-49,999	1,934	154	8.5	6.9	10.5
\$50,000 or more	1,768	86	4.2	3.2	5.6
<b>EMPLOYMENT</b>					
Employed	2,081	78	3.4	2.5	4.6
Unemployed/Unable to Work	792	111	11.0	8.8	13.7
Homemaker/Student	427	33	8.2	5.3	12.7
Retired	2,445	249	10.7	9.1	12.6
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,206	91	7.7	5.9	9.9
Northeast	1,154	81	6.5	5.1	8.3
Metro	1,167	78	6.4	5.0	8.3
Southeast	1,025	106	10.4	8.3	13.0
Southwest	1,208	116	9.5	7.7	11.8

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

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 — MALES AGE 50+

Table 42. Percentage of adult males age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2013.

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>	2,347	253	9.9	8.5	11.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,177	241	10.1	8.6	11.7
LGBT**	48	-	-	-	-
<b>AGE</b>					
50-54	358	22	5.4	3.4	8.7
55-64	900	65	6.6	4.8	9.0
65-74	680	96	12.9	10.0	16.5
75+	409	70	18.7	14.1	24.3
<b>RACE/ETHNICITY</b>					
American Indian**	111	12	9.2	4.6	17.6
Asian NHOPI**	22	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	665	80	10.5	8.0	13.7
White	1,456	151	9.7	7.9	11.8
<b>EDUCATION</b>					
Less than High School Graduate	279	36	11.2	7.5	16.3
High School Graduate or G.E.D.	626	94	14.3	11.3	18.0
Some College	535	50	8.4	5.8	11.9
College Graduate	902	73	6.8	5.1	8.9
<b>INCOME</b>					
Less than \$10,000**	133	20	9.8	5.5	16.7
\$10-19,999	361	64	16.7	12.5	21.9
\$20-49,999	752	82	11.8	9.1	15.3
\$50,000 or more	896	64	5.8	4.2	8.0
<b>EMPLOYMENT</b>					
Employed	978	52	4.8	3.3	6.9
Unemployed/Unable to Work	315	56	13.2	9.6	17.9
Homemaker/Student**	8	-	-	-	-
Retired	1,040	145	14.3	11.7	17.3
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	455	49	10.8	7.7	15.0
Northeast	512	53	9.0	6.6	12.0
Metro	502	43	8.0	5.7	11.0
Southeast	404	53	14.0	10.2	18.9
Southwest	474	55	11.8	8.7	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 9,316 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 43. Percentage of adult females age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2013.

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>	3,413	219	5.7	4.7	6.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,189	205	5.7	4.7	6.9
LGBT**	59	2	5.1	1.0	22.4
<b>AGE</b>					
50-54	520	12	2.8	1.5	5.3
55-64	1,146	46	3.8	2.4	5.8
65-74	1,011	75	6.7	4.9	9.2
75+	736	86	11.1	8.4	14.6
<b>RACE/ETHNICITY</b>					
American Indian	236	9	2.5	1.2	5.1
Asian NHOPI**	18	-	-	-	-
Black/AA**	41	-	-	-	-
Hispanic	997	68	5.9	4.2	8.3
White	2,056	135	6.0	4.8	7.6
<b>EDUCATION</b>					
Less than High School Graduate	427	41	8.8	6.0	12.8
High School Graduate or G.E.D.	947	66	5.5	4.0	7.5
Some College	971	63	5.9	4.1	8.3
College Graduate	1,062	49	3.6	2.5	5.1
<b>INCOME</b>					
Less than \$10,000	249	24	8.4	5.2	13.4
\$10-19,999	594	63	9.4	6.6	13.2
\$20-49,999	1,182	72	5.9	4.2	8.2
\$50,000 or more	872	22	2.4	1.4	4.1
<b>EMPLOYMENT</b>					
Employed	1,103	26	1.9	1.1	3.3
Unemployed/Unable to Work	477	55	9.0	6.5	12.4
Homemaker/Student	419	33	8.5	5.4	13.0
Retired	1,405	104	7.2	5.4	9.5
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	751	42	4.7	3.3	6.7
Northeast	642	28	4.3	2.8	6.5
Metro	665	35	5.1	3.5	7.6
Southeast	621	53	7.4	5.4	10.1
Southwest	734	61	7.5	5.6	10.0

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

\* Those who responded "don't know/not sure", who refused to respond or were males were excluded. Consequently, the sample sizes may not add to 9,316 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.

# DIAGNOSED STROKE — AGE 50+

Table 44. Percentage of adults age 50+ with history of diagnosis of stroke, New Mexico, 2013.

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>	5,786	300	4.5	3.8	5.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,390	280	4.5	3.8	5.3
LGBT**	107	2	0.7	0.1	4.1
<b>AGE</b>					
50-54	883	23	2.8	1.6	4.7
55-64	2,054	83	3.4	2.5	4.5
65-74	1,695	100	4.7	3.7	6.0
75+	1,154	94	8.4	6.4	10.9
<b>RACE/ETHNICITY</b>					
American Indian	352	19	5.0	2.9	8.5
Asian NHOPI**	40	-	-	-	-
Black/AA**	67	4	5.7	1.6	18.0
Hispanic	1,669	80	3.9	2.9	5.3
White	3,523	188	4.8	3.9	5.8
<b>EDUCATION</b>					
Less than High School Graduate	720	38	4.6	3.0	6.8
High School Graduate or G.E.D.	1,577	103	6.0	4.6	7.7
Some College	1,512	87	4.8	3.6	6.3
College Graduate	1,966	72	2.6	2.0	3.5
<b>INCOME</b>					
Less than \$10,000	386	34	4.9	3.2	7.4
\$10-19,999	962	66	5.8	4.2	7.9
\$20-49,999	1,946	105	5.3	4.1	6.9
\$50,000 or more	1,768	39	1.6	1.1	2.4
<b>EMPLOYMENT</b>					
Employed	2,084	37	1.4	0.9	2.1
Unemployed/Unable to Work	800	89	9.2	7.0	12.2
Homemaker/Student	429	19	3.3	2.0	5.5
Retired	2,458	154	5.8	4.7	7.2
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,216	69	5.5	3.9	7.8
Northeast	1,162	39	3.4	2.2	5.0
Metro	1,165	48	3.5	2.5	4.9
Southeast	1,031	67	5.4	4.1	7.1
Southwest	1,212	77	6.4	4.9	8.4

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

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

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

# DIAGNOSED STROKE — MALES AGE 50+

Table 45. Percentage of adult males age 50+ with history of diagnosis of stroke, New Mexico, 2013.

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>	2,356	126	4.9	3.9	6.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,185	115	4.8	3.8	6.0
LGBT**	48	-	-	-	-
<b>AGE</b>					
50-54	359	10	3.1	1.5	6.6
55-64	904	42	3.7	2.5	5.3
65-74	679	36	4.4	3.0	6.5
75+	414	38	10.7	7.2	15.4
<b>RACE/ETHNICITY</b>					
American Indian**	112	13	9.5	4.9	17.6
Asian NHOPI**	22	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	666	32	3.8	2.5	5.9
White	1,462	76	5.4	4.1	7.1
<b>EDUCATION</b>					
Less than High School Graduate	285	13	4.3	2.2	8.2
High School Graduate or G.E.D.	629	51	8.0	5.7	11.1
Some College	535	28	4.4	2.8	6.8
College Graduate	902	34	3.0	2.0	4.5
<b>INCOME</b>					
Less than \$10,000**	134	13	5.5	2.8	10.7
\$10-19,999	366	27	6.5	4.1	10.3
\$20-49,999	752	42	5.8	4.0	8.3
\$50,000 or more	897	26	2.2	1.3	3.5
<b>EMPLOYMENT</b>					
Employed	978	18	1.7	1.0	3.0
Unemployed/Unable to Work	318	39	10.2	6.8	15.0
Homemaker/Student**	8	-	-	-	-
Retired	1,046	69	6.3	4.7	8.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	459	23	5.7	3.1	10.3
Northeast	515	20	4.0	2.4	6.7
Metro	502	22	3.3	2.1	5.3
Southeast	405	25	5.7	3.6	8.9
Southwest	475	36	8.3	5.6	12.0

§ 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 9,316 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 STROKE — FEMALES AGE 50+

Table 46. Percentage of adult females age 50+ with history of diagnosis of stroke, New Mexico, 2013.

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>	3,430	174	4.1	3.3	5.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,205	165	4.3	3.4	5.3
LGBT**	59	1	1.1	0.1	7.3
<b>AGE</b>					
50-54	524	13	2.5	1.2	5.2
55-64	1,150	41	3.1	1.9	5.0
65-74	1,016	64	4.9	3.6	6.7
75+	740	56	6.7	4.7	9.5
<b>RACE/ETHNICITY</b>					
American Indian	240	6	2.0	0.9	4.7
Asian NHOPI**	18	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	1,003	48	4.0	2.7	6.0
White	2,061	112	4.3	3.3	5.5
<b>EDUCATION</b>					
Less than High School Graduate	435	25	4.9	3.0	7.8
High School Graduate or G.E.D.	948	52	4.2	2.9	6.2
Some College	977	59	5.0	3.4	7.3
College Graduate	1,064	38	2.2	1.5	3.2
<b>INCOME</b>					
Less than \$10,000	252	21	4.3	2.6	7.2
\$10-19,999	596	39	5.1	3.3	7.8
\$20-49,999	1,194	63	4.9	3.4	7.2
\$50,000 or more	871	13	1.0	0.5	1.9
<b>EMPLOYMENT</b>					
Employed	1,106	19	1.1	0.6	1.8
Unemployed/Unable to Work	482	50	8.4	5.6	12.4
Homemaker/Student	421	19	3.4	2.1	5.6
Retired	1,412	85	5.4	3.9	7.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	757	46	5.3	3.7	7.7
Northeast	647	19	2.8	1.5	5.2
Metro	663	26	3.7	2.3	5.9
Southeast	626	42	5.2	3.7	7.2
Southwest	737	41	4.8	3.4	6.7

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

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# DIAGNOSED HIGH CHOLESTEROL AMONG ADULTS AGE 20+

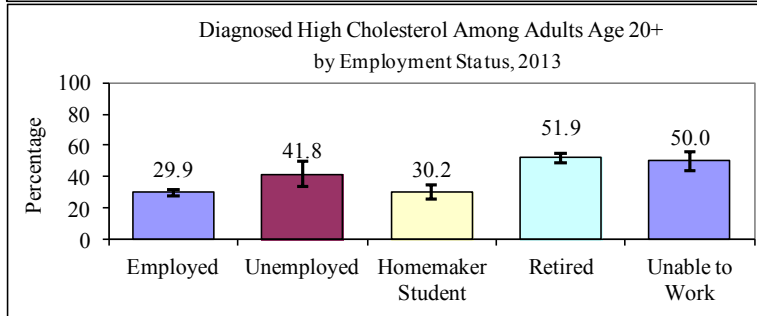
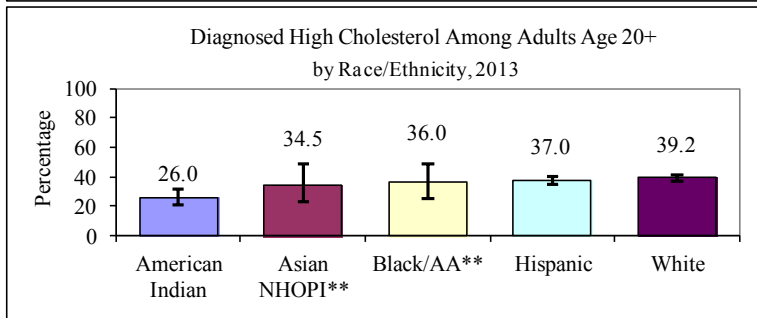
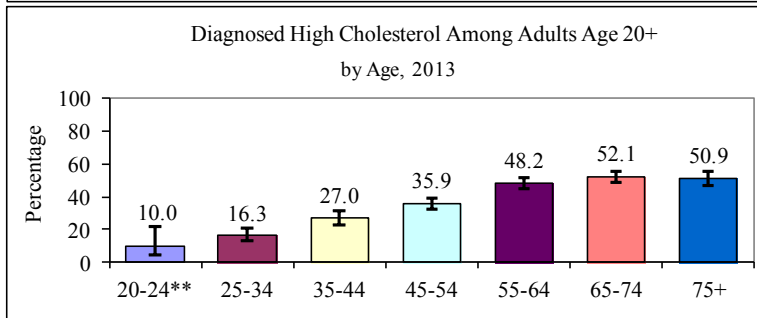
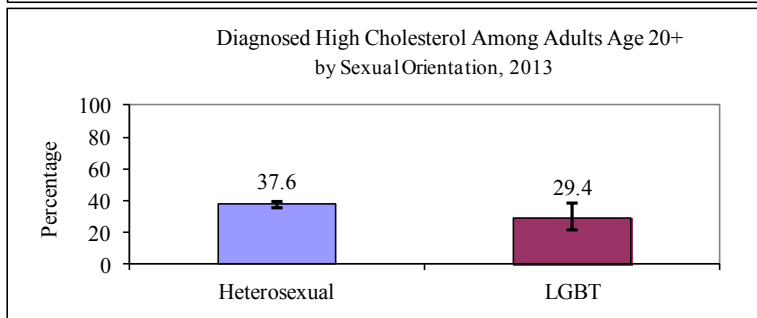
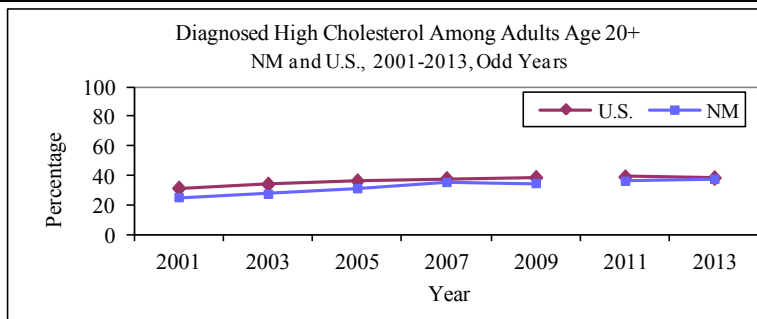
## QUESTION:

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

Cholesterol is a waxy substance produced by the liver or consumed in certain foods. Though necessary for health, cholesterol can also build up in the arteries, resulting in a narrowing of arterial pathways, reducing blood flow to the heart and other essential organs.<sup>6, 12</sup>

### IN NEW MEXICO,

- ◆ Among adults age 20 years or more who had ever been tested, 37.5% had been told that their cholesterol was high. This was similar to that of the U.S. as a whole, 38.4%.
- ◆ The prevalence of high cholesterol among adults age 20 years or more has risen over the past decade, though the rate of increase may not have been as great since 2007.
- ◆ Heterosexuals were slightly more likely to have been told that they had high cholesterol than adults who, as a group, were LGBT.
- ◆ Men were slightly more likely to have been told that they had high cholesterol than were women, even after adjusting for differences in age.
- ◆ There was a strong association between high cholesterol and age. The prevalence of high cholesterol was 10.0% among adults less than age 25 years of age and fifty-two percent (52.1%) among adults 65 to 74 years of age.
- ◆ Apparent differences in high cholesterol by race/ethnicity did not hold after adjustment for age, suggesting that much of the difference between the groups may be explained by differences in the age distributions of these groups.
- ◆ There was no difference by education level or annual household income.
- ◆ Adults who were unemployed or unable to work were more likely than adults who were employed, homemaker or student, or were retired (after age-adjustment), to have been told they had high cholesterol.
- ◆ Adults who were overweight or obese were more likely to have diagnosed high cholesterol than adults who were at an appropriate weight for height.



- ◆ Adults with high cholesterol were more likely to be in fair or poor health or to have a disability.

# DIAGNOSED HIGH CHOLESTEROL AMONG ADULTS AGE 20+

Table 47. Percentage of adults age 20 years or more with history of diagnosis of high cholesterol, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adults Age 20+			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	7,394	3,025	37.5	35.9	39.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	6,883	2,817	37.6	36.0	39.2
LGBT	182	67	29.4	21.7	38.3
<b>AGE</b>					
20-24**	146	13	10.0	4.3	21.4
25-34	589	86	16.3	12.8	20.7
35-44	827	202	27.0	23.0	31.4
45-54	1,298	479	35.9	32.4	39.5
55-64	1,862	885	48.2	45.0	51.4
65-74	1,607	838	52.1	48.6	55.6
75+	1,065	522	50.9	46.6	55.2
<b>RACE/ETHNICITY</b>					
American Indian	507	154	26.0	20.7	32.0
Asian NHOPI**	69	27	34.5	22.6	48.7
Black/AA**	84	36	36.0	24.9	48.8
Hispanic	2,432	957	37.0	34.4	39.6
White	4,144	1,778	39.2	37.1	41.3
<b>EDUCATION</b>					
Less than High School Graduate	776	364	42.7	37.8	47.6
High School Graduate or G.E.D.	1,969	805	38.0	35.1	41.0
Some College	2,040	826	35.8	33.0	38.7
College Graduate	2,602	1,026	36.4	33.7	39.1
<b>INCOME</b>					
Less than \$10,000	444	196	37.3	31.3	43.8
\$10-19,999	1,149	511	38.4	34.5	42.4
\$20-49,999	2,486	1,045	39.3	36.6	42.0
\$50,000 or more	2,531	945	35.1	32.5	37.8
<b>EMPLOYMENT</b>					
Employed	3,375	1,103	29.9	27.8	32.1
Unemployed/Unable to Work	960	469	46.7	42.0	51.4
Homemaker/Student	695	247	30.2	26.0	34.9
Retired	2,341	1,198	51.9	49.0	54.8
<b>Geographic Region</b> ⊙					
Northwest	1,484	594	35.4	32.3	38.7
Northeast	1,454	591	38.3	35.3	41.5
Metro	1,626	650	37.4	34.5	40.3
Southeast	1,314	547	36.2	33.1	39.4
Southwest	1,516	643	39.1	36.1	42.2

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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 HIGH CHOLESTEROL AMONG ADULT MALES AGE 20+

Table 48. Percentage of adult males age 20 years or more with history of diagnosis of high cholesterol, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adult Men Age 20+			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,038	1,273	39.1	36.6	41.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,821	1,185	39.1	36.6	41.7
LGBT**	75	29	30.6	19.6	44.3
<b>AGE</b>					
20-24**	76	7	12.6	4.2	32.2
25-34	264	48	20.9	15.2	28.1
35-44	354	115	36.3	29.8	43.3
45-54	525	210	36.8	31.4	42.6
55-64	800	384	48.0	43.3	52.7
65-74	645	335	51.5	46.0	56.9
75+	374	174	49.6	42.4	56.7
<b>RACE/ETHNICITY</b>					
American Indian	159	54	32.9	23.0	44.6
Asian NHOPI**	35	-	-	-	-
Black/AA**	36	-	-	-	-
Hispanic	979	403	38.2	34.1	42.5
White	1,741	745	40.4	37.2	43.7
<b>EDUCATION</b>					
Less than High School Graduate	298	135	42.5	35.1	50.3
High School Graduate or G.E.D.	804	318	37.6	33.3	42.2
Some College	754	316	36.2	31.8	40.9
College Graduate	1,179	503	41.7	37.6	45.8
<b>INCOME</b>					
Less than \$10,000**	143	56	32.9	24.2	43.0
\$10-19,999	408	182	38.2	32.0	44.8
\$20-49,999	982	413	40.8	36.5	45.3
\$50,000 or more	1,259	524	39.4	35.7	43.4
<b>EMPLOYMENT</b>					
Employed	1,593	577	34.2	31.1	37.6
Unemployed/Unable to Work	377	177	44.6	37.8	51.7
Homemaker/Student**	63	13	14.1	7.4	25.2
Retired	995	504	51.0	46.6	55.4
<b>Geographic Region</b> <sup>⊙</sup>					
Northwest	549	237	40.4	35.2	45.8
Northeast	649	274	39.2	34.6	43.9
Metro	710	299	40.3	35.8	45.0
Southeast	528	216	36.3	31.5	41.4
Southwest	602	247	37.4	32.8	42.3

\* 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 9,316 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 HIGH CHOLESTEROL AMONG ADULT FEMALES AGE 20+

Table 49. Percentage of adult females age 20 years or more with history of diagnosis of high cholesterol, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adult Women Age 20+			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,356	1,752	36.0	34.1	38.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,062	1,632	36.3	34.2	38.4
LGBT**	107	38	28.5	18.7	40.9
<b>AGE</b>					
20-24**	70	6	6.4	2.8	13.9
25-34	325	38	11.9	8.1	17.1
35-44	473	87	18.0	13.9	22.9
45-54	773	269	35.0	30.6	39.8
55-64	1,062	501	48.5	44.1	52.9
65-74	962	503	52.7	48.3	57.1
75+	691	348	51.9	46.6	57.1
<b>RACE/ETHNICITY</b>					
American Indian	348	100	21.4	16.6	27.3
Asian NHOPI**	34	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,453	554	35.8	32.6	39.2
White	2,403	1,033	38.0	35.3	40.8
<b>EDUCATION</b>					
Less than High School Graduate	478	229	42.8	36.7	49.1
High School Graduate or G.E.D.	1,165	487	38.4	34.7	42.2
Some College	1,286	510	35.5	31.9	39.1
College Graduate	1,423	523	30.8	27.6	34.1
<b>INCOME</b>					
Less than \$10,000	301	140	40.1	32.1	48.7
\$10-19,999	741	329	38.5	33.6	43.6
\$20-49,999	1,504	632	37.9	34.6	41.3
\$50,000 or more	1,272	421	29.8	26.4	33.4
<b>EMPLOYMENT</b>					
Employed	1,782	526	25.1	22.6	27.8
Unemployed/Unable to Work	583	292	48.5	42.0	55.0
Homemaker/Student	632	234	33.4	28.8	38.5
Retired	1,346	694	52.7	48.9	56.5
<b>Geographic Region</b> <sup>⊛</sup>					
Northwest	935	357	31.1	27.6	34.9
Northeast	805	317	37.6	33.6	41.7
Metro	916	351	34.7	31.1	38.5
Southeast	786	331	36.1	32.2	40.1
Southwest	914	396	40.6	36.8	44.6

§ 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 9,316 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 CHRONIC OBSTRUCTIVE PULMONARY DISEASE

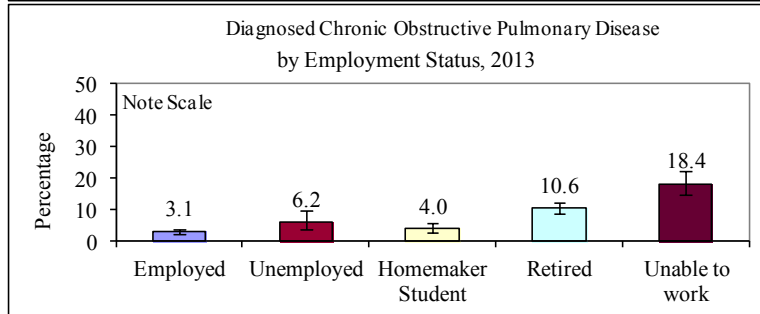
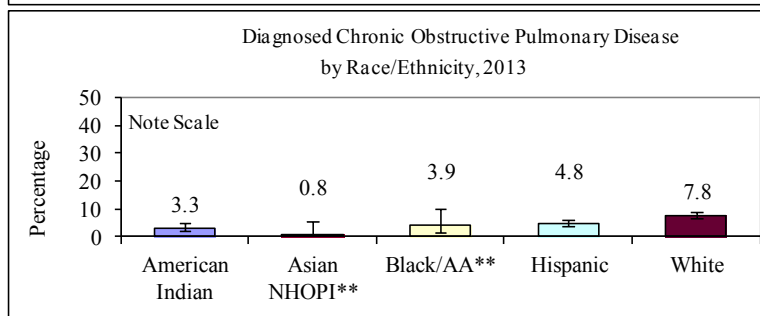
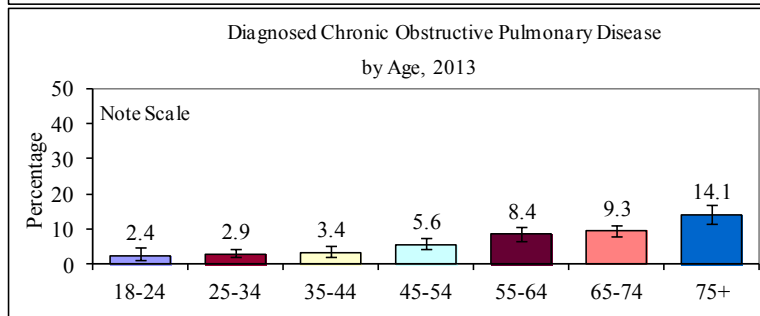
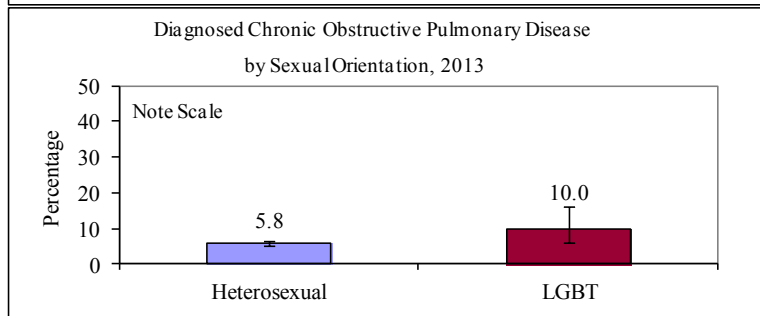
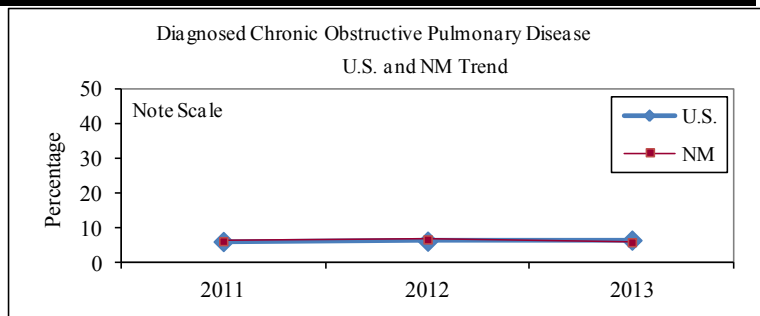
## QUESTION:

“Have you ever been told by a doctor, nurse or other health professional that you have COPD (chronic obstructive pulmonary disease), emphysema or chronic bronchitis?”

