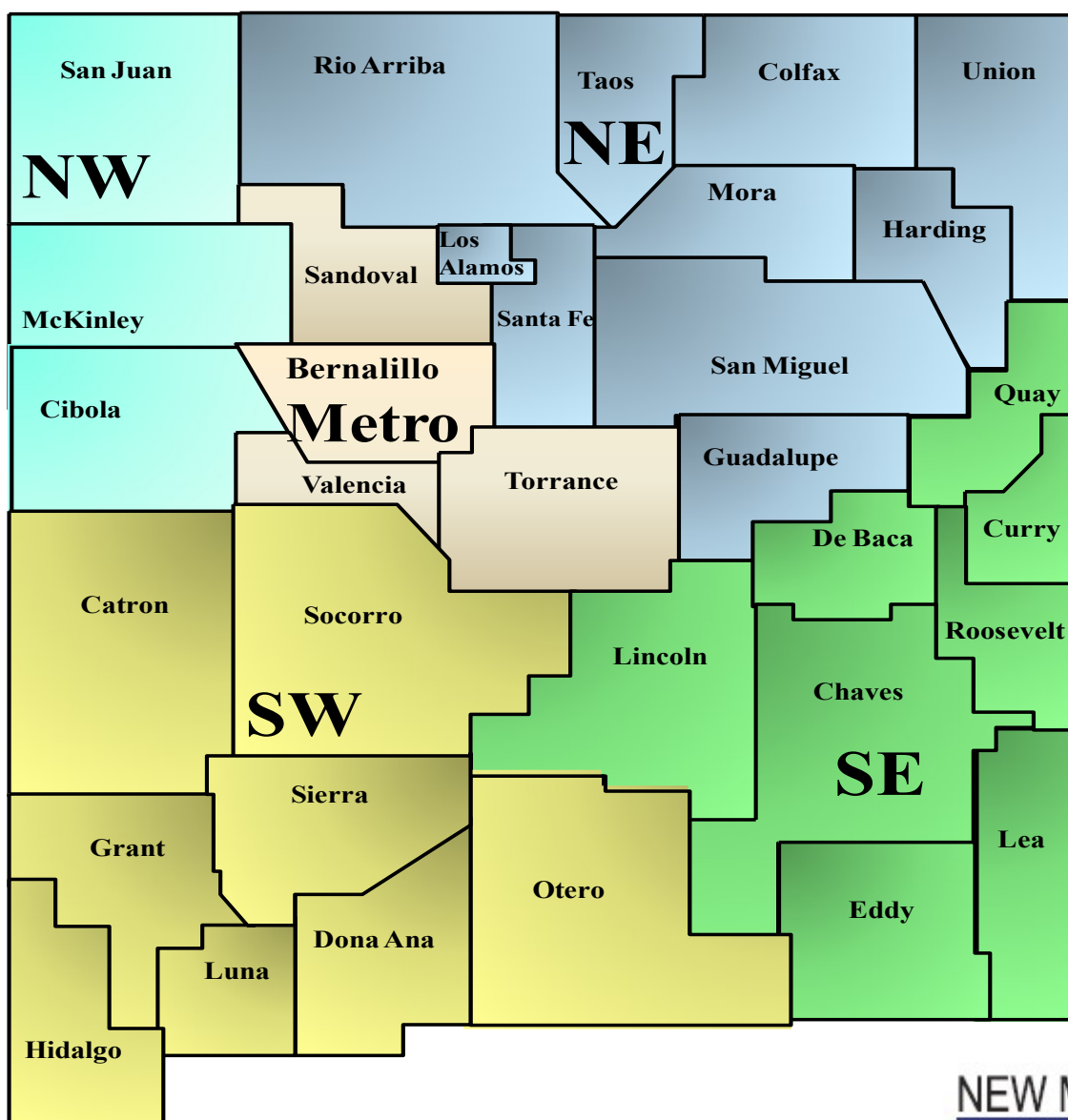

Health Behaviors and Conditions of Adult New Mexicans 2015

Results from the Behavioral Risk Factor Surveillance System (BRFSS)



Health Behaviors and Conditions
of
Adult New Mexicans
2015

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

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BRFSS data and supporting documentation are available at:

www.cdc.gov/brfss

Or

<https://nmhealth.org/about/erd/ibeb/brfss/>

Additionally, BRFSS data and copies of this report and the 2015 questionnaire can be obtained by contacting:

Katherine Daniel at (505) 476-3569 or katherine.daniel@state.nm.us.

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WHAT IS THE BRFSS?

Chronic disease, injury, substance abuse, and infectious disease are the leading causes of morbidity and mortality in the U.S. The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, nationwide surveillance system that collects data on the prevalence of health conditions in the population and behaviors that affect risk for disease.

In 2015, 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 2015 NM BRFSS report is available in .pdf format at the NM Department of Health website:

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

2015 NEW MEXICO BRFSS SURVEY TOPICS

Questions in the 2015 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
 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

State-added Questions on the following topics were included:

Adult Tobacco Survey
 Alcohol Screening and Brief Intervention
 Binge Drinking
 Health Care Access Supplement
 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.³⁹

Response Rates, New Mexico and U.S. (Median), 2015						
Rate	Landline		Cellular		Combined Landline & Cellular	
	NM	U.S.	NM	U.S.	NM	U.S.
Response Rate 4	52.4%	48.2%	52.9%	47.2%	52.5%	47.2%
Cooperation	61.0%	63.8%	81.3%	82.7%	68.2%	71.1%
Refusal	22.4%	17.5%	11.0%	8.1%	18.5%	14.4%

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 14.1 MP was used to estimate SE and to produce the corresponding 95% confidence interval estimates presented in this report. Stata 14.1 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 2015 NEW MEXICO SAMPLE

Table 1. Demographics of the 2015 New Mexico BRFSS Sample.

Demographic Characteristics	2015 BRFSS Data			2015 Inter-Censal Estimates [¥]
	Number in Sample*	Unweighted Percent (%)	Weighted Percent (%)	
TOTAL	6,734	100.0	100.0	
GENDER				
Male	2,843	42.2	49.1	49.2
Female	3,891	57.8	50.9	50.8
SEXUAL ORIENTATION				
Heterosexual	6,198	97.1	96.1	NA
LGBT	188	2.9	3.9	NA
AGE				
18-24	314	4.7	13.2	13.3
25-34	580	8.7	17.6	17.2
35-44	740	11.1	15.6	15.5
45-54	1,043	15.7	15.9	16.2
55-64	1,589	23.8	17.1	16.9
65-74	1,426	21.4	12.2	12.4
75+	972	14.6	8.4	8.5
RACE/ETHNICITY§				
American Indian	601	9.2	8.3	8.7
Asian or NHOPI	43	0.7	1.5	1.4
Black/AA	79	1.2	2.1	2.2
Hispanic	2,133	32.6	45.5	44.9
White	3,697	56.4	42.5	42.8
EDUCATION				
Less than High School Graduate	777	11.6	17.1	17.8
High School Graduate or G.E.D.	1,838	27.4	26.8	26.9
Some College	1,860	27.7	33.3	32.9
College Graduate	2,239	33.4	22.7	22.4
INCOME				
Less than \$10,000	419	7.3	7.2	9.8
\$10-19,999	999	17.5	18.3	12.8
\$20-49,999	2,118	37.1	37.2	31.4
\$50,000 or more	2,169	38.0	37.3	46.0
EMPLOYMENT				
Employed	2,972	44.4	53.0	NA
Unemployed/Unable to Work	926	13.8	14.0	NA
Homemaker/Student	674	10.1	14.0	NA
Retired	2,120	31.7	19.0	NA
GEOGRAPHIC REGION☼				
Northwest	1,586	23.6	10.2	10.3
Northeast	1,296	19.3	14.8	14.8
Metro	1,463	21.7	43.9	43.7
Southeast	1,173	17.4	13.7	13.5
Southwest	1,216	18.1	17.5	17.7

* 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 the total.

¥ 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 PREVENTIVE HEALTH CARE

This chart summarizes the prevalence of health care access, preventive health care, and behavioral indicators among adult New Mexicans in 2015, compared to the U.S.* NM estimates are presented as being either *better* than, *worse* than, or *similar* to the U.S. rate. Healthy People 2020 objectives are also shown.