Chronic Obstructive Pulmonary Disease, or COPD, is a serious lung disease that makes it hard to breathe and gets worse over time. COPD includes two main conditions, emphysema and chronic bronchitis. Other causes include exposure to wood-burning smoke and worksite dusts and chemicals.<sup>31</sup>

### IN NEW MEXICO,

- ◆ 5.9% of adults had been diagnosed with some form of COPD. This was similar to the U.S., 6.5%.
- ◆ There was no difference between men and women.
- ◆ The prevalence of COPD was higher among LGBT adults than heterosexual adults.
- ◆ There was a strong association between COPD and age. The prevalence of COPD was higher among adults in older age groups, 14.1% among those age 75 or more, and lowest (2.4%) among adults less than age 25.
- ◆ White adults (7.8%) were more likely to have COPD than Asian/NHOPI (0.8%), American Indian (3.3%) and Hispanic (4.8%) adults. This population is older, on average, than the other populations. Age adjustment eliminated the difference between Whites and American Indians and Hispanics. However, adjusting for age, Whites had a higher prevalence of COPD than Asian/NHOPI adults and Asian/NHOPI adults had a lower prevalence than Hispanic adults.
- ◆ The prevalence of COPD was lower among adults who held at least a college degree (3.4%) than among adults with any lower level of education.
- ◆ The prevalence of COPD was lower among adults living in households with an annual income of \$50,000 or more (3.5%) than among adults living in households in any lower annual household income category.
- ◆ The prevalence of COPD was higher among adults who were unable to work. Adjusting for age eliminated the apparent higher prevalence of COPD among retired adults.
- ◆ Adults with diagnosed COPD were more likely to be in fair or poor health (47.9% versus 19.0%) and to have a disability (59.4% versus 21.7%).



- ◆ Cigarette smoking was strongly associated with COPD. As a group, current and former smokers had three times the odds of having COPD than those who had never smoked cigarettes.

## DIAGNOSED CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Table 50. Percentage of adults with diagnosed COPD, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	9,278	739	5.9	5.3	6.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,608	677	5.8	5.2	6.5
LGBT	238	24	10.0	6.0	16.3
<b>AGE</b>					
18-24	557	13	2.4	1.2	4.7
25-34	1,057	32	2.9	1.9	4.4
35-44	1,121	34	3.4	2.1	5.3
45-54	1,559	98	5.6	4.3	7.3
55-64	2,049	181	8.4	6.7	10.5
65-74	1,693	201	9.3	7.8	11.1
75+	1,154	178	14.1	11.6	17.0
<b>RACE/ETHNICITY</b>					
American Indian	753	40	3.3	2.3	4.8
Asian NHOPI**	92	1	0.8	0.1	5.5
Black/AA**	118	6	3.9	1.5	9.9
Hispanic	3,328	200	4.8	3.9	5.9
White	4,796	474	7.8	6.9	8.9
<b>EDUCATION</b>					
Less than High School Graduate	1,190	97	6.1	4.5	8.2
High School Graduate or G.E.D.	2,615	239	6.9	5.7	8.3
Some College	2,519	235	6.7	5.6	8.0
College Graduate	2,936	166	3.4	2.8	4.2
<b>INCOME</b>					
Less than \$10,000	657	87	8.9	6.4	12.3
\$10-19,999	1,565	190	9.0	7.3	11.0
\$20-49,999	3,137	262	6.2	5.2	7.4
\$50,000 or more	2,865	124	3.5	2.6	4.7
<b>EMPLOYMENT</b>					
Employed	4,413	148	3.1	2.4	3.9
Unemployed/Unable to Work	1,270	217	12.0	9.8	14.7
Homemaker/Student	1,064	54	4.0	2.7	5.9
Retired	2,495	319	10.6	9.1	12.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,896	184	6.3	5.2	7.7
Northeast	1,762	120	5.4	4.4	6.8
Metro	2,080	128	5.3	4.2	6.6
Southeast	1,626	139	7.2	5.9	8.9
Southwest	1,914	168	6.7	5.4	8.1

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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.

# DIAGNOSED CHRONIC OBSTRUCTIVE PULMONARY DISEASE — MALES

Table 51. Percentage of adult males with diagnosed COPD, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease Among Adult Men			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,930	269	5.2	4.4	6.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,651	249	5.2	4.3	6.3
LGBT**	94	6	5.8	2.2	14.6
<b>AGE</b>					
18-24	272	7	3.0	1.2	7.4
25-34	482	10	1.8	0.9	3.6
35-44	486	10	2.9	1.3	6.5
45-54	665	35	5.5	3.6	8.5
55-64	900	68	6.7	4.6	9.7
65-74	681	77	9.4	7.2	12.4
75+	413	62	13.3	9.8	17.9
<b>RACE/ETHNICITY</b>					
American Indian	277	15	3.4	1.9	6.1
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	1	2.0	0.3	12.8
Hispanic	1,381	68	4.4	3.1	6.2
White	2,063	179	6.8	5.5	8.4
<b>EDUCATION</b>					
Less than High School Graduate	484	36	6.3	4.0	9.8
High School Graduate or G.E.D.	1,125	104	7.2	5.4	9.5
Some College	989	72	4.8	3.5	6.5
College Graduate	1,325	57	2.7	1.9	3.7
<b>INCOME</b>					
Less than \$10,000	220	27	9.9	5.3	17.8
\$10-19,999	595	74	8.7	6.5	11.8
\$20-49,999	1,322	87	5.2	3.9	6.9
\$50,000 or more	1,448	63	3.3	2.2	5.0
<b>EMPLOYMENT</b>					
Employed	2,168	63	2.6	1.9	3.6
Unemployed/Unable to Work	530	75	10.4	7.2	14.7
Homemaker/Student** <sup>¶</sup>	151	6	4.6	1.6	12.6
Retired	1,067	125	9.4	7.6	11.7
<b>Geographic Region<sup>⊗</sup></b>					
Northwest	735	58	6.1	4.3	8.5
Northeast	803	49	4.3	3.1	5.9
Metro	931	43	4.0	2.7	6.0
Southeast	677	54	7.4	5.3	10.3
Southwest	784	65	6.8	4.9	9.2

\* 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 9,316 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.

# DIAGNOSED CHRONIC OBSTRUCTIVE PULMONARY DISEASE — FEMALES

Table 52. Percentage of adult females with diagnosed COPD, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease Among Adult Women			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,348	470	6.6	5.7	7.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,957	428	6.4	5.6	7.4
LGBT**	144	18	12.6	6.9	21.9
<b>AGE</b>					
18-24	285	6	1.7	0.7	4.3
25-34	575	22	4.1	2.4	6.8
35-44	635	24	3.8	2.3	6.4
45-54	894	63	5.6	4.1	7.7
55-64	1,149	113	10.0	7.5	13.2
65-74	1,012	124	9.2	7.3	11.5
75+	741	116	14.7	11.4	18.7
<b>RACE/ETHNICITY</b>					
American Indian	476	25	3.2	2.0	5.1
Asian NHOPI**	44	-	-	-	-
Black/AA**	60	5	6.3	2.0	17.7
Hispanic	1,947	132	5.2	4.0	6.7
White	2,733	295	8.8	7.5	10.4
<b>EDUCATION</b>					
Less than High School Graduate	706	61	5.9	4.0	8.7
High School Graduate or G.E.D.	1,490	135	6.5	5.1	8.3
Some College	1,530	163	8.4	6.7	10.4
College Graduate	1,611	109	4.2	3.3	5.4
<b>INCOME</b>					
Less than \$10,000	437	60	8.3	5.9	11.5
\$10-19,999	970	116	9.2	6.9	12.0
\$20-49,999	1,815	175	7.2	5.8	8.9
\$50,000+	1,417	61	3.7	2.5	5.5
<b>EMPLOYMENT</b>					
Employed	2,245	85	3.7	2.7	5.1
Unemployed Unable to Work	740	142	13.7	10.8	17.2
Homemaker Student <sup>ψ</sup>	913	48	3.8	2.6	5.5
Retired	1,428	194	11.8	9.7	14.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,161	126	6.5	5.2	8.1
Northeast	959	71	6.6	4.9	8.7
Metro	1,149	85	6.4	5.0	8.3
Southeast	949	85	7.1	5.5	9.0
Southwest	1,130	103	6.5	5.1	8.4

\* 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 9,316 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.

# EVER DIAGNOSED WITH DEPRESSIVE DISORDER

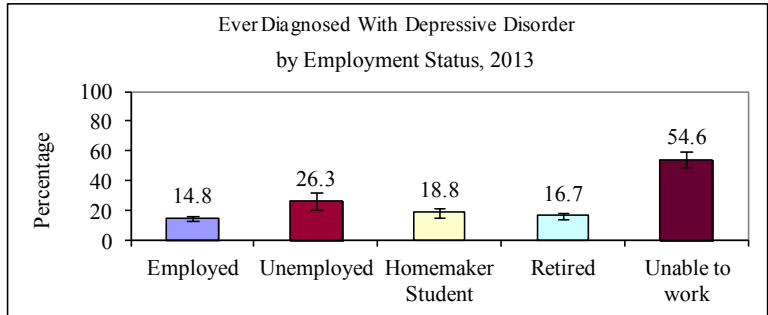
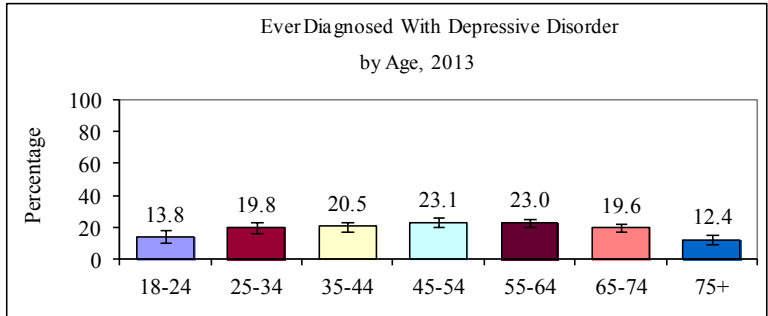
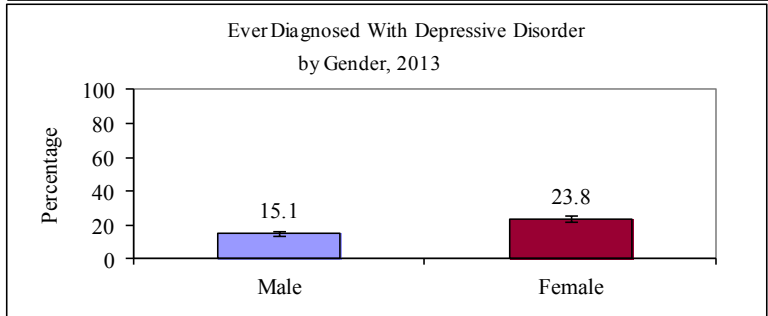
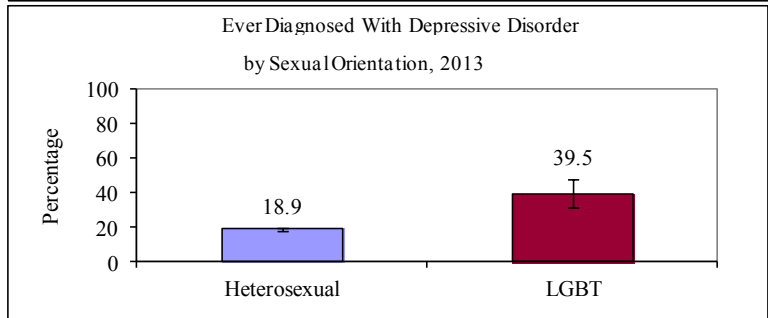
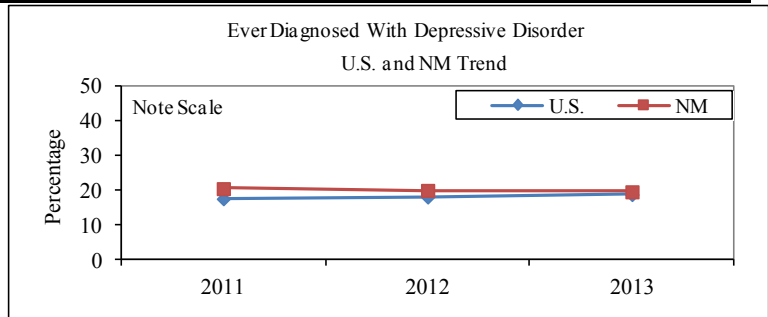
## QUESTION:

“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>32</sup> The BRFSS produces estimates of history of a depressive disorder. 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 ever diagnosed with depression was 19.5%. The NM rate was not higher than that of the U.S. (18.7%).
- ◆ Nearly forty percent (39.5%) of adults who were LGBT had a history of depression compared to twenty (18.9%) of heterosexual adults.
- ◆ Women (23.8%) were more likely than men (15.1%) to have ever been diagnosed with depression.
- ◆ History of depression was highest across the middle age groups and lowest at both extremes of the adult age spectrum.
- ◆ There was very little difference in history of depression by race/ethnicity. White adults were more likely than American Indian adults to have a history of depression.
- ◆ Adults with a college degree or higher education were slightly less likely to have a history of diagnosed depression than adults with some college or who were high school graduates.
- ◆ Adults living in lower income households were more likely to have a history of depression.
- ◆ Nearly fifty-five percent (53.6%) of adults who were unable to work had a history of depression.
- ◆ Adults in fair or poor general health status were much more likely to have a history of depression (37.1%) than other adults (15.0%).
- ◆ Adults with a disability were much more likely to have a history of depression (40.7%) than adults without a disability (13.0%).
- ◆ Adults who were obese were slightly more likely to have ever been diagnosed with depression than were adults who were overweight.



- ◆ Adults who were current smokers were more likely to have ever been diagnosed with depression (31.3%) than were non-smokers (17.0%).

# EVER DIAGNOSED WITH DEPRESSIVE DISORDER

Table 53. Percentage of adults ever diagnosed with depressive disorder, New Mexico, 2013.

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>	9,286	1,923	19.5	18.4	20.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,614	1,755	18.9	17.7	20.1
LGBT	238	91	39.5	31.4	48.3
<b>AGE</b>					
18-24	557	75	13.8	10.4	17.9
25-34	1,054	197	19.8	16.7	23.3
35-44	1,123	230	20.5	17.5	23.8
45-54	1,559	392	23.1	20.4	26.0
55-64	2,054	502	23.0	20.5	25.6
65-74	1,696	362	19.6	17.3	22.2
75+	1,154	152	12.4	9.8	15.5
<b>RACE/ETHNICITY</b>					
American Indian	759	109	12.1	9.6	15.3
Asian NHOPI**	92	14	12.4	6.6	22.2
Black/AA**	118	18	18.7	10.8	30.5
Hispanic	3,336	691	18.7	17.0	20.6
White	4,794	1,050	21.9	20.1	23.7
<b>EDUCATION</b>					
Less than High School Graduate	1,192	298	21.9	18.9	25.2
High School Graduate or G.E.D.	2,616	491	16.3	14.5	18.3
Some College	2,528	600	23.4	21.1	25.9
College Graduate	2,931	531	15.9	14.3	17.8
<b>INCOME</b>					
Less than \$10,000	657	220	27.3	23.1	32.0
\$10-19,999	1,569	440	25.5	22.4	28.9
\$20-49,999	3,143	620	19.4	17.5	21.5
\$50,000 or more	2,863	454	15.0	13.3	17.0
<b>EMPLOYMENT</b>					
Employed	4,413	695	14.8	13.5	16.2
Unemployed/Unable to Work	1,269	549	40.0	35.8	44.4
Homemaker/Student	1,067	224	18.8	15.8	22.2
Retired	2,501	450	16.7	14.7	18.8
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,897	389	17.5	15.5	19.8
Northeast	1,767	360	19.6	17.3	22.1
Metro	2,078	437	20.3	18.1	22.5
Southeast	1,626	333	19.6	17.3	22.1
Southwest	1,918	404	18.9	16.8	21.2

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 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 54. Percentage of adult males ever diagnosed with a depressive disorder, New Mexico, 2013.

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>	3,931	606	15.1	13.6	16.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,651	548	14.6	13.1	16.4
LGBT**	94	34	37.2	25.1	51.0
<b>AGE</b>					
18-24	272	26	11.7	7.3	18.1
25-34	479	53	12.7	9.1	17.3
35-44	488	77	16.8	12.8	21.7
45-54	664	134	19.9	16.1	24.3
55-64	901	161	16.0	13.2	19.2
65-74	682	113	15.8	12.6	19.7
75+	413	39	10.4	6.3	16.7
<b>RACE/ETHNICITY</b>					
American Indian	279	37	11.8	8.2	16.6
Asian NHOPI**	47	-	-	-	-
Black/AA**	58	7	21.3	9.8	40.2
Hispanic	1,385	204	13.8	11.6	16.4
White	2,061	337	17.1	14.7	19.7
<b>EDUCATION</b>					
Less than High School Graduate	485	90	17.4	13.3	22.3
High School Graduate or G.E.D.	1,126	154	12.8	10.4	15.8
Some College	991	170	17.9	14.8	21.5
College Graduate	1,321	192	12.5	10.4	15.0
<b>INCOME</b>					
Less than \$10,000	220	65	24.2	17.9	31.9
\$10-19,999	594	135	21.5	17.1	26.5
\$20-49,999	1,323	194	14.8	12.2	17.9
\$50,000 or more	1,448	169	11.4	9.2	13.9
<b>EMPLOYMENT</b>					
Employed	2,168	246	11.0	9.4	12.8
Unemployed/Unable to Work	529	181	32.7	26.8	39.3
Homemaker/Student** <sup>¶</sup>	150	20	13.1	7.6	21.7
Retired	1,070	157	13.9	11.2	17.0
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	734	111	14.8	11.8	18.4
Northeast	806	125	14.5	11.6	18.0
Metro	929	154	15.9	13.1	19.1
Southeast	678	100	15.9	12.6	19.7
Southwest	784	116	13.4	10.5	16.8

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 9,316 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 55. Percentage of adult females ever diagnosed with a depressive disorder, New Mexico, 2013.

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>	5,355	1,317	23.8	22.2	25.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,963	1,207	23.0	21.4	24.8
LGBT**	144	57	41.0	30.5	52.4
<b>AGE</b>					
18-24	285	49	16.0	11.4	21.9
25-34	575	144	27.3	22.5	32.7
35-44	635	153	24.2	20.2	28.7
45-54	895	258	26.2	22.6	30.2
55-64	1,153	341	29.5	25.8	33.6
65-74	1,014	249	23.0	19.8	26.6
75+	741	113	13.8	10.9	17.3
<b>RACE/ETHNICITY</b>					
American Indian	480	72	12.4	9.1	16.8
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	11	15.4	7.6	28.8
Hispanic	1,951	487	23.4	21.0	26.0
White	2,733	713	26.5	24.0	29.2
<b>EDUCATION</b>					
Less than High School Graduate	707	208	26.2	22.0	30.8
High School Graduate or G.E.D.	1,490	337	20.0	17.4	22.9
Some College	1,537	430	28.2	25.0	31.6
College Graduate	1,610	339	19.4	16.9	22.1
<b>INCOME</b>					
Less than \$10,000	437	155	29.3	23.9	35.4
\$10-19,999	975	305	28.8	24.6	33.3
\$20-49,999	1,820	426	24.1	21.4	27.0
\$50,000+	1,415	285	19.7	17.0	22.8
<b>EMPLOYMENT</b>					
Employed	2,245	449	19.4	17.3	21.8
Unemployed Unable to Work	740	368	47.6	41.7	53.5
Homemaker Student <sup>ψ</sup>	917	204	20.5	17.1	24.3
Retired	1,431	293	19.6	16.9	22.6
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,163	278	20.1	17.4	23.2
Northeast	961	235	24.5	21.2	28.2
Metro	1,149	283	24.4	21.4	27.7
Southeast	948	233	23.2	20.2	26.6
Southwest	1,134	288	24.3	21.3	27.5

\* Those who responded "don't know/not sure", who refused to respond or were male are excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

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

ψ Among Females, 87% were homemakers.



# DIAGNOSED DIABETES

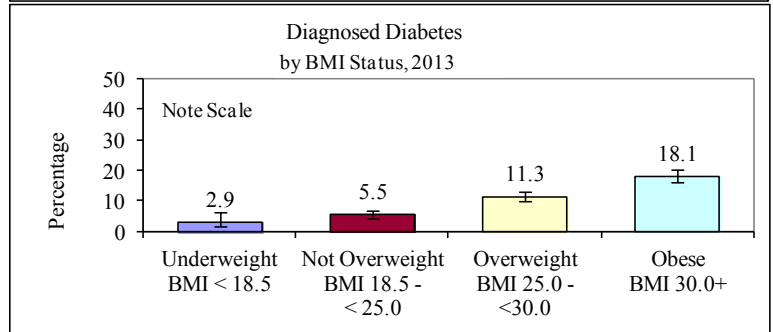
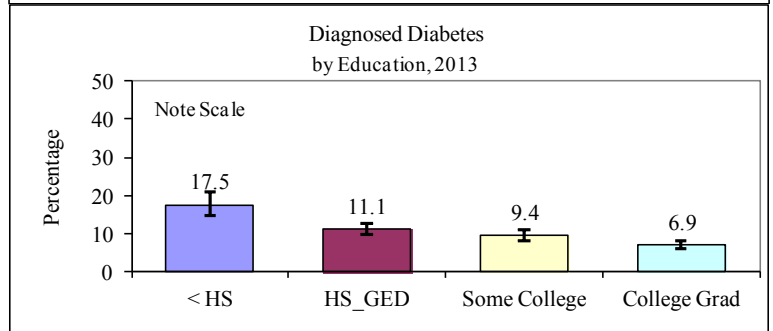
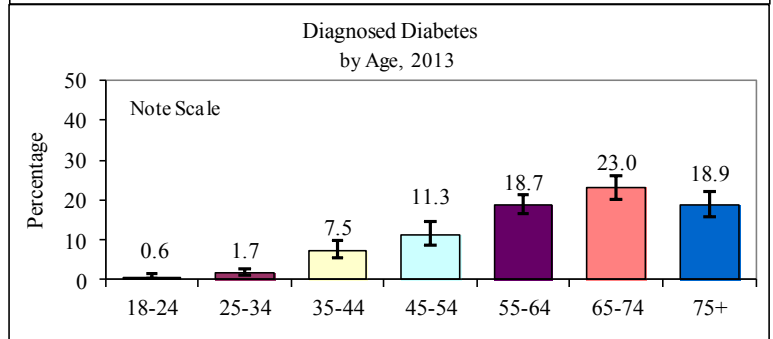
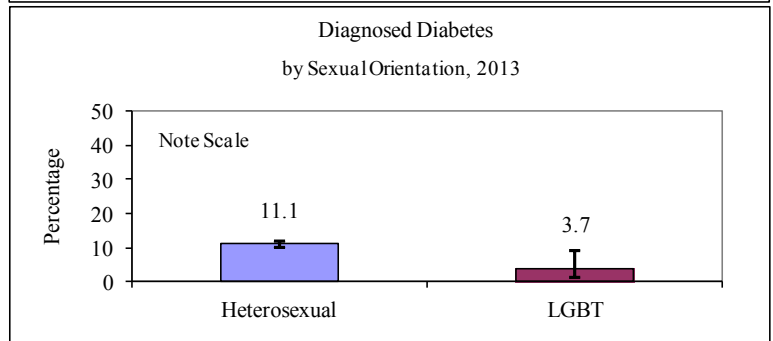
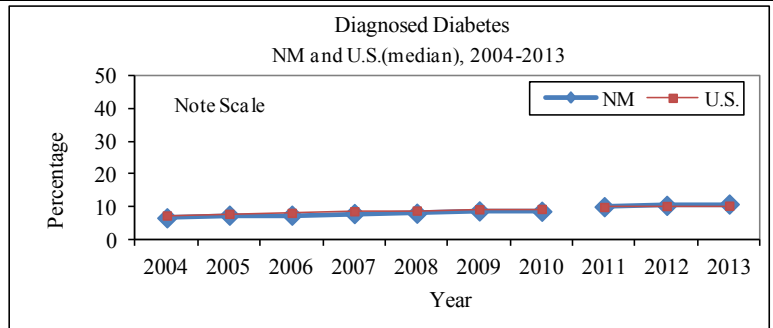
## QUESTION:

“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>14</sup>

### IN NEW MEXICO,

- ◆ The percentage of adults with diagnosed diabetes was 10.7%. The NM rate was similar to that of the U.S. (10.2%). The prevalence of diagnosed diabetes has increased in recent years, in NM and nationally.
- ◆ Adult members of the LGBT population were less likely to have diagnosed diabetes than heterosexual adults.
- ◆ 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 lower education and less 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 (18.1%), followed by overweight but not obese individuals (11.3%), followed by those who were not overweight or obese (5.5%) or were underweight (2.9%).
- ◆ 51.1% of adults with diagnosed diabetes had fair or poor general health status, compared to 17.0% of adults without diagnosed diabetes. 46.0% of adults with diagnosed diabetes had a disability compared to 21.3% of those without diagnosed diabetes.
- ◆ Only 43.4% of adults with diagnosed diabetes had received all recommended prevention services in the past year.



- ◆ Only 55.6% of those with diabetes had taken a class on diabetes management.

# DIAGNOSED DIABETES

Table 56. Percentage of adults with diagnosed diabetes, New Mexico, 2013.

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>	9,296	1,192	10.7	9.9	11.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,621	1,129	11.1	10.2	12.1
LGBT	238	9	3.7	1.4	9.3
<b>AGE</b>					
18-24	558	5	0.6	0.2	1.6
25-34	1,059	22	1.7	1.0	2.7
35-44	1,120	79	7.5	5.6	10.0
45-54	1,561	149	11.3	8.6	14.6
55-64	2,055	349	18.7	16.4	21.2
65-74	1,698	371	23.0	20.3	26.0
75+	1,157	213	18.9	15.9	22.3
<b>RACE/ETHNICITY</b>					
American Indian	758	129	13.4	9.9	17.8
Asian NHOPI**	93	11	9.4	4.6	18.3
Black/AA**	118	20	13.6	8.3	21.6
Hispanic	3,331	537	12.5	11.1	14.1
White	4,806	464	8.1	7.1	9.3
<b>EDUCATION</b>					
Less than High School Graduate	1,188	259	17.5	14.5	20.9
High School Graduate or G.E.D.	2,622	364	11.1	9.7	12.7
Some College	2,530	306	9.4	8.0	10.9
College Graduate	2,938	257	6.9	5.8	8.1
<b>INCOME</b>					
Less than \$10,000	657	138	15.5	11.7	20.3
\$10-19,999	1,573	276	14.9	12.5	17.6
\$20-49,999	3,143	414	11.3	9.8	12.9
\$50,000 or more	2,870	217	6.8	5.6	8.1
<b>EMPLOYMENT</b>					
Employed	4,422	337	6.9	5.9	8.1
Unemployed/Unable to Work	1,272	274	17.4	14.5	20.8
Homemaker/Student	1,064	108	7.0	5.5	8.9
Retired	2,503	472	19.4	17.3	21.7
<b>Geographic Region</b> ⊛					
Northwest	1,906	272	12.2	10.5	14.1
Northeast	1,765	193	9.0	7.6	10.7
Metro	2,080	223	10.0	8.4	11.8
Southeast	1,625	232	11.8	10.2	13.6
Southwest	1,920	272	12.4	10.7	14.2

§ 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 9,316 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 57. Percentage of adult males with diagnosed diabetes, New Mexico, 2013.

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>	3,941	492	10.7	9.5	12.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,660	469	11.1	9.8	12.6
LGBT**	94	5	7.2	2.2	21.2
<b>AGE</b>					
18-24**	273	1	0.4	0.1	3.1
25-34	482	8	1.2	0.5	2.6
35-44	487	31	7.5	4.7	11.8
45-54	667	67	12.8	8.8	18.4
55-64	905	151	18.8	15.5	22.7
65-74	682	156	24.5	20.3	29.2
75+	414	76	18.2	13.7	23.6
<b>RACE/ETHNICITY</b>					
American Indian	279	35	8.7	5.9	12.8
Asian NHOPI**	48	-	-	-	-
Black/AA**	58	8	10.9	5.1	22.0
Hispanic	1,385	209	12.8	10.5	15.5
White	2,069	217	8.9	7.3	10.7
<b>EDUCATION</b>					
Less than High School Graduate	485	81	15.9	11.5	21.6
High School Graduate or G.E.D.	1,130	152	11.4	9.3	14.0
Some College	993	110	8.6	6.8	11.0
College Graduate	1,326	147	8.8	7.1	10.9
<b>INCOME</b>					
Less than \$10,000	221	40	13.4	9.3	19.1
\$10-19,999	596	103	16.9	12.8	21.9
\$20-49,999	1,325	168	10.5	8.3	13.2
\$50,000 or more	1,451	142	8.4	6.7	10.5
<b>EMPLOYMENT</b>					
Employed	2,174	163	7.2	5.7	9.1
Unemployed/Unable to Work	534	102	14.5	11.0	18.9
Homemaker/Student**	151	3	2.1	0.6	6.7
Retired	1,069	224	22.0	18.8	25.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	740	92	10.8	8.3	13.9
Northeast	806	96	9.7	7.7	12.3
Metro	930	107	10.6	8.2	13.5
Southeast	679	94	11.4	9.0	14.3
Southwest	786	103	11.5	9.1	14.6

\* 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 9,316 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 58. Percentage of adult females with diagnosed diabetes, New Mexico, 2013.

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>	5,355	700	10.7	9.6	11.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,961	660	11.1	9.9	12.4
LGBT**	144	4	1.5	0.4	5.4
<b>AGE</b>					
18-24	285	4	0.8	0.3	2.2
25-34	577	14	2.2	1.2	3.9
35-44	633	48	7.5	5.2	10.7
45-54	894	82	9.7	6.7	13.9
55-64	1,150	198	18.6	15.5	22.1
65-74	1,016	215	21.7	18.3	25.5
75+	743	137	19.5	15.6	24.1
<b>RACE/ETHNICITY</b>					
American Indian	479	94	17.5	11.9	25.0
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	12	17.1	8.8	30.5
Hispanic	1,946	328	12.3	10.6	14.1
White	2,737	247	7.4	6.1	8.9
<b>EDUCATION</b>					
Less than High School Graduate	703	178	19.0	15.3	23.4
High School Graduate or G.E.D.	1,492	212	10.8	9.0	12.9
Some College	1,537	196	10.0	8.2	12.1
College Graduate	1,612	110	4.9	3.7	6.5
<b>INCOME</b>					
Less than \$10,000	436	98	16.9	11.5	24.0
\$10-19,999	977	173	13.3	10.8	16.2
\$20-49,999	1,818	246	12.1	10.2	14.2
\$50,000 or more	1,419	75	4.6	3.3	6.4
<b>EMPLOYMENT</b>					
Employed	2,248	174	6.6	5.4	7.9
Unemployed/Unable to Work	738	172	20.5	16.1	25.7
Homemaker/Student	913	105	8.5	6.6	10.8
Retired	1,434	248	16.7	14.0	19.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,166	180	13.5	11.3	16.1
Northeast	959	97	8.3	6.5	10.6
Metro	1,150	116	9.5	7.5	11.9
Southeast	946	138	12.2	10.1	14.7
Southwest	1,134	169	13.1	11.0	15.6

§ 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 9,316 across some categories for some variables.

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

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

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

# DISABILITY

## QUESTIONS:

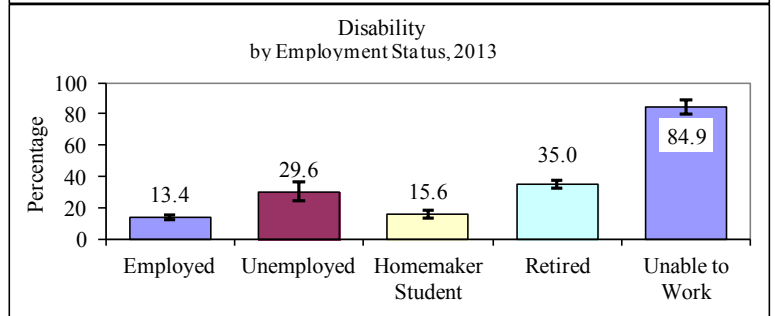
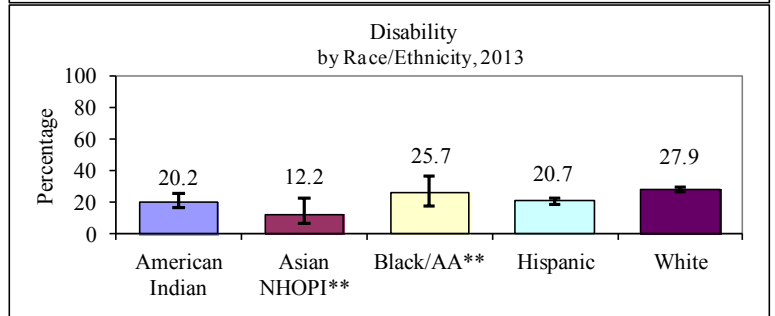
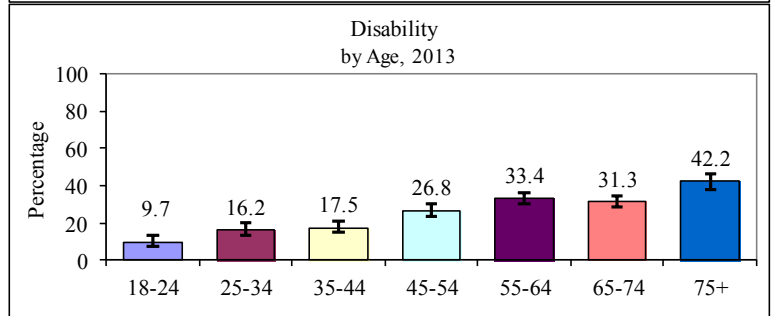
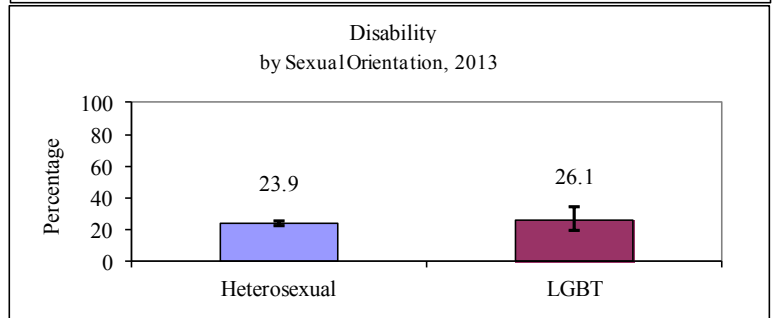
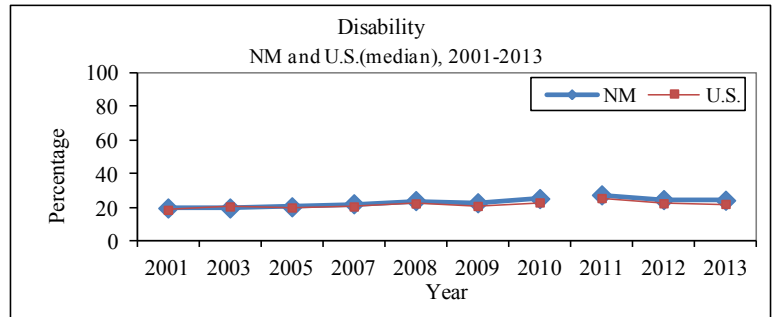
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

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

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

## IN NEW MEXICO,

- ◆ In 2013, the prevalence of disability was slightly higher than that of the U.S., 24.0% and 21.8%, respectively.
- ◆ There was no difference by gender or sexual orientation, even after adjusting for differences in age distribution.
- ◆ Adults in older age groups were more likely to report having a disability. Over 40% adults age 75 or more reported a disability.
- ◆ White adults were more likely to report having a disability (27.9%) than American Indian (20.2%), Asian/NHOPI (12.2%) and Hispanic (20.7%) adults. However, disability is strongly associated with older age groups and the White adult population is older, on average, than the other groups. Adjusting for differences in age distribution eliminated statistical differences between Whites and all but Hispanic adults.
- ◆ Adults with lower education or lower annual household income were more likely to have a disability.
- ◆ 48.5% of adults with a disability had fair or poor health status, compared to only 12.1% of adults without a disability.
- ◆ Nearly eighty-five percent (84.9%) of those who were unable to work had some form of disability. Only 34.7% of adults with a disability were employed while 62.1% of adults without a disability were employed. 25.0% of those with a disability were unable to work, while less than two percent of adults without a disability were unable to work.



- ◆ 32.2% of current smokers had a disability compared to 20.8% of former or non-smokers.

# DISABILITY

Table 59. Percentage of adults who have a disability, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability			
		Total # Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	9,221	2,542	24.0	22.7	25.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,554	2,358	23.9	22.6	25.3
LGBT	236	62	26.1	19.3	34.3
<b>AGE</b>					
18-24	553	55	9.7	7.2	13.1
25-34	1,050	142	16.2	13.1	19.8
35-44	1,115	184	17.5	14.8	20.7
45-54	1,544	405	26.8	23.6	30.3
55-64	2,046	694	33.4	30.6	36.4
65-74	1,682	565	31.3	28.3	34.5
75+	1,147	484	42.2	38.2	46.3
<b>RACE/ETHNICITY</b>					
American Indian	757	172	20.2	16.2	25.0
Asian NHOPI**	91	12	12.2	6.3	22.2
Black/AA**	115	31	25.7	17.4	36.2
Hispanic	3,295	776	20.7	18.8	22.7
White	4,773	1,479	27.9	26.0	29.8
<b>EDUCATION</b>					
Less than High School Graduate	1,183	414	32.6	28.9	36.6
High School Graduate or G.E.D.	2,586	733	22.6	20.4	25.0
Some College	2,512	725	24.4	22.2	26.7
College Graduate	2,921	664	18.1	16.4	19.9
<b>INCOME</b>					
Less than \$10,000	656	313	41.5	35.8	47.5
\$10-19,999	1,556	606	31.9	28.7	35.2
\$20-49,999	3,120	804	22.6	20.6	24.8
\$50,000 or more	2,853	525	15.7	14.1	17.6
<b>EMPLOYMENT</b>					
Employed	4,388	617	13.4	12.0	14.9
Unemployed/Unable to Work	1,261	808	55.8	51.1	60.4
Homemaker/Student	1,060	210	15.6	13.0	18.7
Retired	2,480	905	35.0	32.2	37.8
<b>Geographic Region⊙</b>					
Northwest	1,896	545	23.4	21.0	26.0
Northeast	1,749	457	23.9	21.5	26.5
Metro	2,062	547	24.1	21.8	26.6
Southeast	1,608	446	23.8	21.4	26.4
Southwest	1,906	547	24.1	21.7	26.7

§ 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 9,316 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 60. Percentage of adult males who have a disability, New Mexico, 2013.

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>	3,909	1,054	24.0	22.1	26.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,629	986	24.2	22.2	26.3
LGBT**	94	17	16.1	8.8	27.6
<b>AGE</b>					
18-24	272	24	8.8	5.5	13.6
25-34	478	62	17.5	12.7	23.6
35-44	482	88	19.0	14.9	23.9
45-54	657	174	27.0	22.1	32.4
55-64	901	312	34.0	30.0	38.4
65-74	679	222	31.9	27.1	37.2
75+	410	167	40.1	33.7	46.8
<b>RACE/ETHNICITY</b>					
American Indian	278	74	20.9	15.9	27.0
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	14	25.6	14.9	40.4
Hispanic	1,367	311	20.6	17.7	23.9
White	2,058	611	27.8	25.0	30.8
<b>EDUCATION</b>					
Less than High School Graduate	480	160	33.8	28.1	40.1
High School Graduate or G.E.D.	1,117	332	24.5	20.9	28.4
Some College	987	269	22.6	19.5	26.1
College Graduate	1,317	289	17.6	15.3	20.3
<b>INCOME</b>					
Less than \$10,000	221	112	48.0	38.6	57.5
\$10-19,999	590	244	35.7	30.6	41.2
\$20-49,999	1,311	328	22.2	19.1	25.5
\$50,000 or more	1,441	275	15.3	13.1	17.8
<b>EMPLOYMENT</b>					
Employed	2,156	320	14.0	12.0	16.1
Unemployed/Unable to Work	529	328	53.4	46.4	60.2
Homemaker/Student**	150	20	10.7	6.5	17.4
Retired	1,061	385	35.7	31.5	40.1
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	733	217	25.9	22.0	30.2
Northeast	797	206	24.1	20.5	28.0
Metro	924	257	24.2	20.8	28.0
Southeast	672	173	23.7	20.0	27.8
Southwest	783	201	22.4	18.7	26.6

\* 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 9,316 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 61. Percentage of adult females who have a disability, New Mexico, 2013.

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>	5,312	1,488	24.0	22.4	25.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,925	1,372	23.7	22.0	25.4
LGBT**	142	45	32.4	22.8	43.7
<b>AGE</b>					
18-24	281	31	10.8	7.1	16.0
25-34	572	80	14.8	11.4	19.0
35-44	633	96	16.1	12.6	20.3
45-54	887	231	26.7	22.5	31.3
55-64	1,145	382	32.8	28.9	37.0
65-74	1,003	343	30.8	27.2	34.7
75+	737	317	43.8	38.7	48.9
<b>RACE/ETHNICITY</b>					
American Indian	479	98	19.7	13.8	27.2
Asian NHOPI**	44	-	-	-	-
Black/AA**	59	17	25.8	14.4	41.8
Hispanic	1,928	465	20.7	18.4	23.2
White	2,715	868	28.0	25.6	30.5
<b>EDUCATION</b>					
Less than High School Graduate	703	254	31.5	26.8	36.7
High School Graduate or G.E.D.	1,469	401	20.6	18.2	23.4
Some College	1,525	456	26.0	23.0	29.2
College Graduate	1,604	375	18.6	16.3	21.1
<b>INCOME</b>					
Less than \$10,000	435	201	37.4	30.5	44.8
\$10-19,999	966	362	28.8	25.1	32.9
\$20-49,999	1,809	476	23.1	20.5	25.9
\$50,000 or more	1,412	250	16.3	13.8	19.2
<b>EMPLOYMENT</b>					
Employed	2,232	297	12.7	10.8	14.7
Unemployed/Unable to Work	732	480	58.3	52.0	64.3
Homemaker/Student	910	190	17.1	14.1	20.6
Retired	1,419	520	34.2	30.8	37.8
<b>Geographic Region</b> ✧					
Northwest	1,163	328	21.0	18.3	24.0
Northeast	952	251	23.8	20.7	27.2
Metro	1,138	290	24.0	21.0	27.3
Southeast	936	273	23.9	20.9	27.2
Southwest	1,123	346	25.9	22.9	29.0

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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



# DISABILITY

## QUESTIONS:

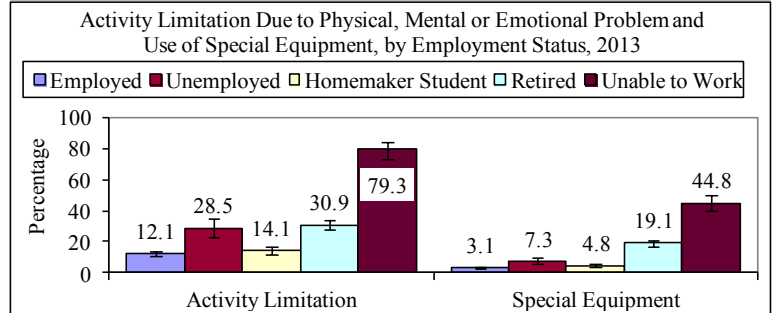
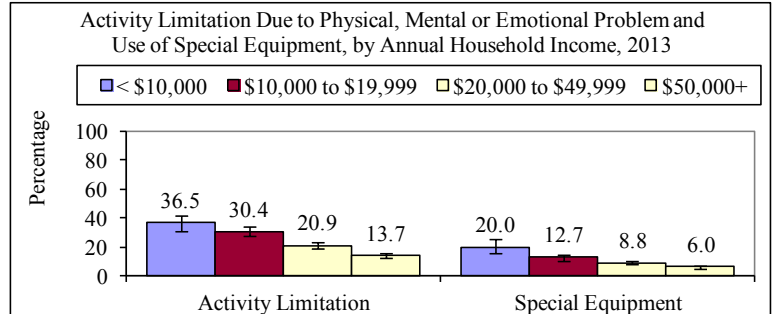
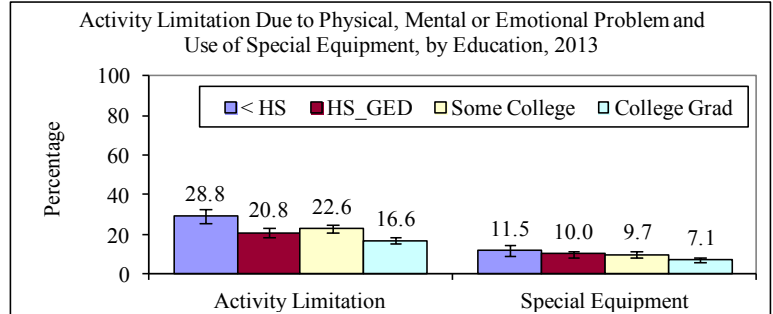
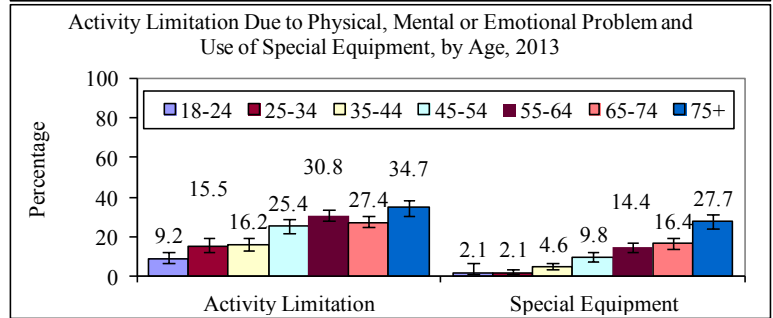
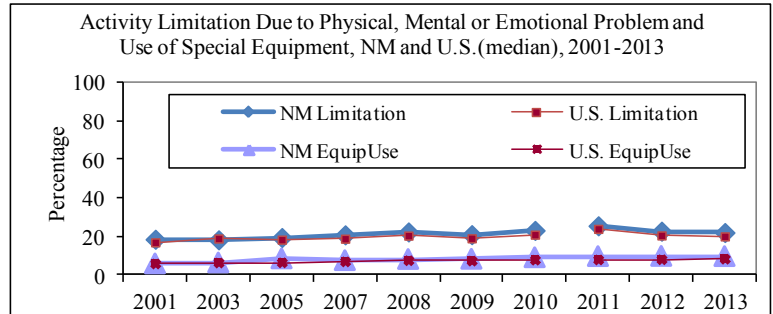
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

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

Here, 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 or sexual orientation.
- ◆ Adults with less than a high school education were more likely to be limited in activities and to use specialized equipment.
- ◆ Adults living in households with lower annual income were more likely to be limited in activities due to health problems and were more likely to use specialized equipment.
- ◆ After adjustment for age, there was no difference by race/ethnicity for either activity limitation. Asian/NHOPI adults were less likely than American Indian, Hispanic, or White adults to use special equipment.
- ◆ Adults who were unable to work were considerably more likely to be limited in activities due to health problems and to use specialized equipment. 79.3% of adults who were unable to work were limited in activities due to a physical, mental, or emotional problem and 44.8% of them utilized some form of specialized equipment.
- ◆ Adults with an activity limitation and those requiring the use of special equipment were more likely to be in fair or poor health.
- ◆ Adults who were obese or underweight were more likely to be limited in activities or to utilize specialized equipment than adults who were overweight.



- ◆ Adults who were current smokers were more likely to have an activity limitation than former or never-smokers but were no more likely to require use of specialized equipment.

# DISABILITY — ACTIVITY LIMITATION

Table 62. Percentage of adults who are limited in activities, New Mexico, 2013.

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>	9,198	2,315	21.9	20.7	23.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,535	2,153	21.9	20.6	23.1
LGBT	235	59	25.1	18.4	33.3
<b>AGE</b>					
18-24	552	52	9.2	6.7	12.5
25-34	1,048	134	15.5	12.5	19.2
35-44	1,111	170	16.2	13.5	19.3
45-54	1,540	391	25.4	22.3	28.7
55-64	2,044	651	30.8	28.0	33.7
65-74	1,677	501	27.4	24.7	30.3
75+	1,142	404	34.7	30.9	38.7
<b>RACE/ETHNICITY</b>					
American Indian	754	153	16.1	13.2	19.6
Asian NHOPI**	91	10	10.6	5.2	20.6
Black/AA**	115	27	21.3	13.9	31.1
Hispanic	3,290	705	19.3	17.5	21.3
White	4,762	1,353	25.4	23.6	27.3
<b>EDUCATION</b>					
Less than High School Graduate	1,180	357	28.8	25.3	32.6
High School Graduate or G.E.D.	2,577	671	20.8	18.6	23.2
Some College	2,506	670	22.6	20.5	24.9
College Graduate	2,917	611	16.6	15.0	18.3
<b>INCOME</b>					
Less than \$10,000	651	284	36.5	31.3	42.1
\$10-19,999	1,551	562	30.4	27.3	33.7
\$20-49,999	3,114	741	20.9	19.0	23.1
\$50,000 or more	2,850	465	13.7	12.1	15.5
<b>EMPLOYMENT</b>					
Employed	4,383	559	12.1	10.8	13.5
Unemployed/Unable to Work	1,255	768	52.6	47.9	57.2
Homemaker/Student	1,057	180	14.1	11.6	17.1
Retired	2,471	806	30.9	28.3	33.6
<b>Geographic Region⊛</b>					
Northwest	1,890	489	21.0	18.7	23.5
Northeast	1,746	422	22.2	19.9	24.7
Metro	2,058	500	21.9	19.7	24.2
Southeast	1,604	405	21.7	19.4	24.2
Southwest	1,900	499	22.2	19.8	24.7

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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 63. Percentage of adult males who are limited in activities, New Mexico, 2013.