HEALTH CARE ACCESS	NM	US	HP2020
ADULTS AGE 18-64 YEARS:			
Health Care Coverage	86.4%	85.1%	100.0%
Specific Source of Ongoing Care	65.4%	74.4%	89.4%
ADULTS AGE 65+ YEARS:			
Health Care Coverage	98.4%	98.2%	100.0%
Specific Source of Ongoing Care	91.1%	94.8%	100.0%
ALL ADULTS:			
Cost Prevented Needed Care	13.6%	13.0%	4.2%
PREVENTIVE HEALTH CARE			
ADULTS AGE 65+ YEARS:			
Flu Shot in the Past Year	58.2%	60.8%	90.0%
Pneumococcal Vaccine Ever	72.7%	71.9%	90.0%
ADULTS WITH ARTHRITIS:			
Limitation in Work Due to Arthritis	39.2%	35.4%	29.8%
Limitation in Social Activities	47.0%	45.3%	35.5%
Mean Level of Joint Pain (Scale 0-10)	4.9%	4.8%	5.0%
ADULTS WITH DIABETES:			
Medical Exam of Feet at Least Once per Year	75.9%	76.3%	74.8%
Annual Dilated Eye Exam	62.6%	68.8%	58.7%
A1C Test at Least Twice per Year	72.6%	75.7%	71.1%
Diabetes Management Course	50.9%	54.2%	62.5%
BEHAVIORAL RISK FACTORS			
ALL ADULTS:			
Seatbelt Use Always	90.9%	88.1%	92.4%
Current Smoking	17.5%	16.8%	12.0%
Attempted to Quit Smoking	62.2%	60.4%	80.0%
Smokeless Tobacco Use	4.0%	3.7%	0.3%
Binge Drinking	12.9%	16.3%	24.4%
Men	17.4%	21.7%	N/A
Women	8.6%	11.3%	N/A
Obesity (BMI \geq 30.0)	28.8%	28.8%	30.5%
Met Recommendations for Aerobic/Strengthening	23.5%	20.5%	20.1%

* Age-adjusted to the 2000 U.S. Census.

GENERAL HEALTH STATUS

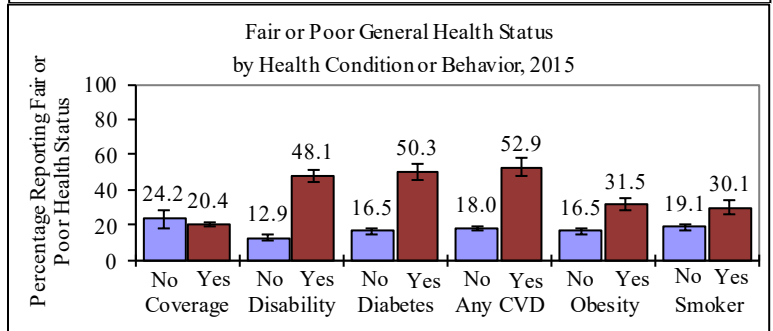
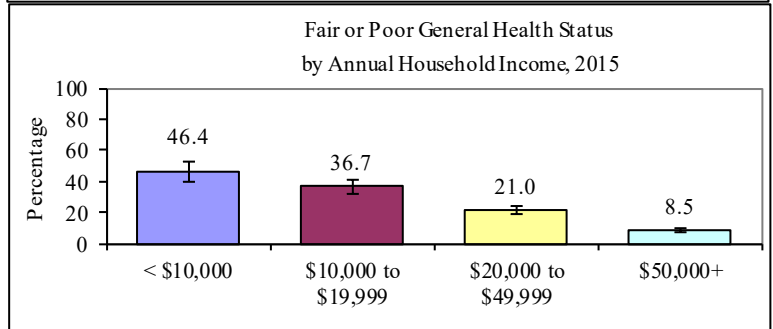
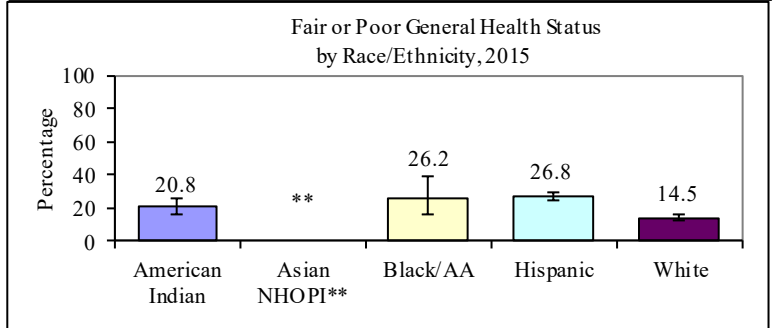
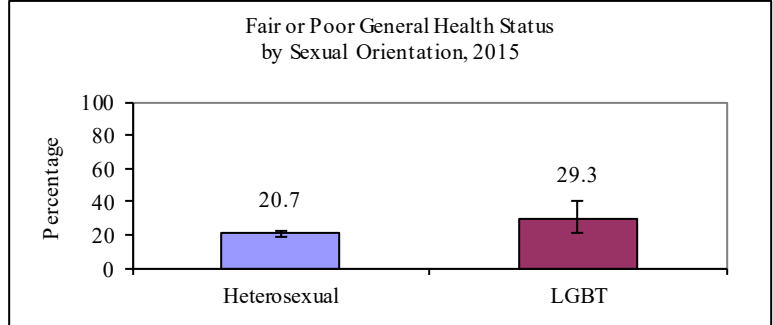
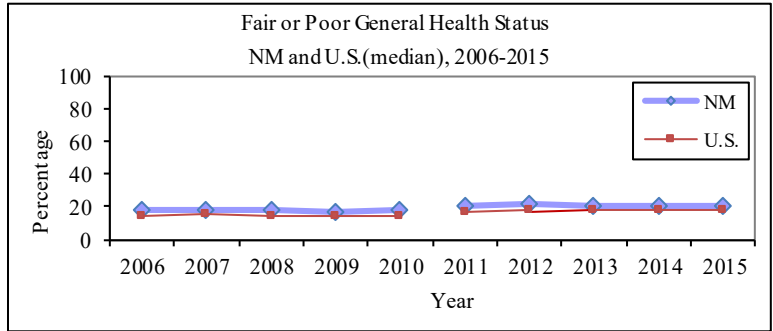
QUESTION:

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

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

IN NEW MEXICO,

- ◆ 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. (17.5%).
- ◆ There was no difference between men and women. Older adults were more likely to report fair or poor general health status.
- ◆ LGBT adults reported worse health status than heterosexual adults. This relationship was statistically significant after adjusting for differences in age distribution.
- ◆ White, non-Hispanic adults were less likely to report fair or poor general health status than any other racial/ethnic group.
- ◆ 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.
- ◆ 71.2% 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, 52.9% of adults with a history of cardiovascular disease had fair or poor health while only 18.0% 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,725	1,511	20.8	19.4	22.3
SEXUAL ORIENTATION					
Heterosexual	6,190	1,390	20.7	19.2	22.2
LGBT	188	44	29.3	20.5	39.9
AGE					
18-24	314	24	7.9	4.8	12.8
25-34	580	71	12.6	9.5	16.5
35-44	740	122	18.1	14.5	22.3
45-54	1,042	236	26.0	22.3	30.0
55-64	1,588	409	27.5	24.5	30.7
65-74	1,424	355	25.7	22.6	29.0
75+	967	281	33.9	29.5	38.7
RACE/ETHNICITY					
American Indian	601	136	20.8	16.7	25.6
Asian NHOPI**	43	-	-	-	-
Black/AA	79	28	26.2	16.3	39.2
Hispanic	2,127	656	26.8	24.3	29.5
White	3,694	640	14.5	13.0	16.2
EDUCATION					
Less than High School Graduate	774	373	44.4	39.5	49.5
High School Graduate or G.E.D.	1,835	479	19.9	17.4	22.6
Some College	1,859	386	16.5	14.4	18.9
College Graduate	2,237	271	10.4	8.8	12.3
INCOME					
Less than \$10,000	419	207	46.4	39.7	53.2
\$10-19,999	997	383	36.7	32.3	41.3
\$20-49,999	2,114	469	21.0	18.5	23.9
\$50,000 or more	2,169	230	8.5	7.1	10.2
EMPLOYMENT					
Employed	2,972	369	12.8	11.2	14.7
Unemployed/Unable to Work	923	507	52.1	47.1	57.1
Homemaker/Student	674	140	16.2	12.6	20.5
Retired	2,114	487	23.9	21.3	26.6
Geographic Region ⊛					
Northwest	1,583	363	22.5	19.7	25.5
Northeast	1,294	279	23.1	20.0	26.4
Metro	1,460	256	17.6	15.2	20.4
Southeast	1,173	301	23.6	20.7	26.7
Southwest	1,215	312	23.8	20.9	27.0

§ 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 the total across some categories 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.