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>	3,898	959	21.9	20.0	23.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,620	896	22.1	20.2	24.1
LGBT**	93	17	16.1	8.8	27.6
<b>AGE</b>					
18-24	272	22	8.2	5.1	13.0
25-34	476	57	16.6	11.8	22.8
35-44	480	77	16.5	12.6	21.2
45-54	655	167	26.5	21.7	32.0
55-64	900	291	31.3	27.3	35.5
65-74	677	198	27.5	23.3	32.2
75+	408	142	33.5	27.5	40.0
<b>RACE/ETHNICITY</b>					
American Indian	276	68	18.9	14.1	24.9
Asian NHOP1**	47	-	-	-	-
Black/AA**	56	12	20.8	11.6	34.5
Hispanic	1,364	285	19.3	16.5	22.5
White	2,054	554	25.0	22.2	27.9
<b>EDUCATION</b>					
Less than High School Graduate	479	141	30.3	24.8	36.4
High School Graduate or G.E.D.	1,112	307	22.9	19.4	26.8
Some College	985	248	20.7	17.8	24.1
College Graduate	1,315	259	15.7	13.4	18.2
<b>INCOME</b>					
Less than \$10,000	217	104	43.0	34.0	52.6
\$10-19,999	587	227	34.3	29.1	39.8
\$20-49,999	1,310	306	20.7	17.8	24.0
\$50,000 or more	1,439	236	12.9	10.9	15.2
<b>EMPLOYMENT</b>					
Employed	2,154	281	12.3	10.5	14.4
Unemployed/Unable to Work	525	316	51.8	44.8	58.7
Homemaker/Student**	150	19	10.3	6.1	16.9
Retired	1,056	342	31.1	27.2	35.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	731	196	23.4	19.7	27.6
Northeast	796	193	22.7	19.3	26.6
Metro	922	233	22.1	18.8	25.8
Southeast	670	158	21.2	17.7	25.2
Southwest	779	179	20.2	16.6	24.3

\* 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 9,316 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 64. Percentage of adult females who are limited in activities, New Mexico, 2013.

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>	5,300	1,356	21.9	20.3	23.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,915	1,257	21.6	20.1	23.3
LGBT**	142	42	30.7	21.3	42.0
<b>AGE</b>					
18-24	280	30	10.3	6.7	15.4
25-34	572	77	14.4	11.0	18.6
35-44	631	93	16.0	12.5	20.3
45-54	885	224	24.3	20.7	28.3
55-64	1,144	360	30.3	26.5	34.4
65-74	1,000	303	27.3	23.8	31.1
75+	734	262	35.5	30.8	40.6
<b>RACE/ETHNICITY</b>					
American Indian	478	85	13.7	10.3	17.8
Asian NHOPI**	44	-	-	-	-
Black/AA**	59	15	21.8	11.6	37.3
Hispanic	1,926	420	19.3	17.0	21.7
White	2,708	799	25.8	23.5	28.3
<b>EDUCATION</b>					
Less than High School Graduate	701	216	27.4	23.1	32.2
High School Graduate or G.E.D.	1,465	364	18.6	16.2	21.2
Some College	1,521	422	24.3	21.4	27.4
College Graduate	1,602	352	17.5	15.3	19.9
<b>INCOME</b>					
Less than \$10,000	434	180	32.4	26.5	38.8
\$10-19,999	964	335	27.4	23.7	31.4
\$20-49,999	1,804	435	21.2	18.7	23.9
\$50,000 or more	1,411	229	14.8	12.3	17.6
<b>EMPLOYMENT</b>					
Employed	2,229	278	11.8	10.0	13.8
Unemployed/Unable to Work	730	452	53.4	47.2	59.4
Homemaker/Student	907	161	15.3	12.4	18.7
Retired	1,415	464	30.7	27.5	34.2
<b>Geographic Region</b> <sup>⊛</sup>					
Northwest	1,159	293	18.6	16.1	21.5
Northeast	950	229	21.7	18.8	25.0
Metro	1,136	267	21.6	18.8	24.7
Southeast	934	247	22.2	19.3	25.5
Southwest	1,121	320	24.1	21.2	27.2

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

# DISABILITY, USE OF SPECIAL EQUIPMENT

Table 65. Percentage of adults using special equipment, New Mexico, 2013.

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>	9,188	1,082	9.5	8.7	10.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,523	995	9.5	8.7	10.4
LGBT	236	22	8.4	4.9	14.0
<b>AGE</b>					
18-24	553	12	2.1	1.1	4.1
25-34	1,044	24	2.1	1.3	3.3
35-44	1,111	48	4.6	3.3	6.5
45-54	1,536	132	9.8	7.5	12.6
55-64	2,042	285	14.4	12.3	16.9
65-74	1,674	276	16.4	13.9	19.2
75+	1,145	299	27.7	24.2	31.6
<b>RACE/ETHNICITY</b>					
American Indian	753	78	10.1	6.8	14.8
Asian NHOPI**	91	3	2.0	0.6	6.3
Black/AA**	114	17	15.8	9.2	25.8
Hispanic	3,281	324	7.4	6.3	8.7
White	4,760	632	11.2	10.1	12.5
<b>EDUCATION</b>					
Less than High School Graduate	1,177	184	11.5	9.2	14.4
High School Graduate or G.E.D.	2,573	320	10.0	8.5	11.7
Some College	2,505	305	9.7	8.3	11.3
College Graduate	2,914	269	7.1	6.0	8.3
<b>INCOME</b>					
Less than \$10,000	653	170	20.0	15.5	25.3
\$10-19,999	1,548	268	12.7	10.6	15.1
\$20-49,999	3,110	326	8.8	7.6	10.2
\$50,000 or more	2,849	187	6.0	5.0	7.3
<b>EMPLOYMENT</b>					
Employed	4,372	142	3.1	2.5	3.8
Unemployed/Unable to Work	1,255	392	25.0	21.6	28.8
Homemaker/Student	1,057	80	4.8	3.6	6.6
Retired	2,473	466	19.1	16.9	21.5
<b>Geographic Region☼</b>					
Northwest	1,892	221	8.4	7.1	10.0
Northeast	1,738	163	8.0	6.6	9.7
Metro	2,056	251	10.2	8.7	11.9
Southeast	1,604	196	9.8	8.2	11.7
Southwest	1,898	251	9.6	8.3	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 9,316 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 66. Percentage of adult males using special equipment, New Mexico, 2013.

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>	3,889	438	9.5	8.4	10.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,610	405	9.5	8.3	10.9
LGBT**	94	7	4.5	1.8	11.1
<b>AGE</b>					
18-24	272	8	2.7	1.1	6.2
25-34	474	9	2.0	1.0	4.0
35-44	480	30	7.0	4.6	10.5
45-54	652	64	9.4	6.6	13.3
55-64	897	126	15.0	12.0	18.6
65-74	676	104	17.3	13.3	22.4
75+	409	95	24.3	19.1	30.5
<b>RACE/ETHNICITY</b>					
American Indian	276	34	9.4	6.3	13.7
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	5	11.2	4.4	25.6
Hispanic	1,357	129	7.4	5.7	9.6
White	2,051	255	11.6	9.9	13.5
<b>EDUCATION</b>					
Less than High School Graduate	477	63	10.4	7.4	14.5
High School Graduate or G.E.D.	1,110	149	11.1	8.8	13.9
Some College	983	113	9.6	7.7	12.1
College Graduate	1,311	111	6.7	5.3	8.5
<b>INCOME</b>					
Less than \$10,000	219	55	20.9	14.2	29.7
\$10-19,999	585	106	14.1	10.6	18.6
\$20-49,999	1,303	137	9.3	7.5	11.6
\$50,000 or more	1,440	105	6.3	4.9	7.9
<b>EMPLOYMENT</b>					
Employed	2,143	84	3.6	2.7	4.7
Unemployed/Unable to Work	526	156	23.1	18.5	28.4
Homemaker/Student**	149	5	1.8	0.7	4.6
Retired	1,058	192	19.6	16.2	23.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	732	81	9.4	7.2	12.3
Northeast	788	69	7.3	5.4	9.7
Metro	923	118	10.3	8.2	12.9
Southeast	668	81	11.1	8.5	14.4
Southwest	778	89	8.4	6.6	10.6

\* 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 9,316 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 67. Percentage of adult females using special equipment, New Mexico, 2013.

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>	5,299	644	9.5	8.5	10.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,913	590	9.5	8.4	10.7
LGBT**	142	15	10.8	5.7	19.4
<b>AGE</b>					
18-24	281	4	1.5	0.5	4.1
25-34	570	15	2.2	1.2	3.9
35-44	631	18	2.3	1.3	4.0
45-54	884	68	10.1	6.9	14.6
55-64	1,145	159	13.9	11.0	17.5
65-74	998	172	15.4	12.8	18.6
75+	736	204	30.2	25.6	35.3
<b>RACE/ETHNICITY</b>					
American Indian	477	44	10.8	5.7	19.4
Asian NHOPI**	44	-	-	-	-
Black/AA**	58	12	21.5	11.0	37.9
Hispanic	1,924	195	7.4	6.1	9.0
White	2,709	377	10.9	9.5	12.6
<b>EDUCATION</b>					
Less than High School Graduate	700	121	12.6	9.3	16.8
High School Graduate or G.E.D.	1,463	171	8.8	7.2	10.8
Some College	1,522	192	9.8	8.0	12.0
College Graduate	1,603	158	7.4	5.9	9.2
<b>INCOME</b>					
Less than \$10,000	434	115	19.3	13.7	26.5
\$10-19,999	963	162	11.5	9.2	14.3
\$20-49,999	1,807	189	8.3	6.8	10.1
\$50,000 or more	1,409	82	5.8	4.2	7.9
<b>EMPLOYMENT</b>					
Employed	2,229	58	2.4	1.7	3.5
Unemployed/Unable to Work	729	236	27.0	22.2	32.5
Homemaker/Student	908	75	5.7	4.2	7.9
Retired	1,415	274	18.6	15.9	21.7
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,160	140	7.4	6.0	9.1
Northeast	950	94	8.6	6.6	11.1
Metro	1,133	133	10.1	8.1	12.5
Southeast	936	115	8.5	6.9	10.5
Southwest	1,120	162	10.9	9.1	13.0

§ 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 9,316 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 HYPERTENSION, ADULTS OF ALL AGES

## QUESTION:

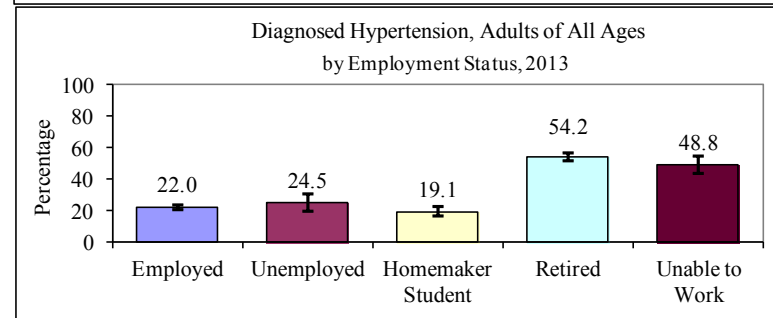
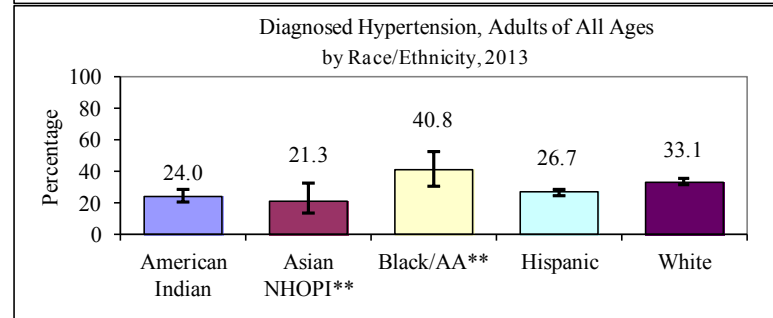
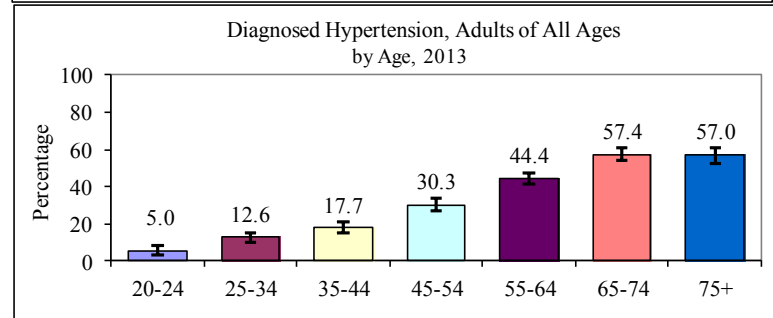
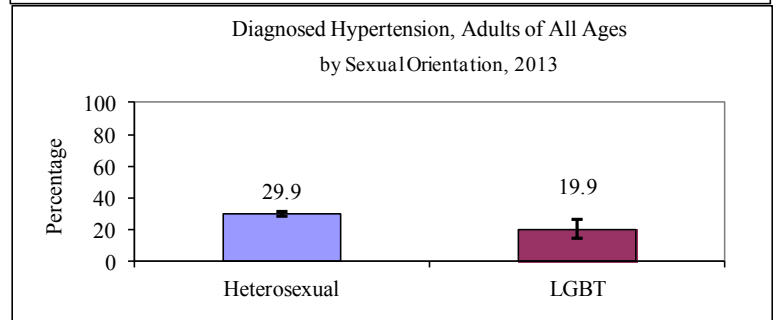
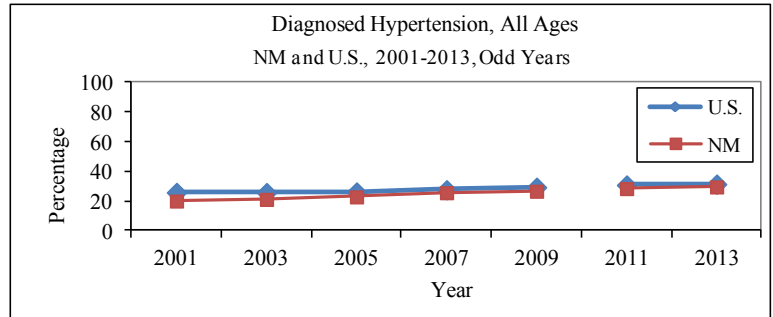
“Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If “Yes” and respondent is female, ask “Was this only when you were pregnant?”.)”

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

Hypertension, also known as high blood pressure, is a serious health condition that usually has no symptoms but increases the risk of stroke, heart failure, heart attack, and kidney failure. About one in three adults in the United States has hypertension.<sup>13</sup>

### IN NEW MEXICO,

- ◆ 29.5% of adults of all ages had been diagnosed with hypertension. This percentage was slightly lower than that of the U.S. (31.4%).
- ◆ The prevalence of hypertension was greater within each older age group through age 64, with 57% of adults over age 65 having been diagnosed with hypertension.
- ◆ Men were slightly more likely than women to have been diagnosed with hypertension, 31.4% versus 27.7%.
- ◆ Black/African American adults were more likely to have been diagnosed with hypertension than American Indian, Hispanic, and White adults. White adults were more likely to have been diagnosed with hypertension than American Indian adults.
- ◆ Adults with college-level education or living in households of the highest annual income category were less likely to have a history of hypertension than adults with less than a high school education or living in households of the lowest income category.
- ◆ Adults living in the Southeast and Southwest regions of the state were more likely to have a history of hypertension than adults living in the Metro or Northeast regions.
- ◆ 74.0% of those with hypertension reported that they were currently taking medication to control their blood pressure. However, only 47.4% of those who lacked health care coverage were taking medication while 78.4% who had coverage were taking medication.
- ◆ 17.1% of adults with diagnosed hypertension also had a history of cardiovascular while only 3.0% of adults without diagnosed hypertension had a history of cardiovascular.





# DIAGNOSED HYPERTENSION, ADULTS OF ALL AGES

Table 68. Percentage of adults of all ages ever diagnosed with hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	9,289	3,421	29.5	28.3	30.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,614	3,195	29.9	28.6	31.3
LGBT	237	67	19.9	14.8	26.4
<b>AGE</b>					
20-24	556	29	5.0	3.0	8.1
25-34	1,059	124	12.6	10.3	15.4
35-44	1,119	202	17.7	15.0	20.7
45-54	1,562	488	30.3	27.2	33.5
55-64	2,057	891	44.4	41.3	47.4
65-74	1,696	960	57.4	54.0	60.7
75+	1,152	697	57.0	52.8	61.1
<b>RACE/ETHNICITY</b>					
American Indian	760	239	24.0	20.5	28.0
Asian NHOPI**	93	27	21.3	13.3	32.3
Black/AA**	117	55	40.8	30.5	52.0
Hispanic	3,332	1,105	26.7	24.7	28.7
White	4,797	1,927	33.1	31.3	35.1
<b>EDUCATION</b>					
Less than High School Graduate	1,187	493	33.1	29.6	36.8
High School Graduate or G.E.D.	2,621	1,012	30.1	27.8	32.5
Some College	2,525	923	29.0	26.7	31.4
College Graduate	2,938	984	26.6	24.6	28.7
<b>INCOME</b>					
Less than \$10,000	660	262	30.3	25.6	35.3
\$10-19,999	1,571	628	31.1	28.1	34.2
\$20-49,999	3,141	1,201	31.2	29.1	33.5
\$50,000 or more	2,868	918	27.1	24.9	29.4
<b>EMPLOYMENT</b>					
Employed	4,416	1,145	22.0	20.4	23.6
Unemployed/Unable to Work	1,271	577	36.0	32.2	40.0
Homemaker/Student	1,065	288	19.1	16.3	22.3
Retired	2,501	1,401	54.2	51.3	57.1
<b>Geographic Region⊛</b>					
Northwest	1,900	743	30.4	27.8	33.2
Northeast	1,766	584	29.1	26.5	31.9
Metro	2,078	648	26.7	24.5	29.1
Southeast	1,624	687	33.9	31.3	36.7
Southwest	1,921	759	32.8	30.2	35.4

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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.

# DIAGNOSED HYPERTENSION, ADULT MALES OF ALL AGES

Table 69. Percentage of adult males of all ages ever diagnosed with hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Men			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,933	1,528	31.4	29.4	33.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,651	1,422	31.5	29.5	33.6
LGBT**	94	33	24.0	15.6	34.9
<b>AGE</b>					
20-24	273	21	6.6	3.7	11.4
25-34	482	73	15.2	11.6	19.6
35-44	485	118	22.8	18.4	27.8
45-54	665	245	34.4	29.5	39.7
55-64	902	411	47.0	42.5	51.5
65-74	683	403	59.3	54.0	64.3
75+	410	244	53.9	47.0	60.7
<b>RACE/ETHNICITY</b>					
American Indian	279	95	25.5	20.0	31.9
Asian NHOPI**	48	-	-	-	-
Black/AA**	57	24	41.4	27.2	57.1
Hispanic	1,382	477	27.8	24.8	31.1
White	2,063	868	35.0	32.2	38.0
<b>EDUCATION</b>					
Less than High School Graduate	481	180	32.5	27.1	38.5
High School Graduate or G.E.D.	1,128	461	32.1	28.6	35.7
Some College	993	375	30.7	27.1	34.6
College Graduate	1,324	508	30.3	27.2	33.6
<b>INCOME</b>					
Less than \$10,000	221	86	32.6	24.7	41.6
\$10-19,999	595	255	34.8	30.1	39.9
\$20-49,999	1,323	521	32.0	28.7	35.5
\$50,000 or more	1,449	529	29.9	26.7	33.2
<b>EMPLOYMENT</b>					
Employed	2,169	652	25.3	23.0	27.8
Unemployed/Unable to Work	531	249	36.4	30.6	42.5
Homemaker/Student**	150	19	9.2	5.1	16.0
Retired	1,069	605	54.3	49.9	58.6
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	737	316	34.5	30.3	39.0
Northeast	805	288	30.7	26.9	34.8
Metro	929	309	29.1	25.6	32.8
Southeast	676	291	33.5	29.5	37.7
Southwest	786	324	34.2	30.2	38.4

\* 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 9,316 across some categories for some variables.

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

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

# DIAGNOSED HYPERTENSION, ADULT FEMALES OF ALL AGES

Table 70. Percentage of adult females of all ages ever diagnosed with hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Women			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,356	1,893	27.7	26.1	29.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,963	1,773	28.4	26.7	30.1
LGBT**	143	34	17.4	11.3	25.8
<b>AGE</b>					
20-24	283	8	3.2	1.2	8.3
25-34	577	51	10.0	7.1	13.7
35-44	634	84	12.6	9.7	16.2
45-54	897	243	26.3	22.7	30.3
55-64	1,155	480	41.9	37.8	46.1
65-74	1,013	557	55.7	51.4	59.9
75+	742	453	59.3	54.2	64.2
<b>RACE/ETHNICITY</b>					
American Indian	481	144	22.7	18.3	27.7
Asian NHOPI**	45	-	-	-	-
Black/AA**	60	31	40.1	26.1	56.0
Hispanic	1,950	628	25.6	23.1	28.2
White	2,734	1,059	31.3	28.9	33.8
<b>EDUCATION</b>					
Less than High School Graduate	706	313	33.7	29.3	38.3
High School Graduate or G.E.D.	1,493	551	28.0	25.0	31.1
Some College	1,532	548	27.5	24.6	30.6
College Graduate	1,614	476	22.8	20.3	25.6
<b>INCOME</b>					
Less than \$10,000	439	176	28.7	23.4	34.7
\$10-19,999	976	373	28.1	24.5	32.0
\$20-49,999	1,818	680	30.4	27.7	33.3
\$50,000 or more	1,419	389	23.5	20.5	26.8
<b>EMPLOYMENT</b>					
Employed	2,247	493	17.9	15.9	20.0
Unemployed/Unable to Work	740	328	35.7	30.7	41.0
Homemaker/Student	915	269	22.1	18.7	25.9
Retired	1,432	796	54.2	50.5	57.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,163	427	26.5	23.5	29.9
Northeast	961	296	27.6	24.0	31.4
Metro	1,149	339	24.6	21.8	27.6
Southeast	948	396	34.3	30.8	38.0
Southwest	1,135	435	31.4	28.3	34.7

§ 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 9,316 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 HYPERTENSION, ADULTS AGE 50+

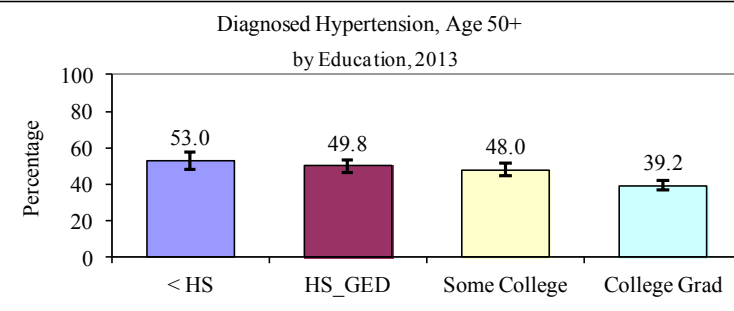
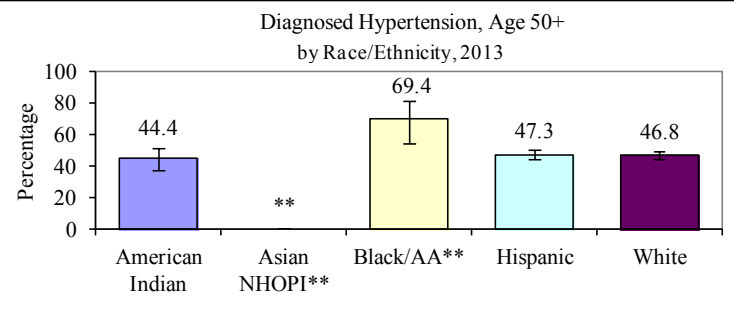
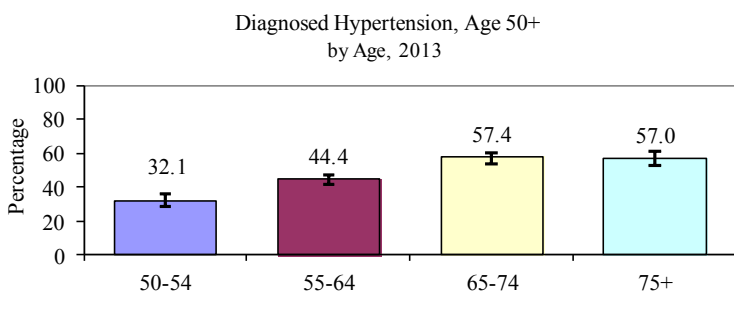
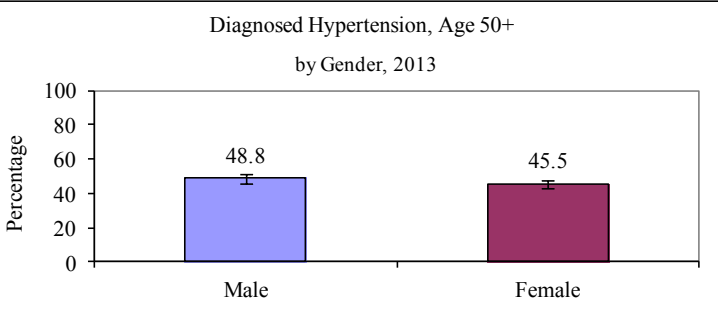
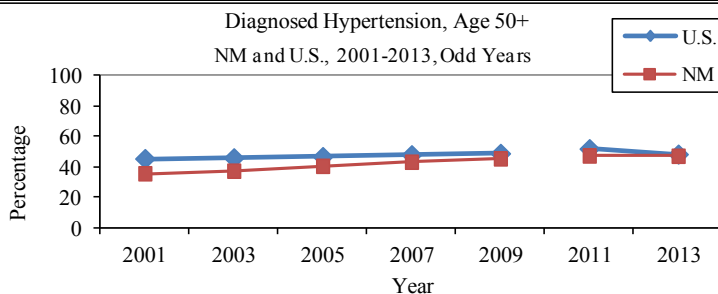
## QUESTION:

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

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

## IN NEW MEXICO, AMONG ADULTS AGE 50+,

- ◆ 47.0% had been told by a health care professional that they had hypertension. This percentage was similar to that of the U.S. (48.1%).
- ◆ There was no difference in prevalence of hypertension by gender or sexual orientation.
- ◆ Adjusting for age eliminated apparent difference between most race/ethnic groups. However, Black/African Americans were more likely to have hypertension than Hispanic or White adults. Sample size prevented estimation of hypertension for the Asian/NHOPI population of this age group.
- ◆ Adults with college-level education were less likely to have a history of hypertension than adults with less education.
- ◆ Adults living in households with annual income of \$50,000+ were slightly less likely to have a history of hypertension than those living in households with annual income between \$10,000 and less than \$20,000.
- ◆ 57.8% who were unable to work had hypertension compared to only 36.2% of those who were employed. This relationship held even after adjusting for differences in age between the two groups. Among adults age 50+ with hypertension, 12.5% were unable to work, while only 8.1% of adults without hypertension were unable to work.
- ◆ Adults living in the Southeast Region of the state were more likely to have a history of hypertension than adults living in the Northeast Region or the Metro Region.
- ◆ Among those with a history of hypertension, 21.3% had a history of diagnosed CVD compared to only 6.2% of adults without a history of hypertension.