GENERAL HEALTH STATUS — MALES

Table 4. Percentage of adult males who consider their general health status to be Fair or Poor, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status Among Adult Men			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,838	643	21.4	19.3	23.7
SEXUAL ORIENTATION					
Heterosexual	2,607	590	21.1	18.9	23.4
LGBT**	78	21	39.6	24.8	56.5
AGE					
18-24	147	8	7.5	3.2	16.7
25-34	275	40	14.6	10.0	20.8
35-44	335	62	20.2	15.0	26.7
45-54	417	90	24.4	18.9	30.7
55-64	669	177	30.1	25.5	35.2
65-74	595	155	25.0	20.4	30.2
75+	377	106	37.0	30.4	44.2
RACE/ETHNICITY					
American Indian	252	56	19.9	14.5	26.7
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	887	276	27.8	23.9	32.1
White	1,561	274	15.1	12.7	17.7
EDUCATION					
Less than High School Graduate	334	158	43.5	36.1	51.2
High School Graduate or G.E.D.	796	207	20.4	16.5	24.8
Some College	710	154	17.4	14.2	21.2
College Graduate	989	122	11.8	9.2	15.0
INCOME					
Less than \$10,000	145	76	51.7	40.3	62.9
\$10-19,999	365	160	42.4	35.3	49.8
\$20-49,999	860	216	24.7	20.4	29.6
\$50,000 or more	1,084	116	8.3	6.5	10.5
EMPLOYMENT					
Employed	1,464	198	14.2	11.8	17.0
Unemployed/Unable to Work	376	207	49.8	42.2	57.3
Homemaker/Student**	71	12	18.2	8.5	34.9
Retired	914	224	26.5	22.6	30.8
Geographic Region[⊙]					
Northwest	645	153	22.4	18.4	27.0
Northeast	563	117	23.0	18.6	28.1
Metro	621	120	19.6	15.8	24.0
Southeast	491	122	22.5	18.3	27.3
Southwest	518	131	23.1	19.0	27.9

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Fair or Poor General Health Status Among Adult Women			
		Total # Reporting Fair or Poor Health Status	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,887	868	20.2	18.5	22.2
SEXUAL ORIENTATION					
Heterosexual	3,583	800	20.3	18.4	22.3
LGBT**	110	23	21.3	12.4	33.9
AGE					
18-24	167	16	8.3	4.7	14.1
25-34	305	31	10.5	6.9	15.7
35-44	405	60	16.0	11.4	21.9
45-54	625	146	27.5	22.7	32.9
55-64	919	232	25.0	21.5	29.0
65-74	829	200	26.3	22.2	30.8
75+	590	175	31.6	25.8	38.1
RACE/ETHNICITY					
American Indian	349	80	21.7	15.9	28.9
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,240	380	25.9	22.7	29.3
White	2,133	366	14.0	12.1	16.2
EDUCATION					
Less than High School Graduate	440	215	45.3	38.8	51.9
High School Graduate or G.E.D.	1,039	272	19.5	16.6	22.7
Some College	1,149	232	15.8	13.1	18.9
College Graduate	1,248	149	8.9	7.2	11.1
INCOME					
Less than \$10,000	274	131	42.7	34.8	51.1
\$10-19,999	632	223	32.2	26.9	38.0
\$20-49,999	1,254	253	17.7	15.0	20.8
\$50,000 or more	1,085	114	8.8	6.6	11.7
EMPLOYMENT					
Employed	1,508	171	11.0	9.0	13.5
Unemployed/Unable to Work	547	300	54.2	47.7	60.6
Homemaker/Student	603	128	15.6	12.4	19.5
Retired	1,200	263	21.4	18.1	25.1
Geographic Region[⊛]					
Northwest	938	210	22.5	18.8	26.7
Northeast	731	162	23.1	19.2	27.6
Metro	839	136	15.7	12.8	19.3
Southeast	682	179	24.7	21.0	28.9
Southwest	697	181	24.5	20.7	28.7

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

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

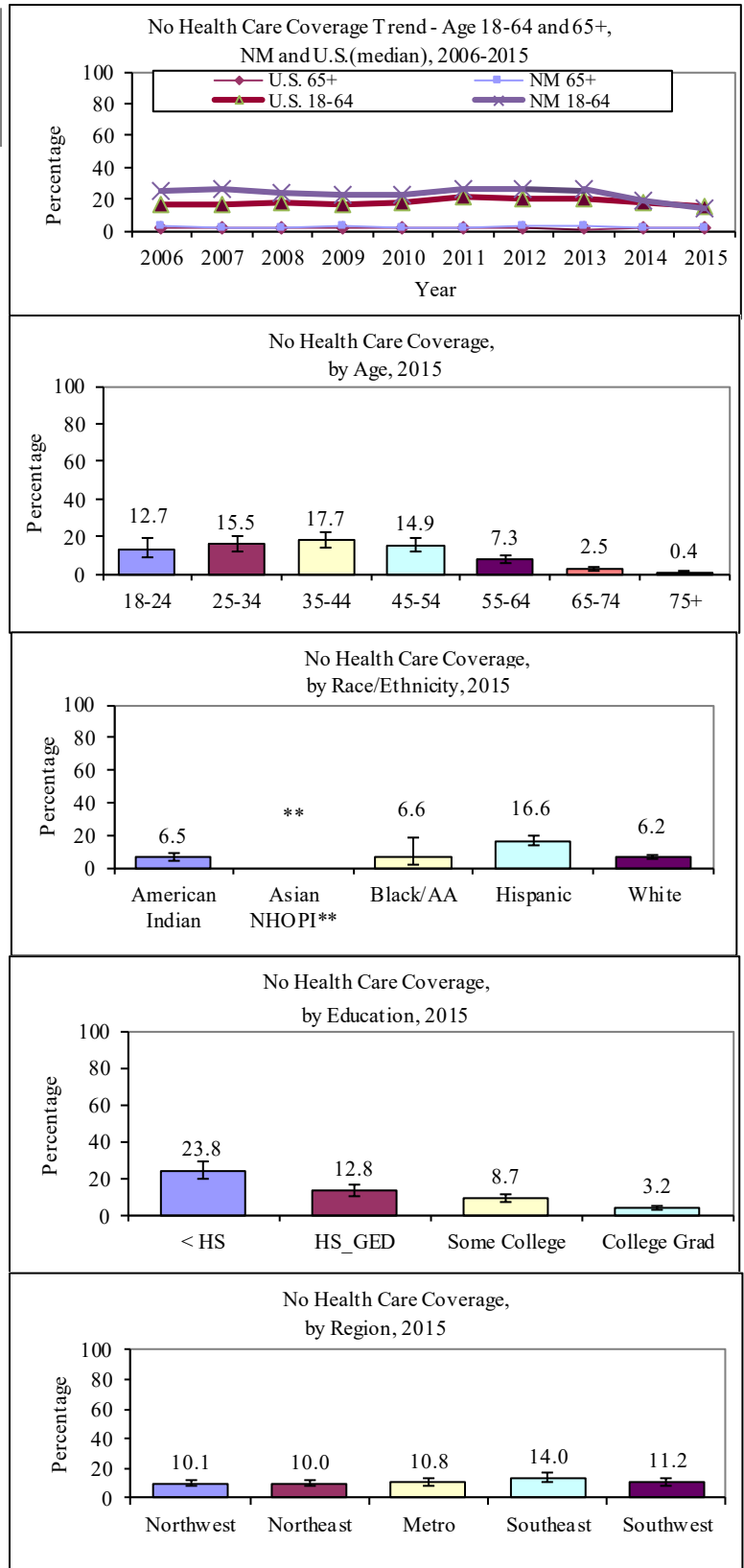
QUESTION:

“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.² People without health coverage are much less likely than those with coverage to receive recommended preventive services and medications, are less likely to have access to regular care by a personal physician, and are less able to obtain needed health care services. Consequently, the uninsured are more likely to succumb to preventable illnesses, more likely to suffer complications from those illnesses, and are more likely to die prematurely.³

IN NEW MEXICO,

- ◆ Adults 18-64 years old had a significant decline in the uninsured rate over 2014 and 2015 as a result of the Affordable Care Act (ACA). For the first time, adults under 65 years in NM had a rate lower than that of the U.S., 13.6% and 14.9%, respectively.
- ◆ Health care coverage was associated with age: adults in younger age groups were less likely to have coverage. 98.4% of adults age 65+ had coverage, 95.2% of them through Medicare.
- ◆ Hispanic adults (16.6%) were more likely to be without health care coverage than White (6.2%) or American Indian (6.5%) adults. Small sample sizes made comparison to and between African American and Asian adults not possible.
- ◆ Adults with lower levels of education were less likely to have coverage. Adults in households with \$50,000 or more in income were more likely to have coverage, with only 4.5% without coverage.
- ◆ Adults who were employed were more likely to have coverage, however 13.6% of employed adults were without coverage, and 20.5% of unemployed adults were without coverage. Among those who were unable to work, 6.0% were without coverage.
- ◆ Coverage was similar across region of residence, with slightly higher levels of no health insurance coverage in the SE region (14.0%) and the SW region (11.2%) of New Mexico.



HEALTH CARE COVERAGE

Table 6. Percentage of adults without health care coverage, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage			
		Total # Reporting No Health Care Coverage	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,712	499	11.1	9.8	12.6
SEXUAL ORIENTATION					
Heterosexual	6,182	440	10.8	9.5	12.4
LGBT	186	19	10.6	6.1	17.8
AGE					
18-24	308	40	12.7	8.4	18.9
25-34	577	86	15.5	12.0	19.9
35-44	739	103	17.7	13.9	22.4
45-54	1,039	122	14.9	11.7	18.7
55-64	1,588	111	7.3	5.7	9.3
65-74	1,424	29	2.5	1.5	3.9
75+	970	4	0.4	0.1	1.1
RACE/ETHNICITY					
American Indian	594	42	6.5	4.6	9.0
Asian NHOPI**	43	-	-	-	-
Black/AA	79	4	6.6	2.2	18.4
Hispanic	2,124	285	16.6	14.2	19.3
White	3,692	151	6.2	4.9	7.8
EDUCATION					
Less than High School Graduate	775	154	23.8	19.6	28.6
High School Graduate or G.E.D.	1,824	158	12.8	10.2	16.0
Some College	1,854	125	8.7	6.8	11.1
College Graduate	2,239	61	3.2	2.2	4.6
INCOME					
Less than \$10,000	417	56	13.5	9.8	18.4
\$10-19,999	997	120	17.3	13.6	21.8
\$20-49,999	2,115	188	13.2	10.9	15.8
\$50,000 or more	2,168	62	4.5	3.2	6.4
EMPLOYMENT					
Employed	2,966	295	13.6	11.7	15.8
Unemployed/Unable to Work	920	84	11.6	7.8	16.9
Homemaker/Student	670	89	13.9	10.7	17.8
Retired	2,116	26	1.5	0.9	2.4
Geographic Region ⊛					
Northwest	1,576	105	10.1	8.0	12.5
Northeast	1,293	91	10.0	7.8	12.7
Metro	1,459	90	10.8	8.5	13.7
Southeast	1,169	115	14.0	11.4	17.0
Southwest	1,215	98	11.2	8.9	14.0

§ 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 the total across some categories 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.

HEALTH CARE COVERAGE — MALES

Table 7. Percentage of adult males without health care coverage, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Men			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,831	248	12.5	10.5	14.8
SEXUAL ORIENTATION					
Heterosexual	2,602	225	12.7	10.6	15.2
LGBT**	77	7	7.6	2.8	18.8
AGE					
18-24	144	23	17.0	9.8	27.7
25-34	274	40	16.0	11.0	22.8
35-44	334	51	19.7	14.0	26.9
45-54	413	60	14.9	10.9	20.2
55-64	670	54	8.2	5.7	11.6
65-74	595	14	2.2	1.1	4.2
75+	378	2	0.3	0.1	1.5
RACE/ETHNICITY					
American Indian	251	19	6.8	4.2	11.0
Asian NHUPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	883	130	17.7	14.0	22.2
White	1,560	86	8.1	6.0	10.8
EDUCATION					
Less than High School Graduate	336	72	24.0	18.1	31.2
High School Graduate or G.E.D.	789	82	15.4	11.1	21.0
Some College	707	62	10.4	7.4	14.2
College Graduate	990	32	3.7	2.2	6.3
INCOME					
Less than \$10,000	145	19	10.8	6.0	18.6
\$10-19,999	366	54	21.0	15.1	28.6
\$20-49,999	861	103	16.1	12.6	20.5
\$50,000 or more	1,083	41	5.1	3.5	7.5
EMPLOYMENT					
Employed	1,460	190	16.5	13.8	19.7
Unemployed/Unable to Work	372	41	14.0	7.9	23.7
Homemaker/Student**	70	4	2.1	0.7	6.2
Retired	917	12	1.1	0.6	2.1
Geographic Region[⊙]					
Northwest	644	53	11.8	8.7	15.8
Northeast	562	55	13.3	9.7	18.1
Metro	619	45	12.6	8.9	17.4
Southeast	488	54	14.5	10.7	19.3
Southwest	518	41	10.6	7.4	15.0

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

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HEALTH CARE COVERAGE — FEMALES

Table 8. Percentage of adult females without health care coverage, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Health Care Coverage Among Adult Women			
		Total # Reporting No Health Care Coverage	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,881	251	9.8	8.2	11.6
SEXUAL ORIENTATION					
Heterosexual	3,580	215	9.1	7.5	10.9
LGBT**	109	12	12.9	6.6	23.6
AGE					
18-24	164	17	8.2	4.7	14.0
25-34	303	46	15.0	10.4	21.1
35-44	405	52	15.9	11.0	22.3
45-54	626	62	14.8	10.4	20.7
55-64	918	57	6.5	4.7	8.9
65-74	829	15	2.7	1.4	5.2
75+	592	2	0.5	0.1	1.9
RACE/ETHNICITY					
American Indian	343	23	6.2	3.9	9.7
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,241	155	15.5	12.7	18.8
White	2,132	65	4.4	3.1	6.1
EDUCATION					
Less than High School Graduate	439	82	23.5	17.9	30.2
High School Graduate or G.E.D.	1,035	76	10.1	7.6	13.2
Some College	1,147	63	7.4	5.1	10.6
College Graduate	1,249	29	2.6	1.6	4.1
INCOME					
Less than \$10,000	272	37	15.4	10.4	22.3
\$10-19,999	631	66	14.4	10.0	20.2
\$20-49,999	1,254	85	10.4	7.9	13.6
\$50,000 or more	1,085	21	3.7	1.8	7.6
EMPLOYMENT					
Employed	1,506	105	9.6	7.3	12.6
Unemployed/Unable to Work	548	43	9.5	5.6	15.6
Homemaker/Student	600	85	16.9	13.0	21.6
Retired	1,199	14	1.9	1.0	3.6
Geographic Region[⊙]					
Northwest	932	52	8.4	6.0	11.6
Northeast	731	36	6.7	4.6	9.7
Metro	840	45	9.2	6.4	12.9
Southeast	681	61	13.5	10.4	17.5
Southwest	697	57	11.8	8.8	15.7