- ◆ 84.4% with hypertension were currently taking medication to control their blood pressure. However, only 62.1% of those who lacked health care coverage were taking medication while 86.8% who had coverage were taking medication.

# DIAGNOSED HYPERTENSION, ADULTS AGE 50+

Table 71. Percentage of adults age 50+ with history of diagnosed hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adults Age 50+			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	5,879	2,874	47.0	45.2	48.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	5,458	2,682	47.7	45.8	49.5
LGBT**	108	46	43.2	31.4	55.9
<b>AGE</b>					
50-54	886	296	32.1	28.3	36.2
55-64	2,057	891	44.4	41.3	47.4
65-74	1,696	960	57.4	54.0	60.4
75+	1,152	697	57.0	52.8	61.1
<b>RACE/ETHNICITY</b>					
American Indian	356	168	44.4	37.8	51.2
Asian NHOPI**	42	-	-	-	-
Black/AA**	67	46	69.4	54.6	81.0
Hispanic	1,697	849	47.3	44.0	50.6
White	3,570	1,727	46.8	44.5	49.1
<b>EDUCATION</b>					
Less than High School Graduate	722	410	53.0	48.0	57.9
High School Graduate or G.E.D.	1,607	845	49.8	46.4	53.2
Some College	1,534	753	48.0	44.5	51.4
College Graduate	1,998	857	39.2	36.4	42.2
<b>INCOME</b>					
Less than \$10,000	386	207	48.5	40.9	56.2
\$10-19,999	974	529	53.4	48.9	57.8
\$20-49,999	1,967	1,005	48.9	45.8	52.0
\$50,000 or more	1,788	753	41.0	37.8	44.2
<b>EMPLOYMENT</b>					
Employed	2,129	791	36.2	33.5	39.1
Unemployed/Unable to Work	807	451	53.9	48.9	58.8
Homemaker/Student	440	227	50.4	43.9	56.8
Retired	2,481	1,395	54.8	52.0	57.6
<b>Geographic Region</b> ⊛					
Northwest	1,232	647	51.4	47.7	55.0
Northeast	1,179	490	40.6	37.3	44.0
Metro	1,201	525	44.5	41.0	48.0
Southeast	1,040	577	54.3	50.7	57.8
Southwest	1,227	635	51.5	48.1	54.9

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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 HYPERTENSION, ADULT MALES AGE 50+

Table 72. Percentage of adult males age 50+ with history of diagnosed hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Men Age 50+			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	2,388	1,213	48.8	46.1	51.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	2,205	1,125	49.3	46.4	52.2
LGBT**	49	-	-	-	-
<b>AGE</b>					
50-54	360	142	35.9	29.9	42.3
55-64	902	411	47.0	42.5	51.5
65-74	683	403	59.3	54.0	64.3
75+	410	244	53.9	47.0	60.7
<b>RACE/ETHNICITY</b>					
American Indian**	114	51	39.1	29.2	49.9
Asian NHOPI**	23	-	-	-	-
Black/AA**	24	-	-	-	-
Hispanic	671	343	48.5	43.2	53.7
White	1,478	748	49.0	45.6	52.5
<b>EDUCATION</b>					
Less than High School Graduate	284	142	49.0	41.5	56.5
High School Graduate or G.E.D.	637	358	53.8	48.3	59.2
Some College	545	279	50.7	45.2	56.3
College Graduate	915	430	42.4	38.2	46.7
<b>INCOME</b>					
Less than \$10,000**	134	62	43.4	31.4	56.1
\$10-19,999	367	207	56.0	48.8	63.1
\$20-49,999	762	402	49.4	44.6	54.1
\$50,000 or more	906	425	45.3	40.9	49.8
<b>EMPLOYMENT</b>					
Employed	1,000	427	41.2	37.2	45.3
Unemployed/Unable to Work	321	181	53.2	45.2	61.0
Homemaker/Student**	8	-	-	-	-
Retired	1,052	600	55.3	51.0	59.5
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	467	254	51.5	45.7	57.3
Northeast	522	230	40.7	35.8	45.7
Metro	512	233	46.8	41.5	52.2
Southeast	407	234	55.1	49.3	60.8
Southwest	480	262	55.3	49.9	60.6

\* 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 9,316 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 HYPERTENSION, ADULT FEMALES AGE 50+

Table 73. Percentage of adult females age 50+ with history of diagnosed hypertension, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Women Age 50+			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,491	1,661	45.5	43.2	47.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,253	1,557	46.3	43.8	48.7
LGBT**	59	23	39.7	24.4	57.3
<b>AGE</b>					
50-54	526	154	29.1	24.3	34.5
55-64	1,155	480	41.9	37.8	46.1
65-74	1,013	557	55.7	51.4	59.9
75+	742	453	59.3	54.2	64.2
<b>RACE/ETHNICITY</b>					
American Indian	242	117	48.1	39.6	56.7
Asian NHOPI**	19	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	1,026	506	46.3	42.1	50.5
White	2,092	979	44.8	41.8	47.8
<b>EDUCATION</b>					
Less than High School Graduate	438	268	56.8	50.2	63.2
High School Graduate or G.E.D.	970	487	46.4	42.1	50.8
Some College	989	474	46.1	41.7	50.5
College Graduate	1,083	427	35.8	32.0	39.9
<b>INCOME</b>					
Less than \$10,000	252	145	52.9	43.4	62.1
\$10-19,999	607	322	51.2	45.6	56.8
\$20-49,999	1,205	603	48.6	44.6	52.6
\$50,000 or more	882	328	35.7	31.3	40.4
<b>EMPLOYMENT</b>					
Employed	1,129	364	31.2	27.5	35.1
Unemployed/Unable to Work	486	270	54.5	48.3	60.5
Homemaker/Student	432	225	51.1	44.5	57.6
Retired	1,429	795	54.3	50.6	58.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	765	393	51.2	46.6	55.8
Northeast	657	260	40.5	36.0	45.1
Metro	689	292	42.6	38.1	47.2
Southeast	633	343	53.6	49.0	58.0
Southwest	747	373	48.3	44.0	52.5

§ 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 9,316 across some categories for some variables.

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

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

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# OVERWEIGHT AND OBESITY

## QUESTIONS:

“About how much do you weigh without shoes?”

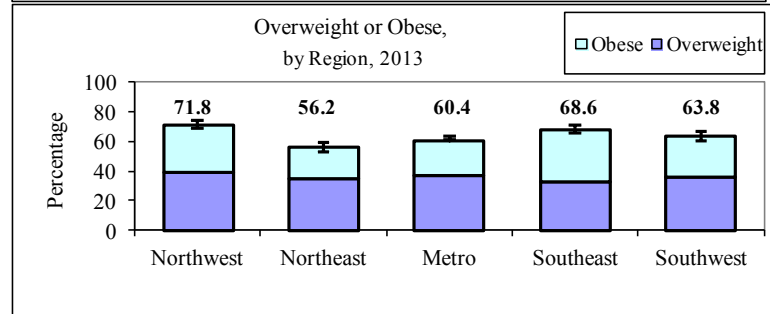
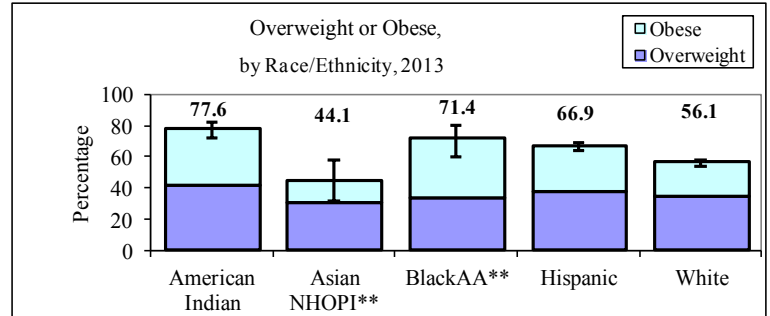
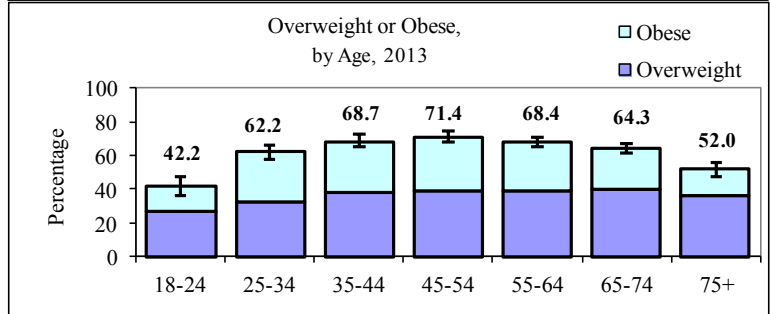
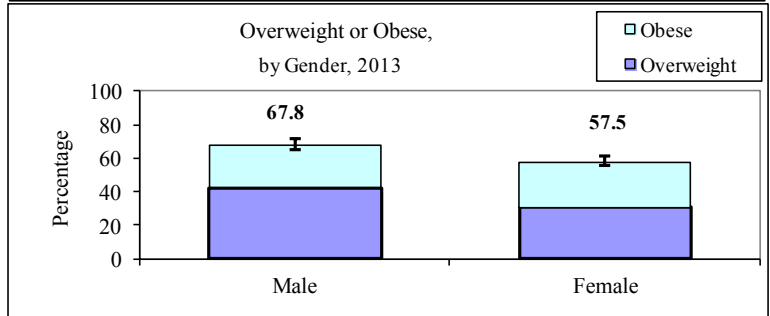
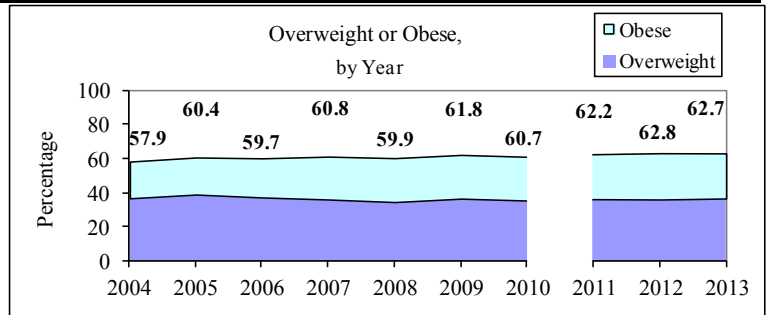
“About how tall are you without shoes?”

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>15</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>20</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,

- ◆ 62.7% of the adults were either overweight or obese: 36.3% of adults were overweight and an additional 26.4% were obese, based on Body Mass Index (BMI). Adults of the U.S., as a whole, were more likely to be obese than those of NM, 29.4% versus 26.4%, respectively.
- ◆ In the decade 2000-2010, the combined prevalence of overweight and obesity had risen from 55.5% to 60.7%. Nearly all of this increase was represented by an increase in the percentage of adults who were obese. However, there was no significant change from 2011 to 2013.
- ◆ Men were more likely to be overweight than women, 42.1% versus 30.3%, but men and women were similar in terms of obesity.
- ◆ High rates of overweight and obesity were common to all racial/ethnic groups. There was little difference in overweight but American Indian, Black/African American, and Hispanic adults were more likely to be obese than White and Asian/NHOPI. Asian/NHOPI adults were less likely to be obese than adults of any other group.
- ◆ While the prevalence of overweight was similar by region, residents of the Northeast Region and the Metro Region were less likely to be obese than residents of the other regions.



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



# OVERWEIGHT

Table 74. Percentage of adults who were overweight (but not obese) based on Body Mass Index (BMI = 25.0 to <30.0), New Mexico, 2013.

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>	8,914	3,229	36.3	34.8	37.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,290	3,026	36.6	35.0	38.1
LGBT	233	72	31.7	24.0	40.5
<b>AGE</b>					
18-24	522	150	26.8	22.3	31.9
25-34	993	329	32.9	29.2	36.8
35-44	1,072	389	38.0	34.2	42.0
45-54	1,522	584	39.6	36.2	43.1
55-64	1,987	728	39.3	36.3	42.4
65-74	1,628	621	40.2	36.8	43.7
75+	1,126	407	36.5	32.6	40.6
<b>RACE/ETHNICITY</b>					
American Indian	731	287	41.2	36.2	46.5
Asian NHOPI**	88	28	30.5	20.3	43.1
Black/AA**	114	42	33.5	23.8	44.9
Hispanic	3,147	1,203	37.6	35.3	40.0
White	4,656	1,605	34.3	32.3	36.4
<b>EDUCATION</b>					
Less than High School Graduate	1,093	378	34.8	30.8	38.9
High School Graduate or G.E.D.	2,515	934	36.8	34.1	39.5
Some College	2,453	894	35.7	33.1	38.5
College Graduate	2,843	1,020	37.7	35.2	40.4
<b>INCOME</b>					
Less than \$10,000	628	197	32.0	26.6	38.0
\$10-19,999	1,494	507	34.3	30.9	37.8
\$20-49,999	3,043	1,130	37.9	35.5	40.4
\$50,000 or more	2,816	1,114	39.5	36.9	42.2
<b>EMPLOYMENT</b>					
Employed	4,250	1,623	38.4	36.4	40.4
Unemployed/Unable to Work	1,218	397	32.4	28.4	36.6
Homemaker/Student	992	277	25.9	22.4	29.8
Retired	2,429	925	41.8	38.9	44.8
<b>Geographic Region☼</b>					
Northwest	1,840	692	39.8	36.8	43.0
Northeast	1,716	590	35.2	32.2	38.4
Metro	1,994	750	36.8	34.1	39.5
Southeast	1,552	535	33.3	30.4	36.3
Southwest	1,812	662	36.2	33.3	39.1

§ 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 9,316 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 75. Percentage of adults who were obese based on Body Mass Index (BMI  $\geq$  30), New Mexico, 2013.

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>	8,914	2,405	26.4	25.1	27.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,290	2,255	26.8	25.5	28.2
LGBT	233	64	24.9	18.3	32.9
<b>AGE</b>					
18-24	522	94	15.3	11.8	19.7
25-34	993	294	29.3	25.8	33.2
35-44	1,072	344	30.7	27.3	34.4
45-54	1,522	487	31.8	28.6	35.2
55-64	1,987	595	29.1	26.4	31.9
65-74	1,628	403	24.1	21.3	27.1
75+	1,126	175	15.5	12.7	18.8
<b>RACE/ETHNICITY</b>					
American Indian	731	285	36.4	31.6	41.5
Asian NHOPI**	88	11	13.6	6.8	25.3
Black/AA**	114	38	38.0	27.4	49.8
Hispanic	3,147	993	29.3	27.1	31.5
White	4,656	1,035	21.8	20.1	23.6
<b>EDUCATION</b>					
Less than High School Graduate	1,093	385	34.5	30.7	38.6
High School Graduate or G.E.D.	2,515	737	26.7	24.4	29.1
Some College	2,453	711	27.5	25.1	30.1
College Graduate	2,843	571	18.3	16.4	20.3
<b>INCOME</b>					
Less than \$10,000	628	205	29.3	24.5	34.5
\$10-19,999	1,494	452	30.2	27.1	33.5
\$20-49,999	3,043	865	27.6	25.4	29.9
\$50,000 or more	2,816	661	23.9	21.5	26.3
<b>EMPLOYMENT</b>					
Employed	4,250	1,163	26.9	25.1	28.8
Unemployed/Unable to Work	1,218	431	34.2	30.2	38.5
Homemaker/Student	992	260	23.4	20.1	27.1
Retired	2,429	545	20.3	18.3	22.5
<b>Geographic Region</b> ⊛					
Northwest	1,840	565	31.9	29.1	34.9
Northeast	1,716	349	21.0	18.7	23.6
Metro	1,994	478	23.7	21.3	26.2
Southeast	1,552	516	35.2	32.3	38.3
Southwest	1,812	497	27.6	25.0	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" or who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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# OVERWEIGHT OR OBESE

Table 76. Percentage of adults who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2013.

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>	8,914	5,634	62.7	61.1	64.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,290	5,281	63.4	61.8	64.9
LGBT	233	136	56.6	47.7	65.1
<b>AGE</b>					
18-24	522	244	42.2	36.7	47.8
25-34	993	623	62.2	58.0	66.3
35-44	1,072	733	68.7	64.9	72.4
45-54	1,522	1,071	71.4	68.1	74.4
55-64	1,987	1,323	68.4	65.4	71.2
65-74	1,628	1,024	64.3	61.0	67.4
75+	1,126	582	52.0	47.8	56.2
<b>RACE/ETHNICITY</b>					
American Indian	731	572	77.6	72.4	82.1
Asian NHOPI**	88	39	44.1	31.3	57.7
Black/AA**	114	80	71.4	60.1	80.6
Hispanic	3,147	2,196	66.9	64.4	69.3
White	4,656	2,640	56.1	53.9	58.3
<b>EDUCATION</b>					
Less than High School Graduate	1,093	763	69.3	65.3	73.1
High School Graduate or G.E.D.	2,515	1,671	63.4	60.4	66.4
Some College	2,453	1,605	63.3	60.4	66.1
College Graduate	2,843	1,591	56.0	53.4	58.6
<b>INCOME</b>					
Less than \$10,000	628	402	61.3	54.9	67.3
\$10-19,999	1,494	959	64.4	60.8	67.9
\$20-49,999	3,043	1,995	65.4	63.0	67.8
\$50,000 or more	2,816	1,775	63.4	60.8	66.0
<b>EMPLOYMENT</b>					
Employed	4,250	2,786	65.3	63.3	67.3
Unemployed/Unable to Work	1,218	828	66.6	61.6	71.2
Homemaker/Student	992	537	49.3	44.9	53.7
Retired	2,429	1,470	62.2	59.4	64.9
<b>Geographic Region✧</b>					
Northwest	1,840	1,257	71.8	68.8	74.6
Northeast	1,716	939	56.2	53.1	59.3
Metro	1,994	1,228	60.4	57.5	63.3
Southeast	1,552	1,051	68.6	65.5	71.5
Southwest	1,812	1,159	63.8	60.7	66.7

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

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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 77. Percentage of adult males who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2013.

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>	3,886	2,667	67.8	65.5	69.9
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,614	2,502	68.3	66.0	70.6
LGBT**	93	55	58.8	44.8	71.5
<b>AGE</b>					
18-24	268	141	49.0	41.1	56.9
25-34	476	323	67.2	61.1	72.7
35-44	480	362	73.3	67.4	78.4
45-54	660	500	76.9	72.5	80.9
55-64	893	640	73.2	69.2	76.9
65-74	675	456	69.6	64.8	74.1
75+	408	226	55.0	48.0	61.7
<b>RACE/ETHNICITY</b>					
American Indian	276	218	80.9	74.4	86.2
Asian NHOPi**	46	-	-	-	-
Black/AA**	58	40	67.6	51.9	80.2
Hispanic	1,350	987	69.8	66.1	73.3
White	2,059	1,331	63.5	60.2	66.6
<b>EDUCATION</b>					
Less than High School Graduate	461	321	72.2	66.5	77.2
High School Graduate or G.E.D.	1,113	789	66.0	61.5	70.3
Some College	986	701	68.7	64.4	72.7
College Graduate	1,322	853	65.4	61.7	68.8
<b>INCOME</b>					
Less than \$10,000	219	134	66.5	57.9	74.2
\$10-19,999	579	376	66.3	60.8	71.3
\$20-49,999	1,305	898	67.3	63.5	70.9
\$50,000 or more	1,450	1,048	71.4	67.8	74.8
<b>EMPLOYMENT</b>					
Employed	2,143	1,524	70.0	67.2	72.6
Unemployed/Unable to Work	522	368	70.4	63.1	76.8
Homemaker/Student**	150	72	43.4	33.8	53.6
Retired	1,058	694	67.6	63.5	71.5
<b>Geographic Region☼</b>					
Northwest	732	531	75.0	70.7	78.8
Northeast	800	491	61.1	56.5	65.6
Metro	921	632	66.9	62.7	70.9
Southeast	668	486	73.3	68.9	77.2
Southwest	765	527	67.0	62.2	71.4

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

\* Those who responded "don't know/not sure", who refused to respond, or were female were excluded. Consequently, the sample sizes may not add to 9,316 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 78. Percentage of adult females who were overweight or obese based on Body Mass Index (BMI  $\geq$  25.0), New Mexico, 2013.

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>	5,028	2,967	57.5	55.4	59.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,676	2,779	58.2	56.0	60.4
LGBT**	140	81	55.2	43.8	66.1
<b>AGE</b>					
18-24**	254	103	34.2	27.3	41.8
25-34	517	300	56.4	50.5	62.1
35-44	592	371	64.0	58.8	68.9
45-54	862	571	65.9	61.2	70.3
55-64	1,094	683	63.6	59.4	67.7
65-74	953	568	59.1	54.7	63.3
75+	718	356	49.7	44.6	54.9
<b>RACE/ETHNICITY</b>					
American Indian	455	354	74.4	66.4	81.0
Asian NHOPI**	42	-	-	-	-
Black/AA**	56	40	76.7	60.4	87.7
Hispanic	1,797	1,209	63.9	60.7	67.1
White	2,597	1,309	48.6	45.6	51.6
<b>EDUCATION</b>					
Less than High School Graduate	632	442	66.4	60.5	71.7
High School Graduate or G.E.D.	1,402	882	60.6	56.4	64.6
Some College	1,467	904	58.3	54.4	62.0
College Graduate	1,521	738	45.8	42.4	49.3
<b>INCOME</b>					
Less than \$10,000	409	268	57.7	49.1	65.8
\$10-19,999	915	583	62.9	58.0	67.6
\$20-49,999	1,738	1,097	63.5	60.3	66.5
\$50,000 or more	1,366	727	52.7	48.9	56.4
<b>EMPLOYMENT</b>					
Employed	2,107	1,262	59.3	56.3	62.3
Unemployed/Unable to Work	696	460	62.4	55.5	68.8
Homemaker/Student	842	465	51.3	46.4	56.1
Retired	1,371	776	56.3	52.5	60.0
<b>Geographic Region✧</b>					
Northwest	1,108	726	68.6	64.4	72.5
Northeast	916	448	51.2	47.0	55.5
Metro	1,073	596	53.9	49.9	57.8
Southeast	884	565	63.6	59.3	67.6
Southwest	1,047	632	60.5	56.7	64.2

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

\* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to 9,316 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.

# VISION — BLIND OR SERIOUS DIFFICULTY SEEING

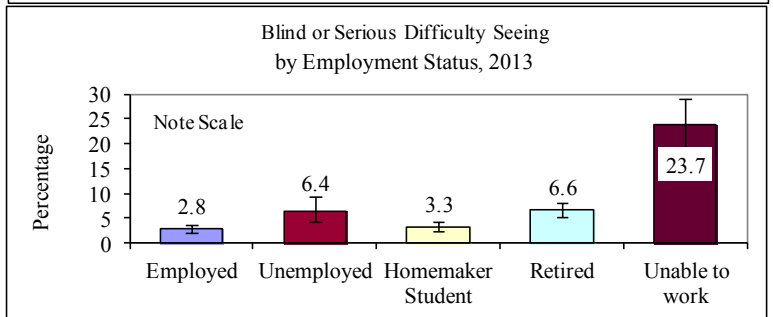
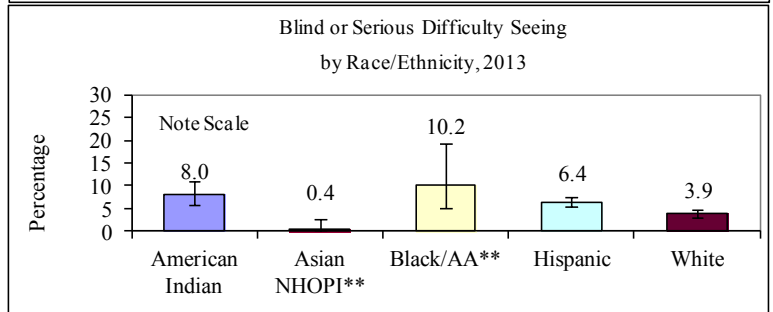
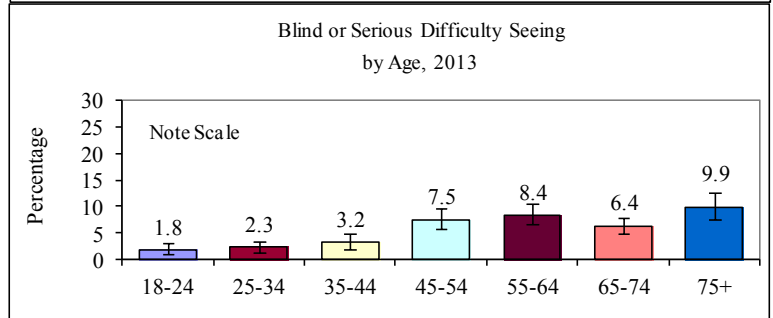
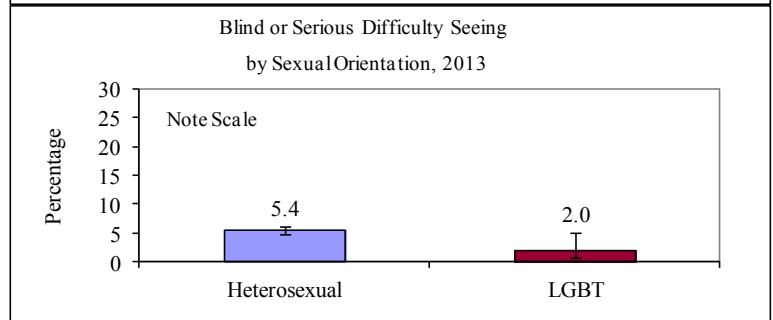
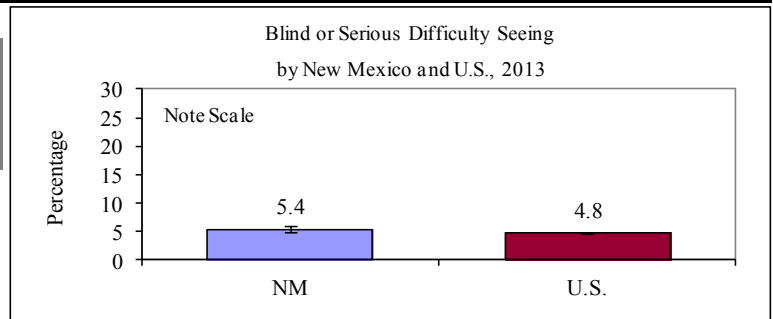
## QUESTION:

“Are you blind or do you have serious difficulty seeing, **EVEN** when wearing glasses?”

In 2013, the CDC added a new question about blindness and severe vision impairment. The estimates from this question should not be compared to estimates of the Vision Impairment module which was included in the 2008 NM BRFSS. This new question will be included in the core for the foreseeable future.

### IN NEW MEXICO,

- ◆ 5.4% of adults reported that they were blind or had serious difficulty seeing, even when wearing glasses. There was no difference between NM and the U.S.
- ◆ The apparent difference by sexual orientation was not statistically significant.
- ◆ There was no difference by gender.
- ◆ Blindness and serious difficulty seeing was associated with age, the prevalence being higher in older age groups.
- ◆ The prevalence of blindness or serious difficulty seeing was lower among Asian/NHOPI and White adults.
- ◆ The prevalence of blindness or serious difficulty seeing was higher among adults with less than a high school education.
- ◆ The prevalence of blindness or serious difficulty seeing was higher in households with an annual income below \$10,000.
- ◆ Over twenty-three percent (23.7%) of adults who were unable to work were blind or had serious difficulty seeing. Nearly thirty-two percent (31.9%) of adults who were blind or had serious difficulty seeing were unable to work, compared to only 5.8% of adults without such significant vision impairment.
- ◆ There was a significant association between several health conditions and vision impairment. Current smokers, those with diabetes, those who were obese, those with history of stroke, myocardial infarction, or coronary heart disease, were more likely to have vision impairment.



- ◆ Adults who met recommendations for both aerobic exercise and strength training were significantly less likely to be blind or have serious difficulty seeing.

# VISION — BLIND OR SERIOUS DIFFICULTY SEEING

Table 79. Percentage of adults who were blind or had serious difficulty seeing, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Blind or Serious Difficulty Seeing			
		Total Number Reporting Blindness or Serious Difficulty Seeing	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	9,176	583	5.4	4.8	6.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,512	540	5.4	4.8	6.1
LGBT	235	6	2.0	0.8	5.1
<b>AGE</b>					
18-24	553	15	1.8	1.0	3.1
25-34	1,042	28	2.3	1.5	3.5
35-44	1,108	35	3.2	2.1	4.9
45-54	1,535	113	7.5	5.8	9.8
55-64	2,040	152	8.4	6.7	10.5
65-74	1,671	122	6.4	5.0	8.0
75+	1,142	115	9.9	7.7	12.7
<b>RACE/ETHNICITY</b>					
American Indian	751	68	8.0	5.8	10.9
Asian NHOPI**	91	1	0.4	0.1	2.9
Black/AA**	114	9	10.2	5.1	19.4
Hispanic	3,277	268	6.4	5.4	7.5
White	4,753	224	3.9	3.2	4.7
<b>EDUCATION</b>					
Less than High School Graduate	1,176	143	9.8	7.9	12.1
High School Graduate or G.E.D.	2,571	213	6.7	5.5	8.2
Some College	2,499	129	3.8	2.9	4.8
College Graduate	2,911	96	2.5	1.9	3.4
<b>INCOME</b>					
Less than \$10,000	650	99	12.0	9.3	15.3
\$10-19,999	1,551	171	8.5	6.7	10.7
\$20-49,999	3,106	163	5.2	4.2	6.4
\$50,000 or more	2,843	68	1.7	1.2	2.4
<b>EMPLOYMENT</b>					
Employed	4,366	126	2.8	2.2	3.6
Unemployed/Unable to Work	1,254	216	14.6	12.0	17.6
Homemaker/Student	1,055	58	3.3	2.4	4.4
Retired	2,471	181	6.6	5.4	8.1
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,887	132	6.7	5.4	8.4
Northeast	1,736	109	6.3	5.0	7.9
Metro	2,056	104	4.5	3.5	5.8
Southeast	1,601	109	5.9	4.7	7.4
Southwest	1,896	129	5.4	4.4	6.7

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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# VISION — BLIND OR SERIOUS DIFFICULTY SEEING, MALES

Table 80. Percentage of adult males who were blind or had serious difficulty seeing, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Blind or Serious Difficulty Seeing Among Adult Men			
		Total Number Reporting Blindness or Serious Difficulty Seeing	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,887	233	5.5	4.6	6.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,606	214	5.4	4.5	6.5
LGBT**	94	1	1.4	0.2	9.5
<b>AGE</b>					
18-24	272	6	1.5	0.6	3.7
25-34	474	13	2.6	1.4	4.6
35-44	478	17	3.6	1.9	6.7
45-54	652	46	7.0	4.5	10.7
55-64	897	72	10.0	7.4	13.5
65-74	675	38	5.3	3.4	8.2
75+	408	39	10.4	6.8	15.4
<b>RACE/ETHNICITY</b>					
American Indian	277	33	10.5	6.8	15.7
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	4	9.8	3.5	24.4
Hispanic	1,355	102	6.1	4.6	8.0
White	2,048	88	4.1	3.0	5.4
<b>EDUCATION</b>					
Less than High School Graduate	477	51	8.9	6.2	12.4
High School Graduate or G.E.D.	1,111	109	7.9	6.0	10.4
Some College	979	38	3.6	2.3	5.4
College Graduate	1,312	34	2.3	1.5	3.6
<b>INCOME</b>					
Less than \$10,000	219	35	13.3	8.7	19.8
\$10-19,999	587	69	10.3	7.1	14.8
\$20-49,999	1,302	67	5.0	3.7	6.7
\$50,000 or more	1,438	37	2.0	1.3	3.0
<b>EMPLOYMENT</b>					
Employed	2,143	61	3.0	2.2	4.0
Unemployed/Unable to Work	526	92	14.4	10.5	19.3
Homemaker/Student** <sup>ψ</sup>	149	6	2.1	0.8	5.0
Retired	1,056	73	7.0	5.1	9.5
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	733	50	7.4	5.2	10.5
Northeast	787	49	6.1	4.4	8.5
Metro	924	57	5.3	3.8	7.5
Southeast	665	36	4.7	3.1	7.0
Southwest	778	41	4.6	3.1	6.8

\* Those who responded "don't know/not sure", who refused to respond or are females were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

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



# VISION — BLIND OR SERIOUS DIFFICULTY SEEING, FEMALES

Table 81. Percentage of adult females who were blind or had serious difficulty seeing, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Blind or Serious Difficulty Seeing Among Adult Women			
		Total Number Reporting Blindness or Serious Difficulty Seeing	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	5,289	350	5.3	4.6	6.1
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,906	326	5.4	4.7	6.3
LGBT**	141	5	2.3	0.8	6.7
<b>AGE</b>					
18-24	281	9	2.1	1.0	4.0
25-34	568	15	2.0	1.1	3.8
35-44	630	18	2.8	1.6	5.0
45-54	883	67	8.1	5.8	11.1
55-64	1,143	80	6.9	5.0	9.4
65-74	996	84	7.3	5.5	9.5
75+	734	76	9.6	7.1	13.0
<b>RACE/ETHNICITY</b>					
American Indian	474	35	5.7	3.6	9.1
Asian NHOPI**	44	-	-	-	-
Black/AA**	58	5	10.7	4.2	24.9
Hispanic	1,922	166	6.6	5.4	8.1
White	2,705	136	3.7	2.9	4.8
<b>EDUCATION</b>					
Less than High School Graduate	699	92	10.8	8.2	14.0
High School Graduate or G.E.D.	1,460	104	5.4	4.1	7.1
Some College	1,520	91	4.0	2.9	5.3
College Graduate	1,599	62	2.7	1.9	4.0
<b>INCOME</b>					
Less than \$10,000	431	64	11.1	8.1	15.0
\$10-19,999	964	102	7.1	5.5	9.1
\$20-49,999	1,804	96	5.4	4.0	7.3
\$50,000+	1,405	31	1.4	0.9	2.2
<b>EMPLOYMENT</b>					
Employed	2,223	65	2.7	1.9	3.8
Unemployed Unable to Work	728	124	14.8	11.6	18.8
Homemaker Student <sup>ψ</sup>	906	52	3.6	2.6	5.0
Retired	1,415	108	6.3	4.9	8.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,154	82	6.1	4.6	8.0
Northeast	949	60	6.5	4.7	8.8
Metro	1,132	47	3.8	2.6	5.4
Southeast	936	73	7.1	5.4	9.3
Southwest	1,118	88	6.2	4.9	8.0

\* 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 9,316 across some categories for some variables.

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

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

# 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?”

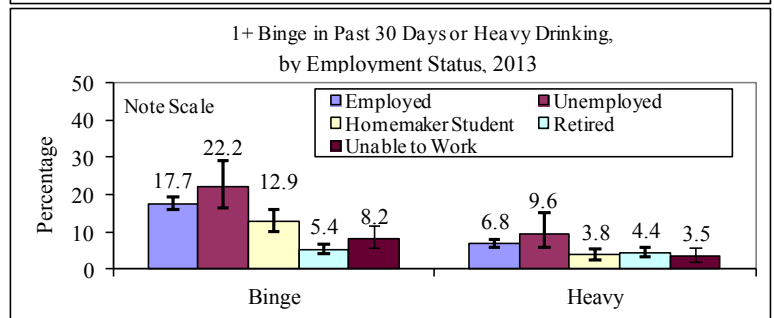
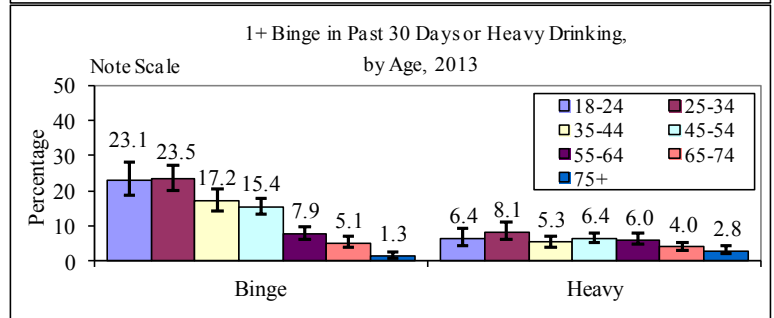
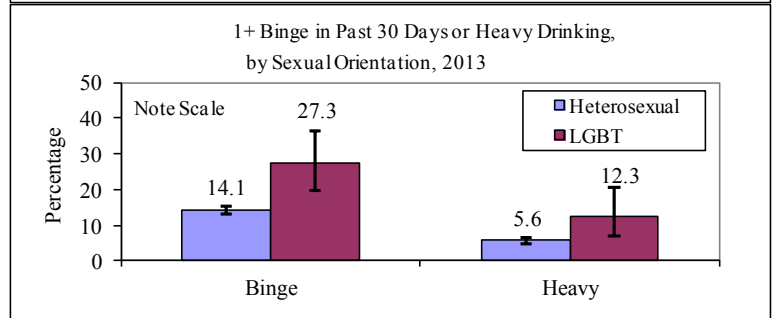
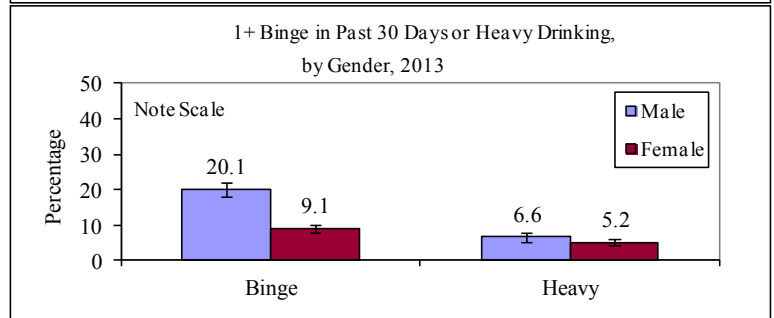
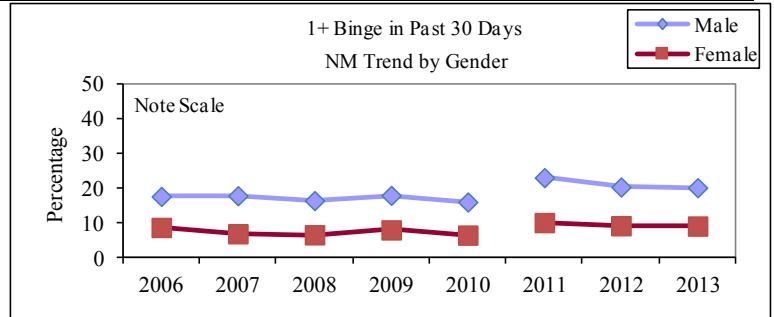
“During the past 30 days, what is the largest number of drinks you had on any occasion? ”

Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.<sup>17</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>18</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,

- ◆ 14.5% of NM adults were binge drinkers which was slightly lower than the U.S., 16.8%. 5.9% were heavy drinkers which was similar to that of the U.S., 6.2%.
- ◆ The prevalence of binge and heavy drinking was higher among LGBT adults than heterosexual adults, as was the prevalence of driving after the last binge, 16.9% versus 2.8%, respectively.
- ◆ Binge drinking and heavy drinking were lower among older adults.
- ◆ Binge drinking was higher among adult males (20.1%) than adult females (9.1%). The apparent difference in heavy drinking was not statistically significant.
- ◆ The prevalence of binge and heavy drinking was highest among adults who were employed or unemployed but the differences were not significant after adjusting for age.



- ◆ There was no measurable difference in binge or heavy drinking by race/ethnicity, education level, or annual household income.
- ◆ There was no difference in binge or heavy drinking by region of residence.

# ALCOHOL CONSUMPTION — BINGE

Table 82. 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, 2013.

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>	8,914	1,014	14.5	13.4	15.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,280	938	14.1	13.0	15.3
LGBT	230	44	27.3	19.6	36.6
<b>AGE</b>					
18-24	531	135	23.1	18.8	28.0
25-34	1,017	223	23.5	20.2	27.2
35-44	1,082	177	17.2	14.3	20.5
45-54	1,497	225	15.4	13.2	18.0
55-64	1,976	155	7.9	6.3	9.8
65-74	1,625	77	5.1	3.8	6.8
75+	1,116	17	1.3	0.8	2.3
<b>RACE/ETHNICITY</b>					
American Indian	716	70	14.8	10.9	19.7
Asian NHOPI**	89	11	13.1	6.8	23.5
Black/AA**	111	13	9.4	4.6	18.2
Hispanic	3,174	435	16.0	14.2	17.9
White	4,650	465	13.4	11.8	15.0
<b>EDUCATION</b>					
Less than High School Graduate	1,133	99	11.8	9.1	15.0
High School Graduate or G.E.D.	2,485	298	15.3	13.3	17.5
Some College	2,436	303	16.0	13.9	18.4
College Graduate	2,847	314	13.4	11.8	15.3
<b>INCOME</b>					
Less than \$10,000	631	64	11.0	8.0	14.9
\$10-19,999	1,500	156	15.7	12.7	19.2
\$20-49,999	3,036	349	14.1	12.4	15.9
\$50,000 or more	2,798	377	16.9	14.8	19.3
<b>EMPLOYMENT</b>					
Employed	4,235	649	17.7	16.2	19.4
Unemployed/Unable to Work	1,217	142	15.5	12.1	19.6
Homemaker/Student	1,039	105	12.9	10.2	16.1
Retired	2,397	114	5.4	4.2	6.9
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,827	162	13.3	11.0	15.9
Northeast	1,681	193	13.8	11.5	16.5
Bernalillo County	1,994	270	14.9	12.9	17.1
Southeast	1,558	172	14.4	12.2	16.8
Southwest	1,854	217	14.9	12.8	17.3

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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# ALCOHOL CONSUMPTION — HEAVY

Table 83. 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, 2013.

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>	8,930	484	5.9	5.2	6.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,294	440	5.6	4.9	6.4
LGBT	231	24	12.3	7.1	20.5
<b>AGE</b>					
18-24	527	35	6.4	4.4	9.3
25-34	1,019	75	8.1	5.9	11.1
35-44	1,087	61	5.3	3.9	7.1
45-54	1,502	99	6.4	5.0	8.1
55-64	1,977	104	6.0	4.6	7.7
65-74	1,629	72	4.0	3.0	5.4
75+	1,120	34	2.8	1.9	4.1
<b>RACE/ETHNICITY</b>					
American Indian	723	27	4.4	2.7	7.0
Asian NHOPI**	88	1	0.9	0.1	6.1
Black/AA**	110	9	7.8	3.3	17.0
Hispanic	3,180	147	5.0	4.1	6.2
White	4,656	293	7.2	6.0	8.5
<b>EDUCATION</b>					
Less than High School Graduate	1,133	36	3.5	2.3	5.2
High School Graduate or G.E.D.	2,484	127	5.9	4.7	7.4
Some College	2,447	150	7.3	5.8	9.0
College Graduate	2,853	171	5.8	4.8	7.0
<b>INCOME</b>					
Less than \$10,000	633	33	4.9	3.1	7.6
\$10-19,999	1,502	69	6.7	4.6	9.5
\$20-49,999	3,040	163	5.5	4.5	6.7
\$50,000 or more	2,801	181	6.8	5.6	8.3
<b>EMPLOYMENT</b>					
Employed	4,245	282	6.8	5.8	7.9
Unemployed/Unable to Work	1,221	63	6.7	4.5	9.7
Homemaker/Student	1,037	38	3.8	2.5	5.6
Retired	2,403	101	4.4	3.3	5.8
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,830	69	4.6	3.4	6.2
Northeast	1,698	111	6.8	5.4	8.6
Bernalillo County	1,998	116	5.7	4.5	7.2
Southeast	1,557	84	5.6	4.3	7.2
Southwest	1,847	104	6.5	5.0	8.4

\* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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.

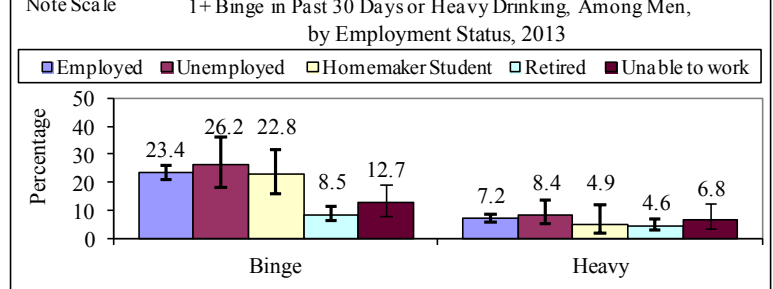
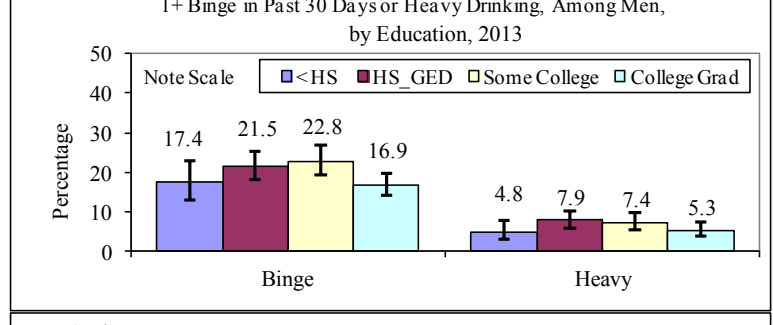
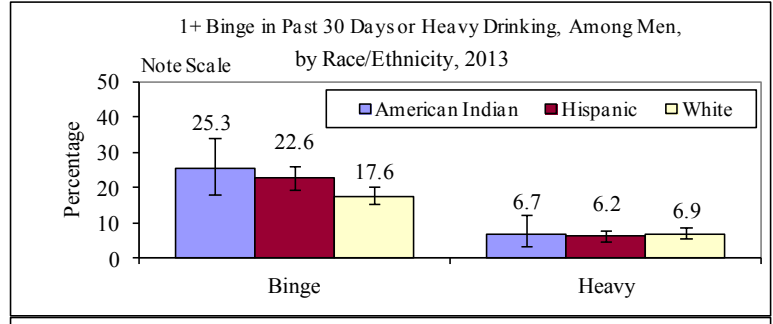
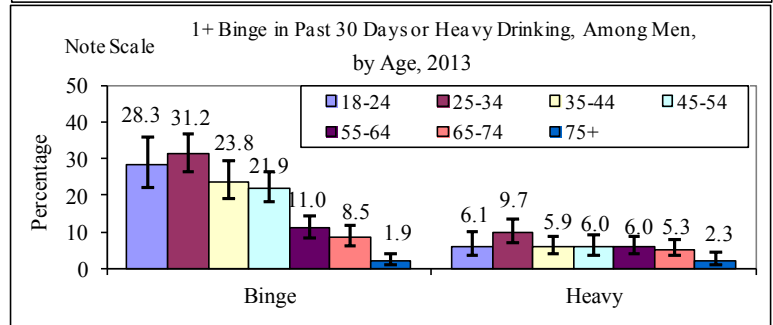
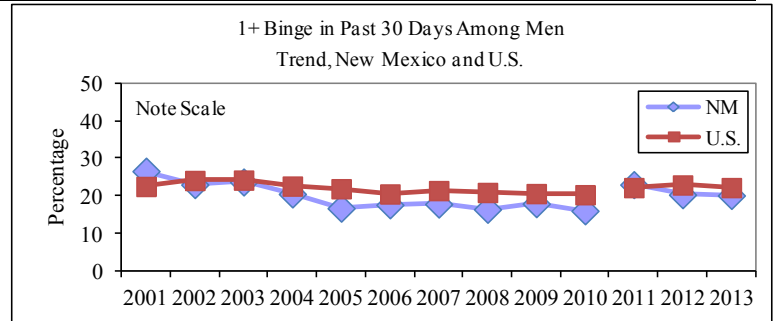
\*\* Estimates based on small sample size may not be reliable and may change significantly from year to year.

# 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,

- ◆ 20.1% of adult males reported binge drinking in the past 30 days which was lower than that of the U.S. (22.2%).
- ◆ 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. The much higher 2011 estimate is likely due to improvements to the BRFSS described earlier.
- ◆ 6.6% of adult males reported heavy drinking, which was similar to that of the U.S. (6.6%).
- ◆ Among adult males, there was no difference in binge or heavy drinking by sexual orientation.
- ◆ Among males, binge drinking was highest among those age 18-34 and was much lower among older adult males. For heavy drinking there was no clear association with age.
- ◆ Apparent differences in binge and heavy drinking by race/ethnicity were not statistically significant. Small sample size prevented reporting of all groups.
- ◆ The prevalence of binge and heavy drinking was lower among adult males who were retired or unable to work. However, these differences largely disappeared in age-adjusted estimates.
- ◆ Binge and heavy drinking were not associated with education level, annual household income, or region of residence.



# BINGE DRINKING — MALES

Table 84. Percentage of adult males who binged ( $\geq 5$  drinks on an occasion) at least once in the past 30 days, New Mexico, 2013.

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>	3,746	646	20.1	18.3	22.0
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,479	613	20.1	18.3	22.2
LGBT**	93	13	20.9	11.6	34.6
<b>AGE</b>					
18-24	264	83	28.3	21.9	35.7
25-34	457	144	31.2	26.2	36.8
35-44	465	108	23.8	18.9	29.4
45-54	632	141	21.9	18.1	26.4
55-64	858	98	11.0	8.3	14.4
65-74	650	57	8.5	6.1	11.6
75+	396	11	1.9	1.0	3.9
<b>RACE/ETHNICITY</b>					
American Indian	255	45	25.3	18.0	34.3
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	8	13.5	5.8	28.0
Hispanic	1,299	288	22.6	19.6	26.0
White	1,998	285	17.6	15.3	20.2
<b>EDUCATION</b>					
Less than High School Graduate	452	67	17.4	13.0	22.9
High School Graduate or G.E.D.	1,062	207	21.5	18.2	25.1
Some College	949	187	22.8	19.3	26.8
College Graduate	1,278	185	16.9	14.2	19.9
<b>INCOME</b>					
Less than \$10,000**	209	39	18.2	12.0	26.5
\$10-19,999	566	94	21.3	16.8	26.7
\$20-49,999	1,255	220	19.6	16.8	22.7
\$50,000 or more	1,410	251	21.8	18.6	25.5
<b>EMPLOYMENT</b>					
Employed	2,068	436	23.4	21.0	26.0
Unemployed/Unable to Work	505	86	20.4	15.2	26.7
Homemaker/Student*** <sup>¶</sup>	146	36	22.8	15.8	31.6
Retired	1,016	85	8.5	6.4	11.3
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	701	97	18.8	15.0	23.4
Northeast	754	129	21.2	17.1	25.9
Bernalillo County	894	166	19.3	16.2	22.9
Southeast	641	117	21.5	17.8	25.7
Southwest	756	137	20.9	17.4	24.9

\* 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 9,316 across some categories for some variables.