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

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

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

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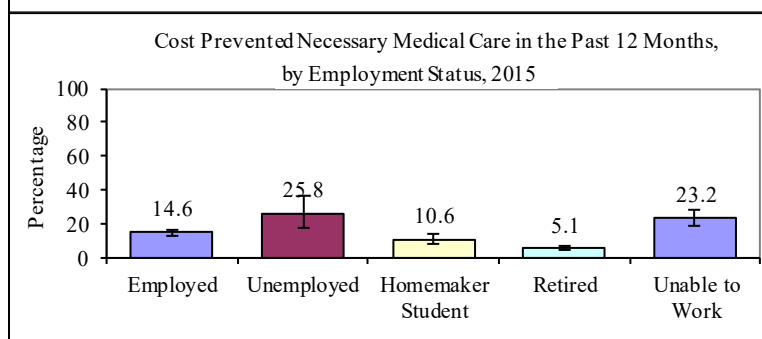
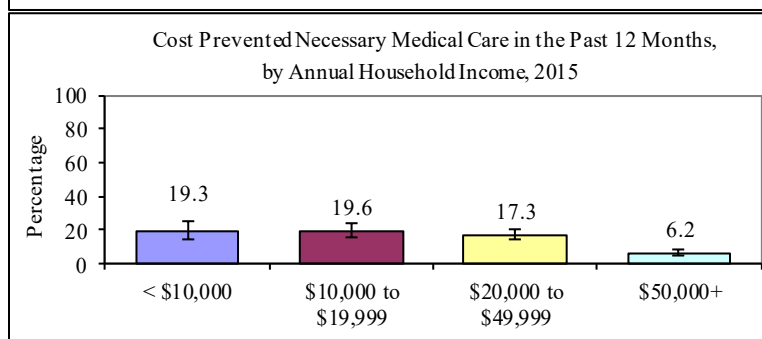
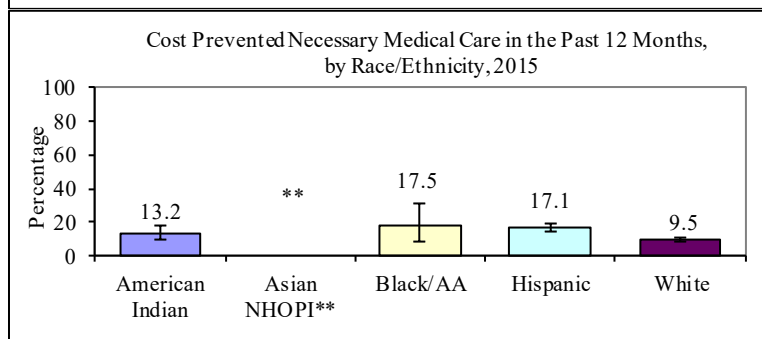
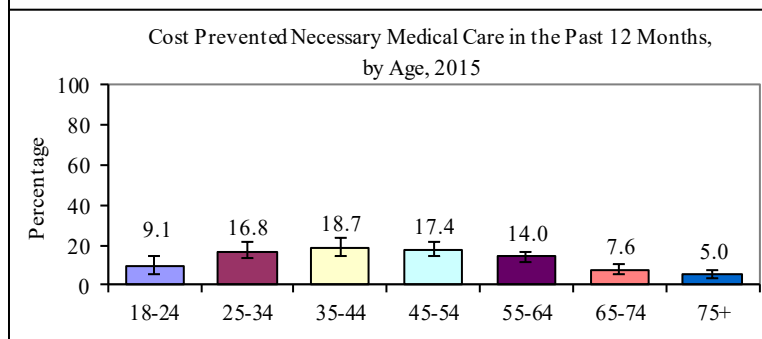
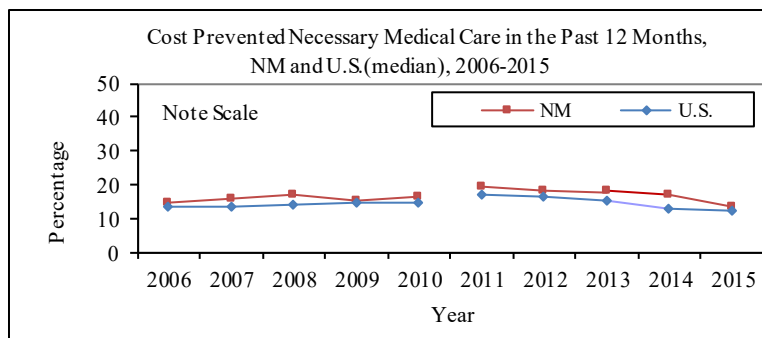
HEALTH CARE ACCESS, IMPACT OF COST

QUESTION:

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

IN NEW MEXICO,

- ◆ Cost prevented 13.6% of adult New Mexicans from getting needed medical care in the previous 12 months, down from 18.1% in 2013 and 17.2% in 2014 as a result of the Affordable Care Act (ACA).
- ◆ 14.6% of women and 12.5% of men were prevented by cost from obtaining needed medical care in the previous 12 months.
- ◆ By age, those in the age range 25-54 years were the most likely to not have received care because of cost: 18.7% of those 35-44 years old, 17.4% of those 45-54 years, and 16.8% of those 25-34 years old reported that cost prevented them from necessary medical care in the past 12 months.
- ◆ Hispanic adults (17.1%) were more likely to forego needed medical care in the past 12 months because of cost than adults of all other race/ethnic groups. 13.2% of American Indian and 9.5% of White adults did not receive care because of cost. Comparisons with Asian and African American adults are not possible because of small sample sizes. 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.
- ◆ Adults living in households with income above \$50,000 were less likely to have not received care because of cost (6.2%). Those with 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 unable to work (23.2%) or were unemployed (25.8%) 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,722	773	13.6	12.3	15.0
SEXUAL ORIENTATION					
Heterosexual	6,189	712	13.5	12.1	15.0
LGBT	187	24	19.6	12.7	29.0
AGE					
18-24	314	32	9.1	5.4	14.8
25-34	580	92	16.8	13.2	21.2
35-44	738	123	18.7	14.9	23.3
45-54	1,042	175	17.4	14.2	21.1
55-64	1,587	206	14.0	11.6	16.7
65-74	1,423	98	7.6	5.7	10.1
75+	968	39	5.0	3.4	7.3
RACE/ETHNICITY					
American Indian	598	81	13.2	9.6	17.9
Asian NHOPI**	43	-	-	-	-
Black/AA	79	11	17.5	9.0	31.1
Hispanic	2,130	353	17.1	14.8	19.7
White	3,691	293	9.5	8.1	11.1
EDUCATION					
Less than High School Graduate	775	151	21.5	17.5	26.2
High School Graduate or G.E.D.	1,831	223	13.9	11.4	17.0
Some College	1,858	223	12.3	10.2	14.6
College Graduate	2,238	172	9.0	7.3	11.0
INCOME					
Less than \$10,000	418	83	19.3	14.6	25.2
\$10-19,999	996	184	19.6	16.0	23.7
\$20-49,999	2,116	286	17.3	14.8	20.1
\$50,000 or more	2,169	117	6.2	4.7	8.1
EMPLOYMENT					
Employed	2,970	375	14.6	12.8	16.6
Unemployed/Unable to Work	923	209	24.2	19.7	29.4
Homemaker/Student	673	83	10.6	7.8	14.2
Retired	2,115	103	5.1	3.9	6.7
Geographic Region ⊛					
Northwest	1,582	183	13.0	10.8	15.5
Northeast	1,295	166	16.3	13.5	19.5
Metro	1,462	152	12.8	10.5	15.6
Southeast	1,170	130	13.1	10.7	15.8
Southwest	1,213	142	13.9	11.5	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" or refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories for some variables.