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

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

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

¶ Among males, 90% were students.

# HEAVY DRINKING — MALES

Table 85. Percentage of adult males who reported heavy drinking (more than 2 drinks per day, on average, in past month), New Mexico, 2013.

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>	3,751	236	6.6	5.6	7.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,482	220	6.5	5.5	7.6
LGBT**	93	4	3.2	1.1	8.8
<b>AGE</b>					
18-24	260	17	6.1	3.6	10.2
25-34	458	45	9.7	6.9	13.5
35-44	468	31	5.9	3.9	8.9
45-54	633	48	7.4	5.2	10.4
55-64	859	48	6.0	4.1	8.9
65-74	654	34	5.3	3.5	7.8
75+	396	10	2.3	1.1	4.5
<b>RACE/ETHNICITY</b>					
American Indian	262	16	6.7	3.6	12.2
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	5	10.0	3.6	25.2
Hispanic	1,297	86	6.2	4.8	8.0
White	1,998	123	6.9	5.5	8.7
<b>EDUCATION</b>					
Less than High School Graduate	452	21	4.8	3.0	7.7
High School Graduate or G.E.D.	1,062	80	7.9	6.0	10.4
Some College	952	71	7.4	5.6	9.8
College Graduate	1,281	64	5.3	3.8	7.3
<b>INCOME</b>					
Less than \$10,000**	208	17	7.4	4.0	13.3
\$10-19,999	567	35	7.7	5.1	11.3
\$20-49,999	1,259	83	6.8	5.2	8.8
\$50,000 or more	1,409	87	6.5	4.9	8.6
<b>EMPLOYMENT</b>					
Employed	2,069	147	7.2	5.9	8.7
Unemployed/Unable to Work	510	39	7.7	5.3	11.1
Homemaker/Student**	145	7	4.9	2.0	11.9
Retired	1,017	43	4.6	3.0	7.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	702	34	6.4	4.3	9.4
Northeast	764	46	7.4	5.2	10.5
Bernalillo County	897	58	5.9	4.4	8.0
Southeast	638	50	7.5	5.5	10.2
Southwest	750	48	7.1	5.0	9.9

\* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

⊕ Among Males, 90% were students.

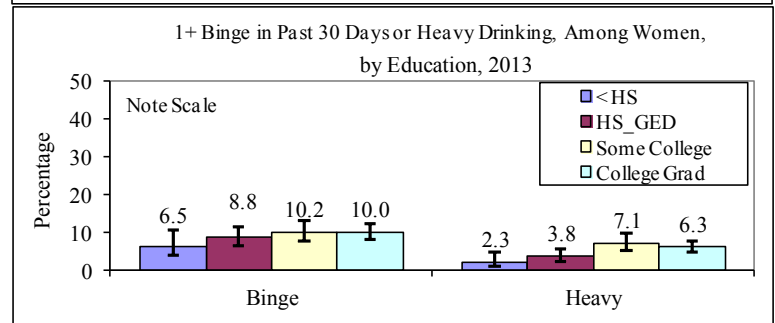
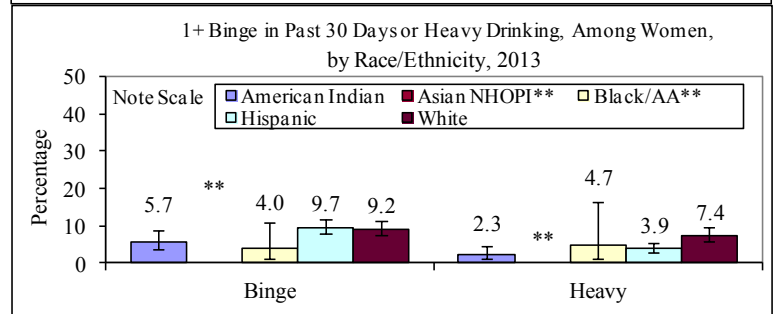
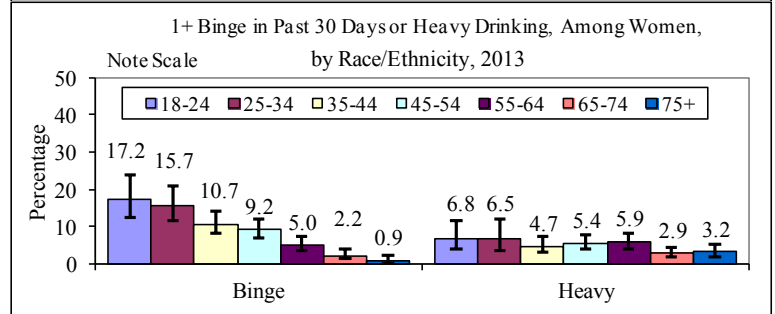
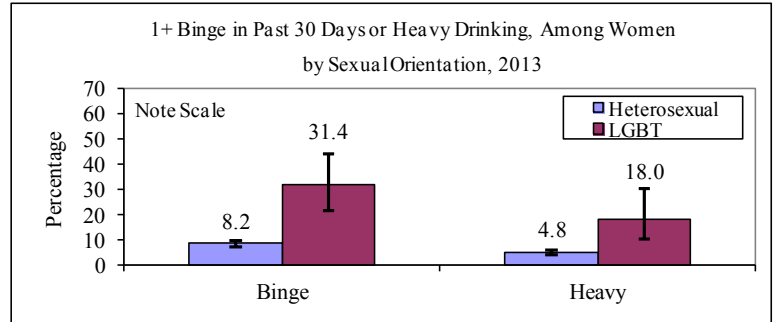
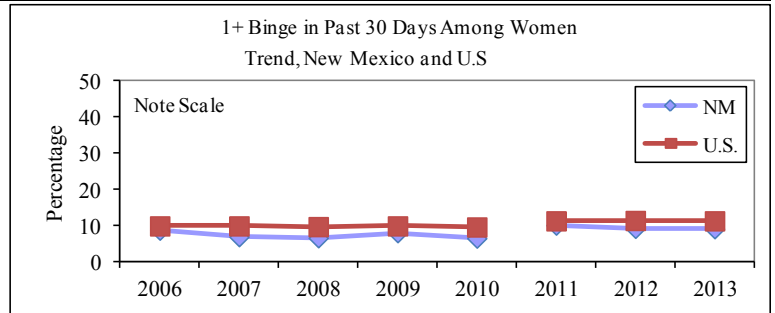
# ALCOHOL CONSUMPTION — FEMALES

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 (9.1% in 2013) than that of across the U.S. (11.3%).
- ◆ 5.2% of adult females reported heavy drinking, which was similar to that of the U.S. (5.2%).
- ◆ Binge and heavy drinking were significantly higher among LGBT women than heterosexual women.
- ◆ Binge drinking was lower among older women.
- ◆ Apparent differences in binge drinking by race/ethnicity were not statistically significant, even after adjusting for differences in age distribution between the groups. The prevalence of heavy drinking was significantly higher among White women than American Indian women. Small sample size made comparison between other groups difficult.
- ◆ There was no difference in binge drinking by employment status. The prevalence of heavy drinking was lower among women who were unable to work than among women who were employed or unemployed.
- ◆ There were no differences by region of residence within the state for binge or heavy drinking.



- ◆ There was no statistically measureable difference in either binge drinking or heavy drinking by education status or annual household income.



# BINGE DRINKING — FEMALES

Table 86. Percentage of adult females who binged ( $\geq 4$  drinks on an occasion) at least once in the past 30 days, New Mexico, 2013.

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>	5,168	368	9.1	7.9	10.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,801	325	8.2	7.0	9.6
LGBT**	137	31	31.4	21.1	44.1
<b>AGE</b>					
18-24	267	52	17.2	12.3	23.7
25-34	560	79	15.7	11.5	21.0
35-44	617	69	10.7	8.1	14.0
45-54	865	84	9.2	7.0	12.0
55-64	1,118	57	5.0	3.4	7.2
65-74	975	20	2.2	1.2	4.0
75+	720	6	0.9	0.3	2.2
<b>RACE/ETHNICITY</b>					
American Indian	461	25	5.7	3.6	8.9
Asian NHOPI**	42	-	-	-	-
Black/AA**	55	5	4.0	1.4	10.9
Hispanic	1,875	147	9.7	7.9	12.0
White	2,652	180	9.2	7.4	11.5
<b>EDUCATION</b>					
Less than High School Graduate	681	32	6.5	4.0	10.6
High School Graduate or G.E.D.	1,423	91	8.8	6.7	11.5
Some College	1,487	116	10.2	7.9	13.1
College Graduate	1,569	129	10.0	8.1	12.3
<b>INCOME</b>					
Less than \$10,000	422	25	6.5	4.1	10.3
\$10-19,999	934	62	11.0	7.4	16.1
\$20-49,999	1,781	129	8.6	6.9	10.5
\$50,000 or more	1,388	126	10.7	8.4	13.4
<b>EMPLOYMENT</b>					
Employed	2,167	213	10.9	9.1	12.9
Unemployed/Unable to Work	712	56	10.4	6.6	16.1
Homemaker/Student <sup>ψ</sup>	893	69	9.9	7.3	13.3
Retired	1,381	29	2.3	1.4	3.7
<b>Geographic Region<sup>⊙</sup></b>					
Northwest	1,126	65	8.1	6.0	10.9
Northeast	927	64	6.9	5.2	9.2
Bernalillo County	1,100	104	10.6	8.3	13.4
Southeast	917	55	7.5	5.5	10.0
Southwest	1,098	80	9.2	6.9	12.1

\* 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 9,316 across some categories for some variables.

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

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

\*\* 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 87. Percentage of adult females who reported heavy drinking (more than 1 drink per day, on average, in past month), New Mexico, 2013.

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>	5,179	248	5.2	4.3	6.3
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,812	220	4.8	3.9	5.9
LGBT**	138	20	18.0	10.1	30.2
<b>AGE</b>					
18-24	267	18	6.8	4.0	11.5
25-34	561	30	6.5	3.5	11.8
35-44	619	30	4.7	3.0	7.2
45-54	869	51	5.4	3.9	7.6
55-64	1,118	56	5.9	4.1	8.3
65-74	975	38	2.9	1.9	4.5
75+	724	24	3.2	1.9	5.1
<b>RACE/ETHNICITY</b>					
American Indian	461	11	2.3	1.2	4.5
Asian NHOPI**	41	-	-	-	-
Black/AA**	54	4	4.7	1.2	16.3
Hispanic	1,883	61	3.9	2.8	5.5
White	2,658	170	7.4	5.7	9.5
<b>EDUCATION</b>					
Less than High School Graduate	681	15	2.3	1.0	5.0
High School Graduate or G.E.D.	1,422	47	3.8	2.5	5.6
Some College	1,495	79	7.1	5.1	9.8
College Graduate	1,572	107	6.3	5.0	7.9
<b>INCOME</b>					
Less than \$10,000	425	16	3.3	1.7	6.3
\$10-19,999	935	34	5.9	3.2	10.7
\$20-49,999	1,781	80	4.3	3.2	5.8
\$50,000 or more	1,392	94	7.2	5.4	9.5
<b>EMPLOYMENT</b>					
Employed	2,176	135	6.4	5.0	8.0
Unemployed/Unable to Work	711	24	5.5	2.5	11.7
Homemaker/Student	892	31	3.4	2.2	5.2
Retired	1,386	58	4.2	2.9	6.0
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,128	35	2.9	1.9	4.6
Northeast	934	65	6.2	4.6	8.4
Bernalillo County	1,101	58	5.5	3.9	7.8
Southeast	919	34	3.7	2.3	5.8
Southwest	1,097	56	6.0	4.1	8.7

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⊛ 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.

# MET RECOMMENDED LEVEL OF 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?”

“What type of physical activity or exercise did you spend the most time doing during the past month?”

“How many times per week or per month did you take part in this activity during the past month?”

“And when you took part in this activity, for how many minutes or hours did you usually keep at it?”

“What other type of physical activity gave you the next most exercise during the past month?”

“How many times per week or per month did you take part in this activity during the past month?”

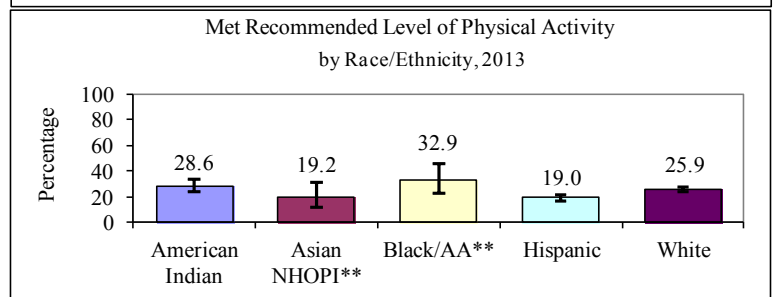
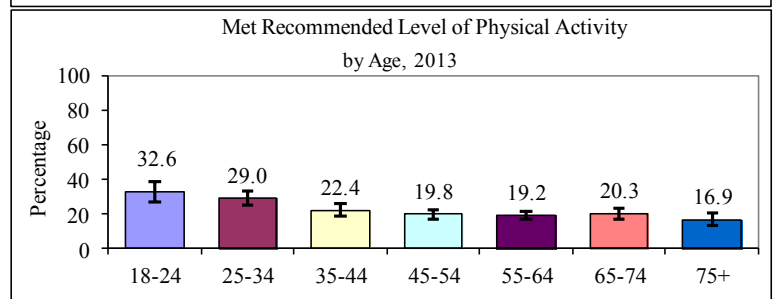
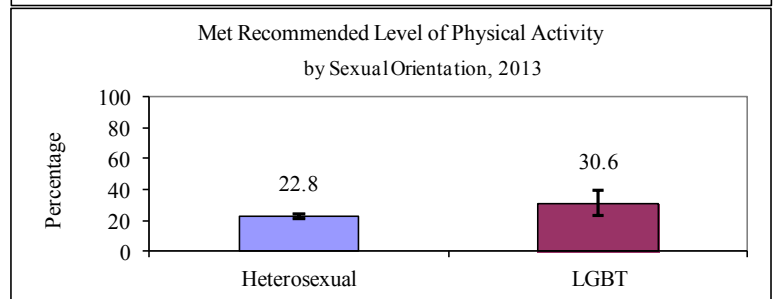
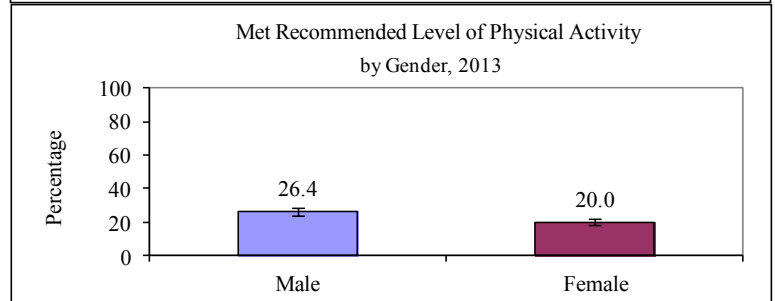
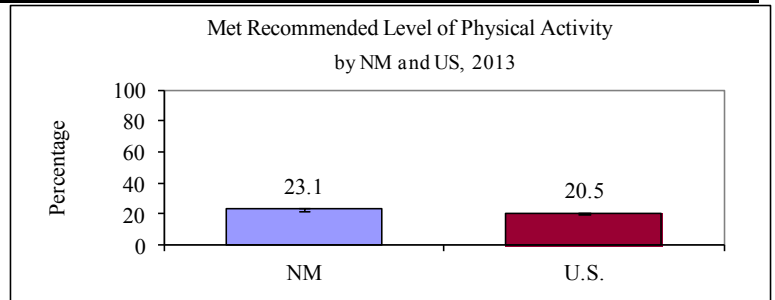
“And when you took part in this activity, for how many minutes or hours did you usually keep at it?”

“During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles?”

As presented here, adults met recommendations for aerobic exercise consisting of 150 or more minutes of moderate aerobic activity per week, as well as strength training two or more times per week.

## IN NEW MEXICO,

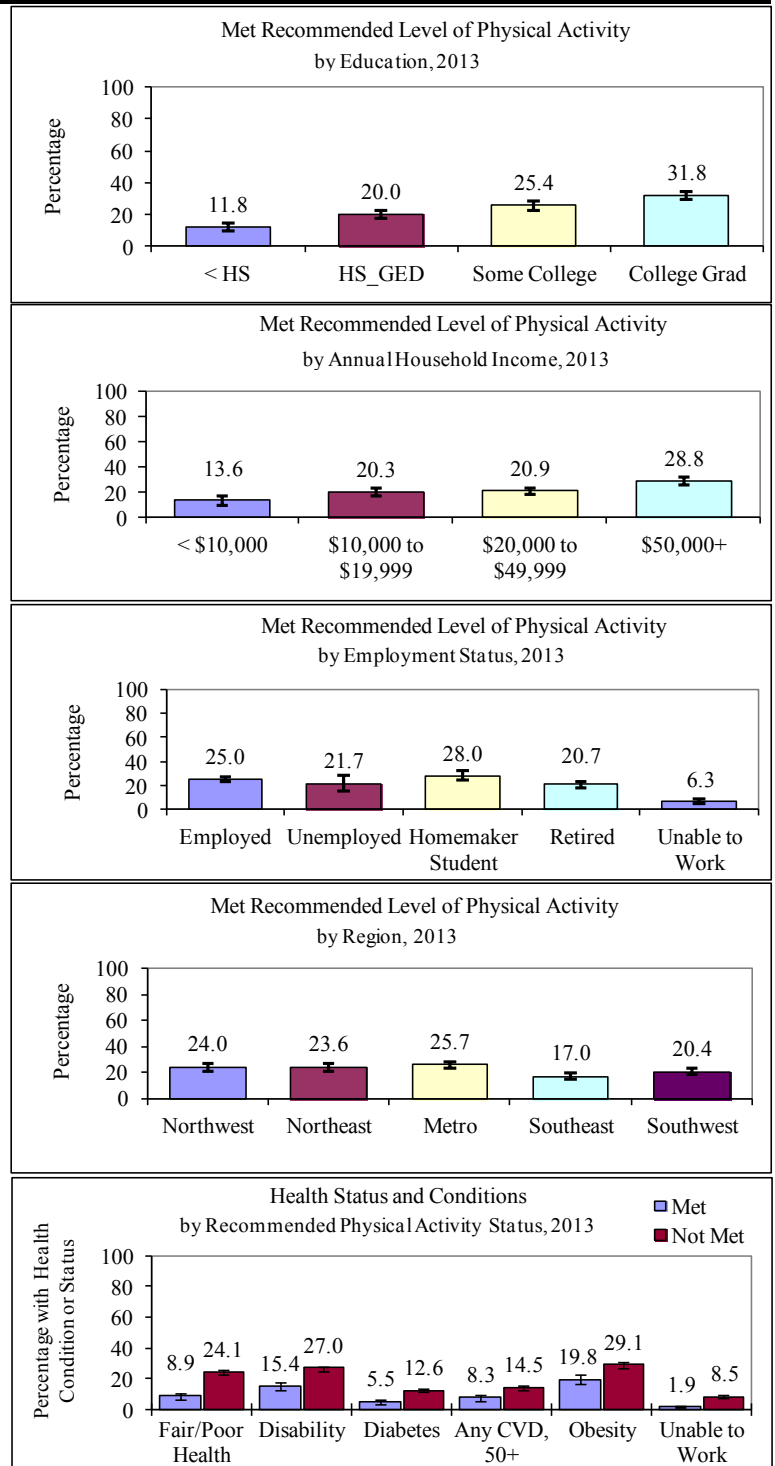
- ◆ 23.1% of adults met recommended level and intensity of physical activity. This percentage was higher than the U.S. (20.5%).
- ◆ Adult males (26.4%) were slightly more likely to have met recommended levels of physical activity than adult females (20.0%).
- ◆ The apparent difference by sexual orientation was not significant.
- ◆ The rate of recommended physical activity was fairly similar across age groups with the exception of the youngest group, age 18 to 24.
- ◆ A greater percentage of American Indian and White adults met recommendations than Asian/NHOPI or Hispanic adults. After adjusting for age, Black/African American adults were also more likely to have met recommendations than Hispanic adults.
- ◆ The percentage of adults meeting physical activity recommendations was significantly lower in the Southeast Region than in the Northwest, Northeast, and Metro regions.



# MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

## IN NEW MEXICO,

- ◆ There was a clear association between physical activity and annual household income and education level. While 11.8% of adults with less than a high school education met recommended levels of physical activity, over thirty percent (31.8%) of those with a college education met recommended levels. While just short of fifteen percent (13.6%) of adults living in households with annual income of less than \$10,000 met recommended levels of physical activity, twenty-eight percent (28.8%) of those living in households with annual income of \$50,000 or more met recommended levels of physical activity.
- ◆ Physical activity was similar across employment categories with the exception of Unable to Work. Twelve percent (6.3%) of adults who were unable to work met recommended levels of physical activity. Nearly eighty-five percent (84.9%) of adults in this employment category had some form of disability.
- ◆ The percentage of adults meeting physical activity recommendations was significantly lower in the Southeast Region than in the Northwest, Northeast, and Metro regions.
- ◆ A significantly greater percentage of adults who did not meet recommended levels of physical activity were in fair or poor health, were obese, or had a disability than adults who met recommended levels of physical activity.



# MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

Table 88. Percentage of adults who met recommended level of physical activity, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Levels of Aerobic and Strengthening Physical Activity			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
<b>TOTAL</b>	8,200	1,727	23.1	21.8	24.5
<b>SEXUAL ORIENTATION</b>					
Heterosexual	7,635	1,595	22.8	21.4	24.3
LGBT	216	62	30.6	22.7	39.8
<b>AGE</b>					
18-24	481	156	32.6	27.3	38.4
25-34	930	256	29.0	25.2	33.1
35-44	1,002	217	22.4	19.2	26.0
45-54	1,401	283	19.8	17.1	22.7
55-64	1,867	358	19.2	16.8	21.9
65-74	1,517	302	20.3	17.5	23.3
75+	988	155	16.9	13.6	20.7
<b>RACE/ETHNICITY</b>					
American Indian	638	158	28.6	23.9	33.7
Asian NHOPI**	78	17	19.2	11.0	31.3
Black/AA**	100	27	32.9	22.1	46.0
Hispanic	2,898	524	19.0	17.0	21.2
White	4,329	972	25.9	23.9	28.0
<b>EDUCATION</b>					
Less than High School Graduate	1,013	118	11.8	9.5	14.5
High School Graduate or G.E.D.	2,253	378	20.0	17.7	22.6
Some College	2,252	466	25.4	22.7	28.3
College Graduate	2,674	765	31.8	29.3	34.4
<b>INCOME</b>					
Less than \$10,000	569	80	13.6	10.3	17.7
\$10-19,999	1,339	235	20.3	17.1	24.0
\$20-49,999	2,825	528	20.9	18.8	23.2
\$50,000 or more	2,631	721	28.8	26.3	31.5
<b>EMPLOYMENT</b>					
Employed	3,939	925	25.0	23.1	26.9
Unemployed/Unable to Work	1,105	153	14.3	11.0	18.4
Homemaker/Student	950	212	28.0	24.0	32.5
Retired	2,186	431	20.7	18.3	23.3
<b>Geographic Region☼</b>					
Northwest	1,670	342	24.0	21.1	27.2
Northeast	1,570	366	23.6	21.0	26.5
Metro	1,844	466	25.7	23.2	28.4
Southeast	1,420	221	17.0	14.6	19.8
Southwest	1,696	332	20.4	18.0	23.0

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 across some categories for some variables.

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

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

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

## MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY — MALES

Table 89. Percentage of adult males who met recommended level of physical activity, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Levels of Aerobic and Strengthening Physical Activity Among Adult Men			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	3,461	841	26.4	24.3	28.6
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,221	778	25.9	23.7	28.2
LGBT**	86	27	38.0	25.0	53.1
<b>AGE</b>					
18-24	240	94	39.8	31.8	48.5
25-34	412	127	32.4	26.8	38.5
35-44	424	110	25.3	20.5	30.8
45-54	595	127	19.6	15.8	24.1
55-64	814	164	21.1	17.5	25.3
65-74	612	147	24.1	19.7	29.2
75+	360	72	20.2	14.9	26.8
<b>RACE/ETHNICITY</b>					
American Indian	229	77	35.5	28.3	43.4
Asian NHOPI**	40	-	-	-	-
Black/AA**	49	-	-	-	-
Hispanic	1,201	270	23.8	20.4	27.5
White	1,860	450	26.8	23.9	29.9
<b>EDUCATION</b>					
Less than High School Graduate	419	60	13.4	10.1	17.7
High School Graduate or G.E.D.	968	209	24.4	20.7	28.6
Some College	871	207	29.1	24.9	33.8
College Graduate	1,200	365	34.3	30.5	38.4
<b>INCOME</b>					
Less than \$10,000	195	38	18.2	12.5	25.8
\$10-19,999	496	106	23.7	18.9	29.4
\$20-49,999	1,178	252	24.3	21.0	28.0
\$50,000 or more	1,316	373	29.3	25.7	33.1
<b>EMPLOYMENT</b>					
Employed	1,926	488	26.9	24.2	29.8
Unemployed/Unable to Work	460	89	18.8	13.8	25.2
Homemaker/Student**	136	57	50.7	40.2	61.2
Retired	930	203	21.6	18.2	25.4
<b>Geographic Region</b> ✪					
Northwest	643	148	27.6	23.0	32.8
Northeast	712	176	24.8	20.9	29.2
Metro	824	236	29.2	25.3	33.5
Southeast	590	116	20.8	16.9	25.4
Southwest	692	165	24.1	20.3	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 9,316 across some categories for some variables.