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

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HEALTH CARE ACCESS, IMPACT OF COST — MALES

Table 10. Percentage of adult males who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Men			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,839	288	12.5	10.6	14.6
SEXUAL ORIENTATION					
Heterosexual	2,607	262	12.3	10.3	14.5
LGBT**	78	8	20.9	10.2	38.1
AGE					
18-24	147	13	11.2	5.3	22.2
25-34	275	49	18.8	13.7	25.3
35-44	334	50	14.3	10.1	19.9
45-54	416	57	13.4	9.6	18.4
55-64	669	69	12.1	8.9	16.3
65-74	596	33	6.4	4.1	9.8
75+	379	14	4.3	2.4	7.6
RACE/ETHNICITY					
American Indian	251	29	9.6	6.0	15.0
Asian NHOP1**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	889	148	16.9	13.5	20.9
White	1,561	93	8.4	6.3	11.0
EDUCATION					
Less than High School Graduate	336	62	18.8	13.7	25.2
High School Graduate or G.E.D.	795	96	15.3	11.3	20.5
Some College	709	71	10.2	7.5	13.6
College Graduate	990	57	7.6	5.2	10.8
INCOME					
Less than \$10,000	145	25	16.0	9.8	25.1
\$10-19,999	365	63	19.0	13.9	25.4
\$20-49,999	862	115	17.8	14.1	22.3
\$50,000 or more	1,084	49	5.1	3.6	7.3
EMPLOYMENT					
Employed	1,464	170	14.0	11.6	16.9
Unemployed/Unable to Work	374	74	21.1	14.3	29.8
Homemaker/Student**	71	4	1.4	0.4	4.2
Retired	917	39	5.0	3.4	7.3
Geographic Region[⊛]					
Northwest	647	67	12.3	9.2	16.3
Northeast	562	69	17.6	13.2	23.0
Metro	622	54	11.0	7.9	15.3
Southeast	489	44	11.2	7.9	15.7
Southwest	519	54	13.0	9.4	17.5

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

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

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

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HEALTH CARE ACCESS, IMPACT OF COST — FEMALES

Table 11. Percentage of adult females who could not get needed medical care in the past 12 months because of the cost, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Cost Prevented Necessary Medical Care Among Adult Women			
		Total Number Reporting That Cost Prevented Care	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,883	485	14.6	12.8	16.5
SEXUAL ORIENTATION					
Heterosexual	3,582	450	14.7	12.8	16.8
LGBT**	109	16	18.6	10.9	29.8
AGE					
18-24	167	19	6.8	4.1	11.1
25-34	305	43	14.7	10.1	20.8
35-44	404	73	23.2	17.2	30.4
45-54	626	118	21.2	16.6	26.8
55-64	918	137	15.7	12.5	19.4
65-74	827	65	8.7	6.0	12.7
75+	589	25	5.5	3.4	9.0
RACE/ETHNICITY					
American Indian	347	52	16.6	10.9	24.5
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,241	205	17.3	14.4	20.7
White	2,130	200	10.5	8.7	12.7
EDUCATION					
Less than High School Graduate	439	89	24.3	18.5	31.2
High School Graduate or G.E.D.	1,036	127	12.5	9.7	15.8
Some College	1,149	152	14.0	11.2	17.5
College Graduate	1,248	115	10.4	8.3	13.1
INCOME					
Less than \$10,000	273	58	21.6	15.3	29.6
\$10-19,999	631	121	20.1	15.3	25.8
\$20-49,999	1,254	171	16.8	13.7	20.5
\$50,000 or more	1,085	68	7.6	5.0	11.2
EMPLOYMENT					
Employed	1,506	205	15.3	12.7	18.5
Unemployed/Unable to Work	549	135	27.0	21.3	33.5
Homemaker/Student	602	79	13.0	9.6	17.4
Retired	1,198	64	5.2	3.6	7.5
Geographic Region[⊛]					
Northwest	935	116	13.6	10.9	17.0
Northeast	733	97	15.1	11.9	18.8
Metro	840	98	14.5	11.2	18.4
Southeast	681	86	14.9	11.8	18.6
Southwest	694	88	14.8	11.6	18.7

§ 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 the total across some categories for some variables.

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

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HEALTH CARE ACCESS, ROUTINE CHECKUP

QUESTION:

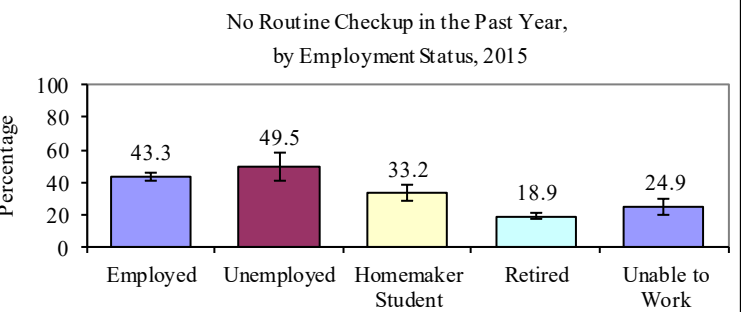
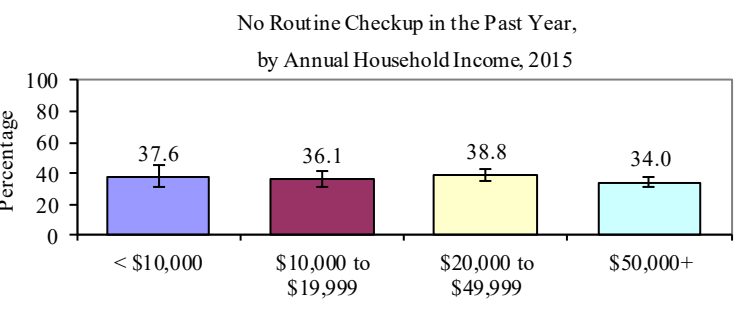
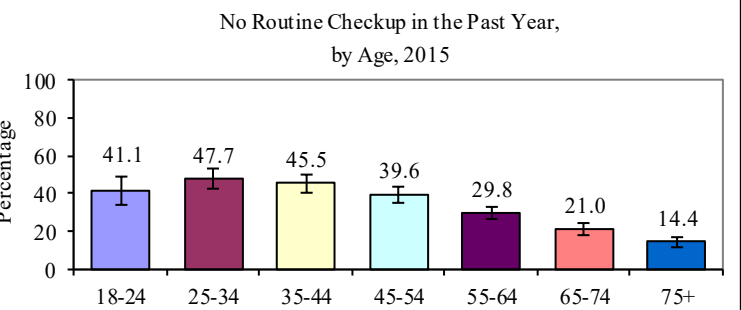
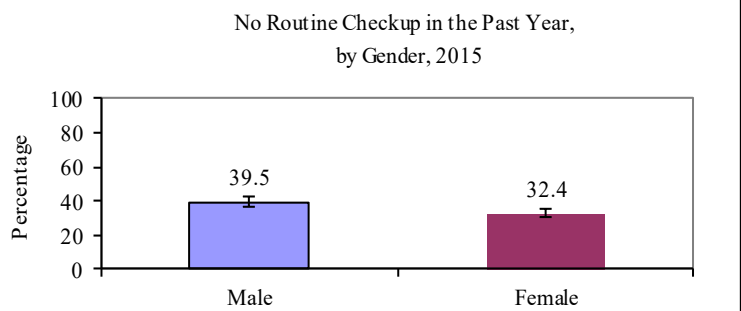
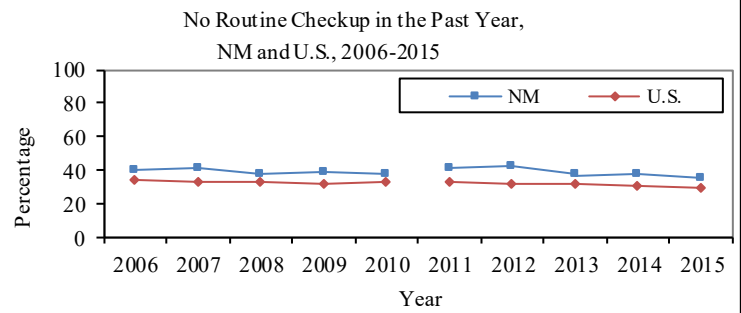
“Do you have one person you think of as your personal doctor or health care provider?”

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

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

IN NEW MEXICO,

- ◆ Adults in New Mexico (35.9%) were more likely than adults of the U.S. (29.8%) 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. The percentage of men without a routine checkup declined from 42.4% in 2013 to 39.5% in 2015, while the percentage for women remained the same over time.
- ◆ Younger adults, age 18 to 44, 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.
- ◆ In prior years, adults with less than a high school education and with lower incomes were less likely to have had a routine checkup in the past year, but in 2015 there was not a large difference in the percentage with a routine checkup by income or education.
- ◆ Adults who were unemployed (49.5%) were the least likely to have had an annual routine checkup, followed by adults who were employed (43.3%).