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

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

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

## MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY — FEMALES

Table 90. Percentage of adult females who met recommended level of physical activity, New Mexico, 2013.

Demographic Characteristics	Total Number Who Responded to the Question*	Met Recommended Levels of Aerobic and Strengthening Physical Activity Among Adult Women			
		Total # Reporting Recommended Level of Physical Activity	Weighted Percent (%) <sup>§</sup>	95% Confidence Interval <sup>‡</sup>	
				Lower	Upper
<b>TOTAL</b>	4,739	886	20.0	18.4	21.8
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,414	817	19.8	18.1	21.7
LGBT**	130	35	25.9	16.9	37.7
<b>AGE</b>					
18-24	241	62	24.4	18.5	31.4
25-34	518	129	25.6	20.7	31.2
35-44	578	107	19.7	15.5	24.6
45-54	806	156	19.9	16.5	23.9
55-64	1,053	194	17.5	14.5	21.0
65-74	905	155	16.8	13.6	20.6
75+	628	83	14.3	10.6	19.2
<b>RACE/ETHNICITY</b>					
American Indian	409	81	22.8	17.2	29.7
Asian NHOPI**	38	-	-	-	35.2
Black/AA**	51	12	27.3	14.1	46.1
Hispanic	1,697	254	14.4	12.4	16.7
White	2,469	522	25.0	22.3	27.9
<b>EDUCATION</b>					
Less than High School Graduate	594	58	10.2	7.4	14.0
High School Graduate or G.E.D.	1,285	169	15.4	12.8	18.5
Some College	1,381	259	22.3	19.0	26.0
College Graduate	1,474	400	29.2	26.1	32.6
<b>INCOME</b>					
Less than \$10,000	374	42	10.7	7.2	15.7
\$10-19,999	843	129	17.8	13.7	22.8
\$20-49,999	1,647	276	17.5	15.0	20.2
\$50,000 or more	1,315	348	28.3	24.9	31.9
<b>EMPLOYMENT</b>					
Employed	2,013	437	22.6	20.1	25.2
Unemployed/Unable to Work	645	64	9.7	5.9	15.6
Homemaker/Student	814	155	21.5	17.7	25.8
Retired	1,256	228	19.7	16.6	23.4
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,027	194	20.6	17.1	24.5
Northeast	858	190	22.5	19.0	26.3
Metro	1,020	230	22.4	19.3	25.9
Southeast	830	105	13.4	10.7	16.6
Southwest	1,004	167	16.8	14.0	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 9,316 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

## QUESTIONS:

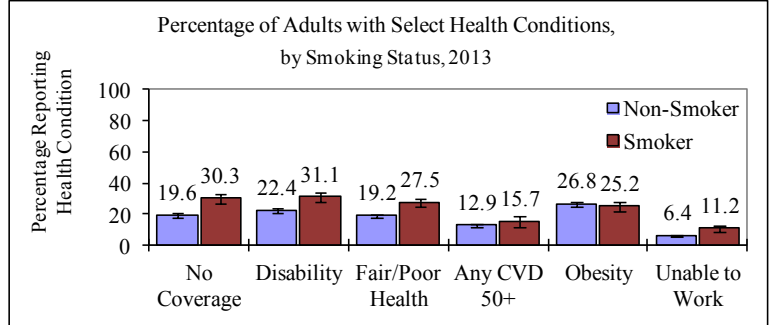
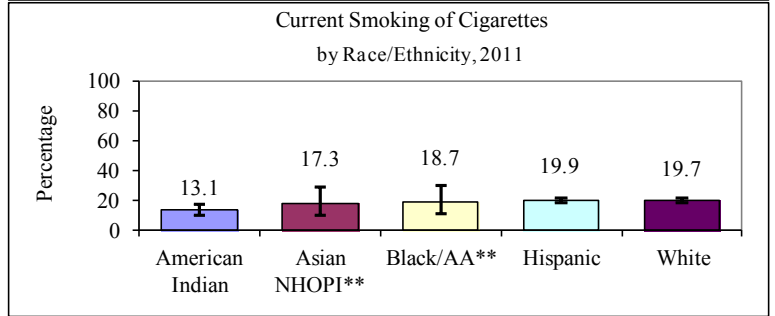
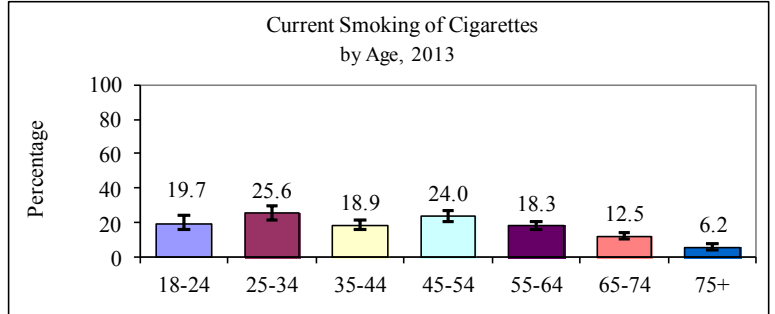
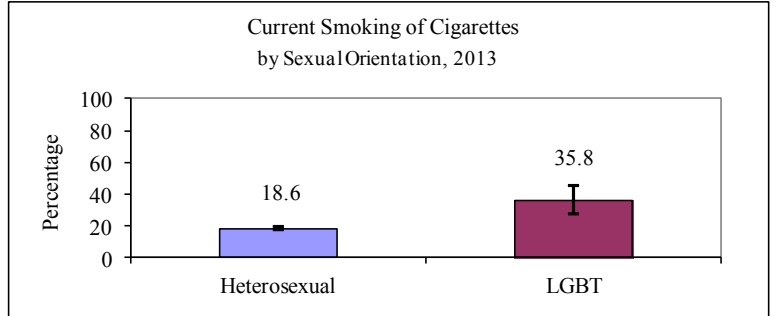
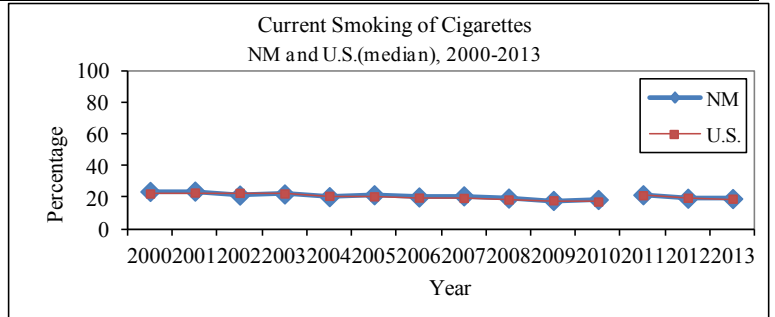
“Have you smoked at least 100 cigarettes in your entire life?”

“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>35</sup> An estimated 42,000 New Mexicans suffer from chronic smoking-related illnesses and about 2,100 die every year.<sup>36,37</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>16,35</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,

- ◆ 19.1% of adults were current smokers, which was not statistically different from the U.S. (19.0%).
- ◆ Men (22.2%) were more likely to be current cigarette smokers than were women (16.2%).
- ◆ The prevalence of current smoking among Lesbian, Gay, Bisexual or Transgender adults was significantly higher than among heterosexual adults.
- ◆ Other than the youngest age group, the prevalence of current smoking was fairly stable through age 54 but was lower within each successive age group above age 54.
- ◆ There was very little difference by race/ethnicity.
- ◆ Current smokers were more likely than non-smokers to be without some form of health care coverage, to have a disability, to be in fair or poor health, to have been diagnosed with cardiovascular disease (particularly myocardial infarction), or to be unable to work. They were slightly less likely to be obese.



- ◆ The prevalence of smoking was highest among those with the lowest education and annual household income.
- ◆ 56.2% of adult smokers tried to quit smoking at least once during the past year.



# CURRENT CIGARETTE SMOKING

Table 91. Percentage of adults who were current cigarette smokers, New Mexico, 2013.

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>	9,096	1,543	19.1	17.9	20.4
<b>SEXUAL ORIENTATION</b>					
Heterosexual	8,441	1,415	18.6	17.3	19.9
LGBT	236	58	35.8	27.4	45.3
<b>AGE</b>					
18-24	546	108	19.7	15.8	24.2
25-34	1,034	245	25.6	22.0	29.5
35-44	1,100	202	18.9	16.0	22.1
45-54	1,525	344	24.0	21.1	27.1
55-64	2,023	349	18.3	16.0	20.8
65-74	1,657	212	12.5	10.4	14.8
75+	1,134	77	6.2	4.5	8.4
<b>RACE/ETHNICITY</b>					
American Indian	735	87	13.1	10.0	17.0
Asian NHOPI**	89	16	17.3	9.9	28.4
Black/AA**	113	21	18.7	11.4	29.3
Hispanic	3,253	609	19.9	18.0	21.9
White	4,722	785	19.7	18.0	21.6
<b>EDUCATION</b>					
Less than High School Graduate	1,165	291	26.4	23.1	30.1
High School Graduate or G.E.D.	2,540	506	20.4	18.2	22.7
Some College	2,481	461	20.6	18.4	23.1
College Graduate	2,894	282	9.5	8.2	11.1
<b>INCOME</b>					
Less than \$10,000	645	162	22.6	18.5	27.3
\$10-19,999	1,532	362	25.6	22.4	29.0
\$20-49,999	3,089	578	21.8	19.8	24.1
\$50,000 or more	2,833	314	13.1	11.3	15.2
<b>EMPLOYMENT</b>					
Employed	4,336	776	19.8	18.2	21.6
Unemployed/Unable to Work	1,239	362	31.6	27.5	36.1
Homemaker/Student	1,046	135	12.3	10.0	15.1
Retired	2,448	262	11.4	9.7	13.4
<b>Geographic Region⊙</b>					
Northwest	1,864	313	19.2	16.8	21.8
Northeast	1,728	257	16.9	14.5	19.6
Metro	2,037	366	19.1	16.9	21.4
Southeast	1,585	296	21.7	19.2	24.5
Southwest	1,882	311	19.0	16.6	21.6

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

\* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to 9,316 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 92. Percentage of adult males who were current cigarette smokers, New Mexico, 2013.

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>	3,847	744	22.2	20.3	24.2
<b>SEXUAL ORIENTATION</b>					
Heterosexual	3,571	688	21.9	20.0	24.0
LGBT**	94	20	29.5	18.0	44.5
<b>AGE</b>					
18-24	269	60	24.9	18.8	32.3
25-34	469	128	29.6	24.3	35.4
35-44	476	104	22.2	17.7	27.5
45-54	643	152	26.7	22.1	31.7
55-64	889	164	19.3	16.1	23.0
65-74	669	106	13.8	11.0	17.2
75+	404	28	6.8	4.2	10.8
<b>RACE/ETHNICITY</b>					
American Indian	269	46	19.4	13.7	26.8
Asian NHOPI**	47	-	-	-	-
Black/AA**	56	11	24.7	13.4	41.1
Hispanic	1,340	292	23.5	20.5	26.9
White	2,036	376	21.7	19.1	24.6
<b>EDUCATION</b>					
Less than High School Graduate	471	157	34.1	28.6	40.0
High School Graduate or G.E.D.	1,094	266	24.5	21.0	28.2
Some College	970	194	22.9	19.3	27.0
College Graduate	1,306	126	9.3	7.3	11.7
<b>INCOME</b>					
Less than \$10,000	217	68	28.4	21.0	37.2
\$10-19,999	580	173	33.1	27.9	38.7
\$20-49,999	1,291	286	25.3	22.0	28.9
\$50,000 or more	1,434	164	14.1	11.4	17.3
<b>EMPLOYMENT</b>					
Employed	2,130	422	22.2	19.9	24.8
Unemployed/Unable to Work	517	169	36.8	30.4	43.7
Homemaker/Student**	147	24	14.6	9.3	22.2
Retired	1,042	123	11.6	9.2	14.5
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	719	140	22.8	18.9	27.3
Northeast	785	128	20.1	16.2	24.7
Metro	916	191	22.2	18.8	26.0
Southeast	657	140	24.7	20.7	29.1
Southwest	770	145	21.6	17.9	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 9,316 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 93. Percentage of adult females who were current cigarette smokers, New Mexico, 2013.

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>	5,249	799	16.2	14.7	17.7
<b>SEXUAL ORIENTATION</b>					
Heterosexual	4,870	727	15.3	13.8	16.8
LGBT**	142	38	39.8	28.8	52.0
<b>AGE</b>					
18-24	277	48	13.9	9.9	19.1
25-34	565	117	21.4	16.9	26.8
35-44	624	98	15.5	12.3	19.4
45-54	882	192	21.5	18.1	25.3
55-64	1,134	185	17.3	14.3	20.8
65-74	988	106	11.3	8.5	14.8
75+	730	49	5.7	3.8	8.6
<b>RACE/ETHNICITY</b>					
American Indian	466	41	7.4	5.1	10.6
Asian NHOPI**	42	-	-	-	35.5
Black/AA**	57	10	11.1	5.2	22.3
Hispanic	1,913	317	16.4	14.3	18.8
White	2,686	409	17.8	15.5	20.3
<b>EDUCATION</b>					
Less than High School Graduate	694	134	19.2	15.5	23.7
High School Graduate or G.E.D.	1,446	240	16.0	13.5	18.9
Some College	1,511	267	18.7	15.9	21.8
College Graduate	1,588	156	9.8	8.0	12.0
<b>INCOME</b>					
Less than \$10,000	428	94	18.9	14.6	24.3
\$10-19,999	952	189	19.6	15.8	24.0
\$20-49,999	1,798	292	18.3	15.9	21.0
\$50,000 or more	1,399	150	11.9	9.7	14.6
<b>EMPLOYMENT</b>					
Employed	2,206	354	16.9	14.8	19.2
Unemployed/Unable to Work	722	193	26.2	21.3	31.8
Homemaker/Student	899	111	11.6	9.1	14.6
Retired	1,406	139	11.2	8.8	14.2
<b>Geographic Region<sup>⊛</sup></b>					
Northwest	1,145	173	15.8	13.2	18.9
Northeast	943	129	13.9	11.3	16.9
Metro	1,121	175	16.1	13.5	19.1
Southeast	928	156	18.8	15.7	22.3
Southwest	1,112	166	16.4	13.6	19.7

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

\* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to 9,316 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.

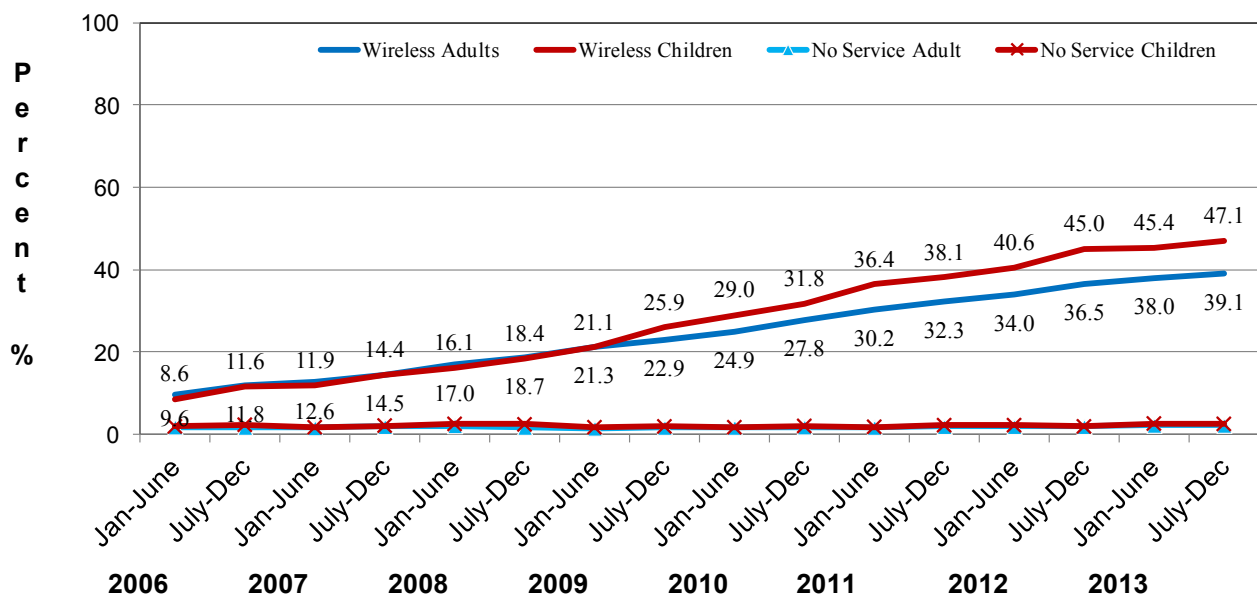
# APPENDICES

# APPENDIX I—METHODS

The 2013 Behavioral Risk Factor Surveillance System (BRFSS) was conducted using random telephone survey methods. One implication of this survey method is that individuals living without either a household landline telephone or a cellular telephone were not included in the survey sample and so are not represented in the results presented here. According to the National Health Interview Survey, by December of 2012, only 3.8% of New Mexico adults and 4.8% of New Mexico children were living in private residences were without either form of telephone service.<sup>23</sup> By December of 2012, 36.8% of New Mexico adults and 53.4% of New Mexico children were living in cell phone-only households.<sup>23</sup>

Nation-wide, use of cell phones as the exclusive form of telephone service has been increasing dramatically in recent years, as demonstrated by the following chart.<sup>24</sup> Beginning in 2011, the NM BRFSS included a full sample of cell-phone-only adults. In 2013, 39% of interviews were completed with respondents using cellular telephones.

U.S. Trend in Exclusive Use of Wireless (cellular) Telephones



Source: National Health Interview Survey

## Sample Selection

For the landline portion of the sample, households were chosen at random from all possible landline telephone numbers in the state, using a disproportionate stratified sampling (DSS). 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, telephone numbers were drawn from two strata (lists) that were based on the presumed density of known telephone household numbers. Since 2009, landline telephone numbers have been classified into strata that were 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. Following data quality review by the CDC, the remaining portion of the telephone number was dropped to preserve the respondent’s anonymity. Last names, Social Security Numbers, and addresses were never 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.

# APPENDIX I—METHODS

If call-back was necessary 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 deleted 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.

In 2013, interviews were performed at computer workstations using Ci3 computer-aided telephone interviewing software provided by Sawtooth Software, Inc. The sample frame of all possible landline and cellular telephone numbers comes from the Telecordia Technologies database and was provided by Marketing Service Group, Genesys Sampling Systems, Inc.

Calls were made during several time periods throughout the day, in order to maximize the chance of finding randomly selected respondents at home. The calling periods for the BRFSS in 2008 were:

Daytime:	10:00 - 3:00 Monday-Friday
Evening:	4:00 - 9:00 Monday-Friday
Weekends:	10:00 - 3:00 Saturday, 1:00 - 6:00 Sunday

Each month, an independent sample is conducted, making up approximately 1/12 of the annual sample, with the 12 independent samples appended by the CDC to create a full-year data set, thus reducing bias in the estimates due to possible seasonal variation. The final combined landline and cellular telephone sample size of 2013 was 9,316.

## 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 error is difficult to estimate accurately. Because of non-sampling error, the total error in the estimate is typically larger than the estimated confidence intervals shown in the report.

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

- ◆ **Non-coverage 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 or cellular 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 or cellular telephones, then estimates presented in this report could be biased. By the end of 2012, only 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.
- ◆ **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
  - ◆ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers or a disability that precludes participation in a telephone interview.
  - ◆ Item non-response occurs when a respondent refuses to answer a particular question or doesn't know or can't recall the answer, or the question is inadvertently skipped in the interview (though use of a computer-aided telephone interviewing system, Ci3 CATI, in the case of the NM BRFSS, prevents errors in skip patterns).

# APPENDIX I—METHODS

## Non-sampling error, continued:

- ◆ **Measurement error** is error due to inaccurate responses.
  - ◆ Inaccurate answers may be given by respondents who misunderstand questions, have faulty memory, or deliberately give false answers. The accuracy of the responses may also be influenced by attitudes toward the interview, the subject of the questions, the interviewer's tone of voice, or the length of the interview.
  - ◆ Erroneous recording of data is another form of measurement error.

## Quality assurance

While error in survey estimates cannot be avoided entirely, the Survey Section goes to great lengths to reduce non-sampling error. Some examples of measures taken to reduce error include:

- ◆ Training the interviewers at hire, at the beginning of each new survey year, and at the beginning of each new month of the survey.
- ◆ Prompt and frequent feedback to interviewers.
- ◆ Review of keyed data for extreme or invalid values by a software program at the end of the each month, prior to submission of the data to the CDC.
- ◆ All interviewers are monitored at least once a month. New interviewers or those needing additional training are monitored closely until CDC BRFSS protocol is followed consistently.

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

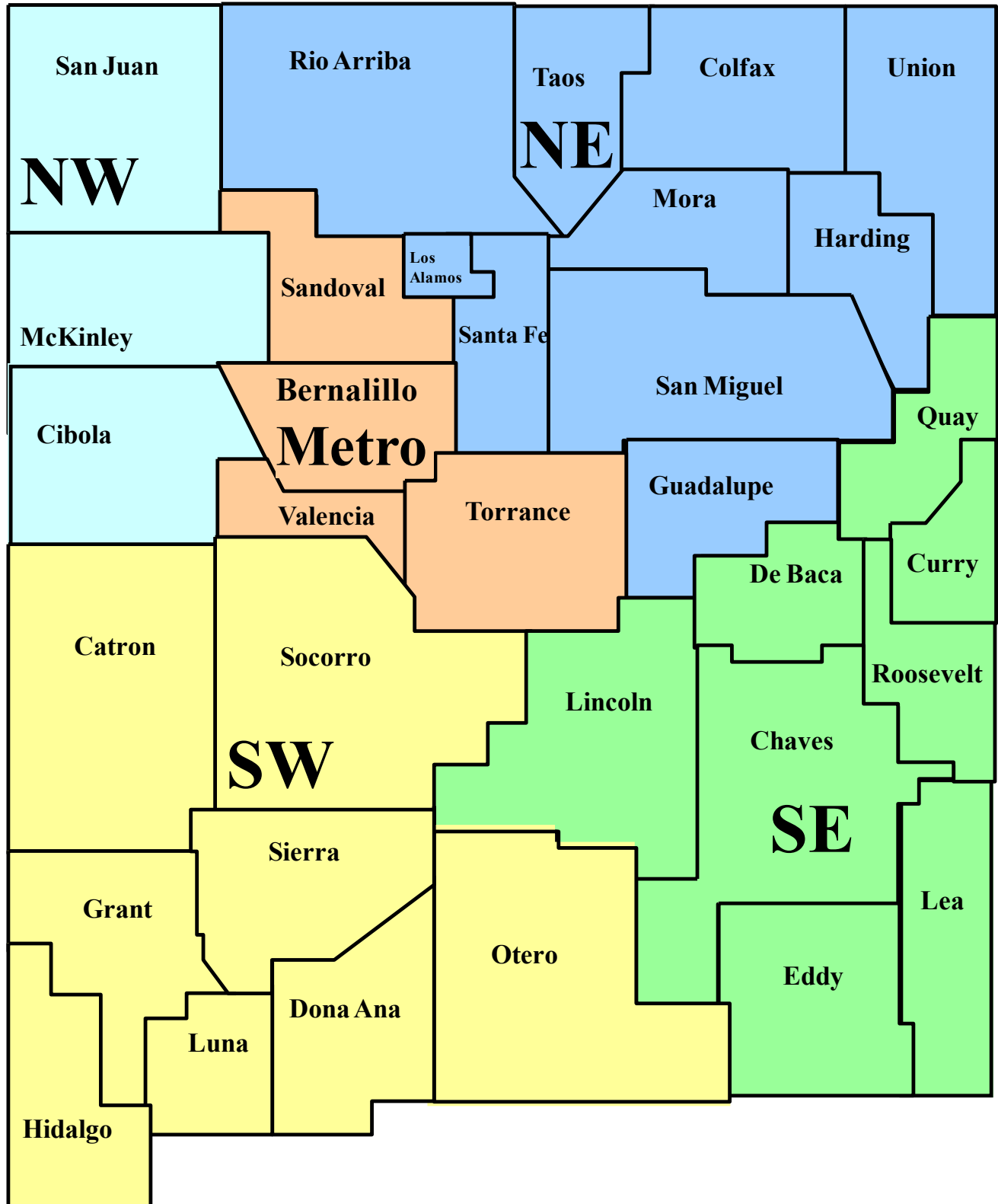
The estimates presented in this report are weighted percentages. Records of the sample were adjusted by a weighting factor to produce the prevalence estimates representative of the adult population as a whole. There are several components to the weight used to adjust the sample percentage.

- ◆ 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.
  - ◆ Landline prefixes in which 25% or more of the homes were considered to be American Indian households, according to the Census, were over-sampled in order to increase the number of interviews conducted with American Indian adults. Weights for these records needed to adjust for this increase in probability of selection.
- ◆ Weights also adjusted for the geographic stratification of the landline 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 U.S. 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 years prior to 2011. Studies have demonstrated that these changes have resulted in improvements to the BRFSS. Inclusion of cell phones and weighting by Iterative Proportional Fitting, result in improved, more representative, estimates over those of years prior to 2011.

Stata 13 MP software was used for all analyses in this report. Stata 13 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 2013 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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