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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,653	2,088	35.9	34.1	37.8
SEXUAL ORIENTATION					
Heterosexual	6,131	1,911	35.5	33.6	37.5
LGBT	186	66	42.7	33.1	52.8
AGE					
18-24	304	130	41.1	34.1	48.5
25-34	573	260	47.7	42.5	53.0
35-44	729	315	45.5	40.5	50.6
45-54	1,031	389	39.6	35.3	44.0
55-64	1,575	491	29.8	26.7	33.0
65-74	1,414	325	21.0	18.3	24.0
75+	957	164	14.4	11.9	17.3
RACE/ETHNICITY					
American Indian	592	205	37.3	31.6	43.4
Asian NHOPI**	43	-	-	-	-
Black/AA	78	21	25.9	15.2	40.7
Hispanic	2,103	686	36.9	33.9	40.0
White	3,658	1,108	34.9	32.4	37.4
EDUCATION					
Less than High School Graduate	758	260	37.6	32.8	42.8
High School Graduate or G.E.D.	1,814	562	35.4	31.9	39.1
Some College	1,839	583	36.2	32.9	39.7
College Graduate	2,222	679	34.8	31.9	37.9
INCOME					
Less than \$10,000	412	137	37.6	30.8	44.9
\$10-19,999	987	325	36.1	31.5	41.0
\$20-49,999	2,092	688	38.8	35.5	42.1
\$50,000 or more	2,157	658	34.0	31.0	37.1
EMPLOYMENT					
Employed	2,939	1,143	43.3	40.6	46.0
Unemployed/Unable to Work	906	275	34.4	29.4	39.7
Homemaker/Student	666	217	33.2	28.2	38.7
Retired	2,101	443	18.9	16.7	21.2
Geographic Region ☼					
Northwest	1,564	496	35.9	32.6	39.3
Northeast	1,283	399	35.4	32.0	39.0
Metro	1,452	460	36.1	32.7	39.7
Southeast	1,158	391	39.5	35.7	43.4
Southwest	1,196	342	33.0	29.4	36.8

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

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

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

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HEALTH CARE ACCESS, ROUTINE CHECKUP — MALES

Table 13. Percentage of adult males who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year Among Adult Men			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,816	960	39.5	36.8	42.4
SEXUAL ORIENTATION					
Heterosexual	2,590	881	39.5	36.6	42.5
LGBT**	76	24	38.0	23.7	54.7
AGE					
18-24	142	69	45.0	34.8	55.6
25-34	275	147	56.6	49.1	63.9
35-44	330	158	49.8	42.5	57.0
45-54	413	163	39.6	33.3	46.2
55-64	666	220	32.5	27.8	37.5
65-74	593	132	18.8	15.1	23.1
75+	374	66	16.6	12.4	21.8
RACE/ETHNICITY					
American Indian	249	96	41.6	33.1	50.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	880	333	43.7	38.9	48.6
White	1,551	490	36.0	32.5	39.6
EDUCATION					
Less than High School Graduate	329	134	42.7	35.2	50.5
High School Graduate or G.E.D.	789	279	41.2	35.9	46.9
Some College	704	237	39.4	34.3	44.8
College Graduate	985	308	35.5	31.1	40.2
INCOME					
Less than \$10,000**	143	59	44.3	33.1	56.0
\$10-19,999	361	126	38.1	31.0	45.7
\$20-49,999	856	315	44.5	39.4	49.8
\$50,000 or more	1,079	336	34.9	30.8	39.3
EMPLOYMENT					
Employed	1,452	608	46.3	42.6	50.0
Unemployed/Unable to Work	370	128	40.2	32.4	48.4
Homemaker/Student**	70	29	35.5	22.7	50.7
Retired	912	192	18.0	15.0	21.4
Geographic Region[⊛]					
Northwest	641	223	40.3	35.3	45.5
Northeast	559	182	36.9	31.7	42.4
Metro	618	208	39.0	33.9	44.4
Southeast	487	187	46.1	40.3	52.1
Southwest	511	160	37.3	31.7	43.3

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

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

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HEALTH CARE ACCESS, ROUTINE CHECKUP — FEMALES

Table 14. Percentage of adult females who did not visit a doctor for a routine checkup in the past 12 months, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Routine Checkup in Past Year Among Adult Women			
		Total Number Reporting No Routine Checkup in Past Year	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,837	1,128	32.4	30.1	34.9
SEXUAL ORIENTATION					
Heterosexual	3,541	1,030	31.6	29.2	34.2
LGBT**	110	42	46.1	34.0	58.7
AGE					
18-24	162	61	37.1	27.9	47.3
25-34	298	113	38.1	31.4	45.4
35-44	399	157	41.3	34.6	48.3
45-54	618	226	39.6	34.0	45.4
55-64	909	271	27.2	23.4	31.4
65-74	821	193	23.1	19.3	27.3
75+	583	98	12.7	9.9	16.3
RACE/ETHNICITY					
American Indian	343	109	33.2	26.0	41.4
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,223	353	30.3	26.7	34.0
White	2,107	618	33.8	30.4	37.4
EDUCATION					
Less than High School Graduate	429	126	32.7	26.4	39.6
High School Graduate or G.E.D.	1,025	283	29.3	25.1	34.0
Some College	1,135	346	33.6	29.3	38.1
College Graduate	1,237	371	34.1	30.2	38.1
INCOME					
Less than \$10,000	269	78	32.9	24.8	42.2
\$10-19,999	626	199	34.6	28.6	41.1
\$20-49,999	1,236	373	33.4	29.6	37.6
\$50,000 or more	1,078	322	32.8	28.6	37.3
EMPLOYMENT					
Employed	1,487	535	39.2	35.3	43.2
Unemployed/Unable to Work	536	147	29.2	23.4	35.9
Homemaker/Student	596	188	32.6	27.4	38.3
Retired	1,189	251	19.7	16.7	23.1
Geographic Region[⊛]					
Northwest	923	273	31.7	27.6	36.1
Northeast	724	217	34.0	29.6	38.8
Metro	834	252	33.4	29.0	38.1
Southeast	671	204	32.7	28.2	37.4
Southwest	685	182	28.8	24.5	33.5

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

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

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IMMUNIZATION

QUESTION:

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

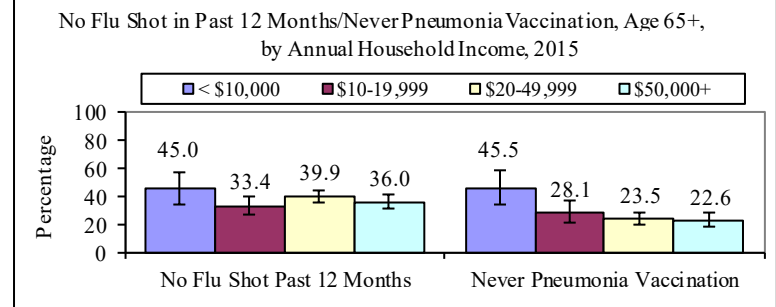
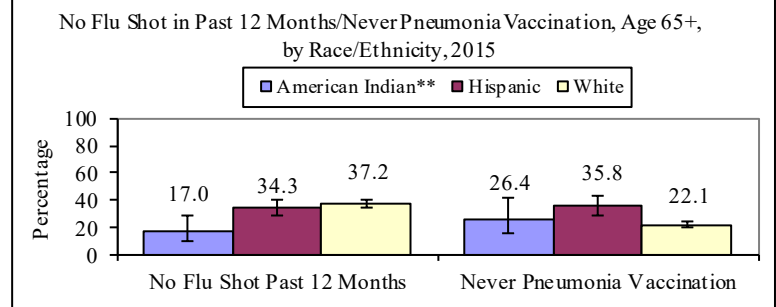
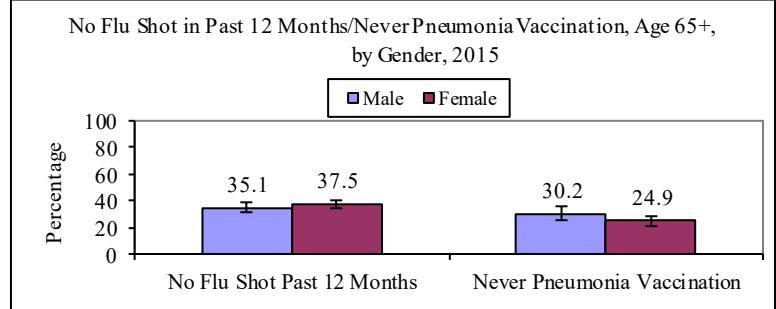
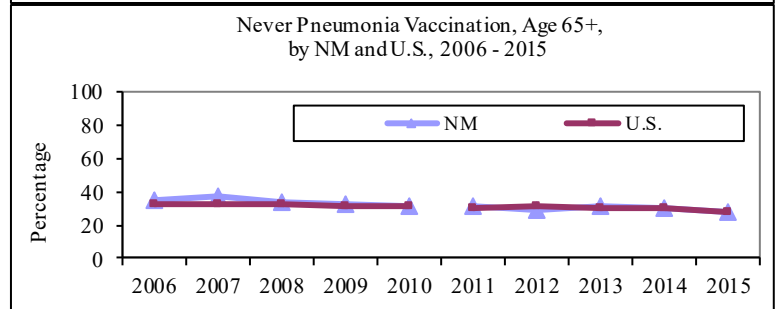
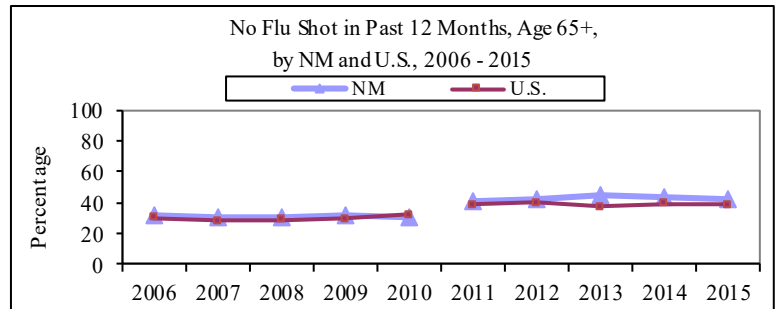
“A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

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

Pneumococcal vaccination is also recommended for adults ages 65 years and older.⁵ Those at higher risk of the disease include: the elderly, the very young, and those with special health problems such as alcoholism, heart or lung disease, kidney failure, diabetes, HIV, or some types of cancer.^{4,5}

IN NEW MEXICO,

- ◆ 41.8% of adults age 65 years and older had not been immunized against seasonal influenza during the past 12 months, a decrease from the previous three years. The 2015 estimate for the U.S. was 38.7%.
- ◆ 27.3% of adults age 65 years and older had never received the pneumonia vaccine. There has been steady improvement over the past decade and there was no difference between NM and the U.S. (27.3%).
- ◆ Men aged 65 years and older were more likely to have never received a pneumonia vaccination (30.2%) compared to women (24.9%). There was not a significant different in recent influenza vaccination by gender.
- ◆ American Indian adults age 65 years and older were twice as likely to have received influenza vaccination in the past 12 months: 17.0% reported not receiving the shot, compared to 34.3% of Hispanic and 37.2% of White elderly adults. There was not a significant difference in pneumonia vaccination by race/ethnicity.
- ◆ Elderly adults without a high school education were more likely to have never received a pneumococcal vaccination than those with higher levels of education. There was no difference in vaccination against influenza by 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.

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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Flu Shot in Past 12 Months, Age 65+			
		Total # Reporting No Flu Shot in Past 12 Months	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,468	961	36.4	33.7	39.2
GENDER					
Male	999	371	35.1	30.9	39.5
Female	1,469	590	37.5	34.1	41.1
AGE					
65-74	1,426	613	41.2	37.5	45.0
75+	972	348	33.0	28.9	37.3
RACE/ETHNICITY					
American Indian**	96	20	17.0	9.3	28.8
Asian NHOPI**	4	-	-	-	-
Black/AA**	27	-	-	-	-
Hispanic	559	214	34.3	29.2	39.8
White	1,699	676	37.2	34.0	40.4
EDUCATION					
Less than High School Graduate	289	122	36.6	29.3	44.5
High School Graduate or G.E.D.	627	230	33.7	28.9	39.0
Some College	622	257	38.8	33.4	44.5
College Graduate	917	348	35.9	31.9	40.0
INCOME					
Less than \$10,000	121	53	45.0	33.5	57.2
\$10-19,999	360	149	33.4	27.1	40.3
\$20-49,999	845	364	39.9	35.4	44.7
\$50,000 or more	637	238	36.0	30.7	41.7
EMPLOYMENT					
Employed	359	147	32.7	25.7	40.6
Unemployed/Unable to Work	192	78	39.7	30.5	49.8
Homemaker/Student	163	64	46.8	36.1	57.9
Retired	1,733	664	35.9	32.7	39.2
Geographic Region ⊛					
Northwest	553	217	37.0	31.6	42.8
Northeast	477	198	42.6	37.4	47.9
Metro	511	164	29.6	24.7	35.1
Southeast	431	190	44.7	39.2	50.3
Southwest	496	192	39.9	34.9	45.2

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

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

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IMMUNIZATION, PNEUMOCOCCAL VACCINATION

Table 16. Percentage of adults ages 65 years and older who have never had a pneumococcal vaccination, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	No Pneumonia Vaccination - Age 65+			
		Total # Reporting No Pneumonia Vaccination	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	2,120	574	27.3	24.4	30.4
GENDER					
Male	859	255	30.2	25.5	35.4
Female	1,261	319	24.9	21.5	28.6
AGE					
65-74	1,270	408	30.9	27.1	35.1
75+	850	166	21.8	17.8	26.4
RACE/ETHNICITY					
American Indian**	74	25	26.4	15.6	41.1
Asian NHOPI**	4	-	-	-	-
Black/AA**	26	-	-	-	-
Hispanic	462	152	35.8	29.3	43.0
White	1,496	365	22.1	19.4	25.0
EDUCATION					
Less than High School Graduate	253	90	39.2	30.4	48.8
High School Graduate or G.E.D.	510	141	25.0	20.3	30.5
Some College	552	133	22.5	17.7	28.2
College Graduate	799	208	26.0	22.2	30.2
INCOME					
Less than \$10,000	113	45	45.5	33.6	58.0
\$10-19,999	307	83	28.1	21.0	36.6
\$20-49,999	763	204	23.5	19.5	27.9
\$50,000 or more	579	136	22.6	17.9	28.0
EMPLOYMENT					
Employed	291	122	37.0	28.6	46.1
Unemployed/Unable to Work	164	40	22.0	14.9	31.1
Homemaker/Student	134	34	25.4	16.8	36.6
Retired	1,521	371	26.1	22.6	29.9
Geographic Region☼					
Northwest	469	136	30.5	25.0	36.7
Northeast	409	123	27.9	23.2	33.2
Metro	435	81	23.0	17.4	29.7
Southeast	376	115	32.1	26.8	37.9
Southwest	431	119	31.4	26.3	37.0

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

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

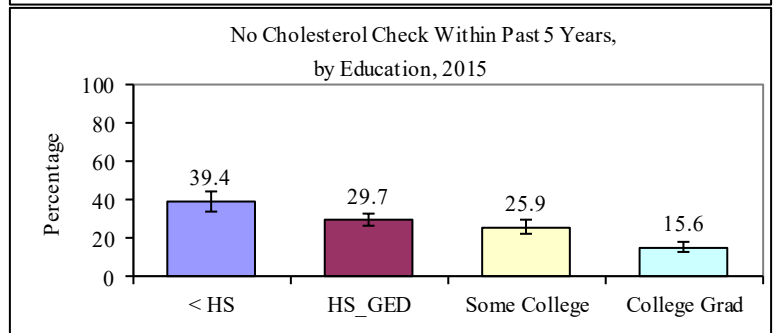
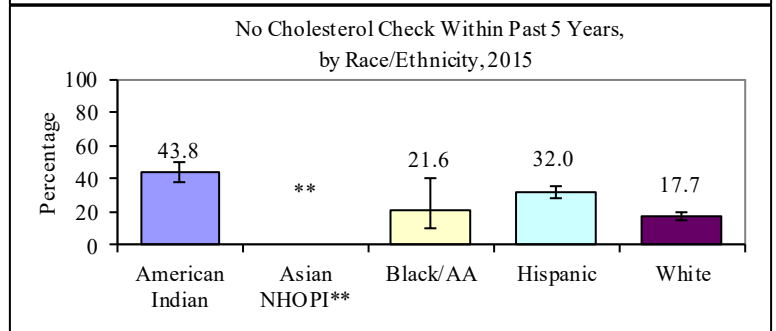
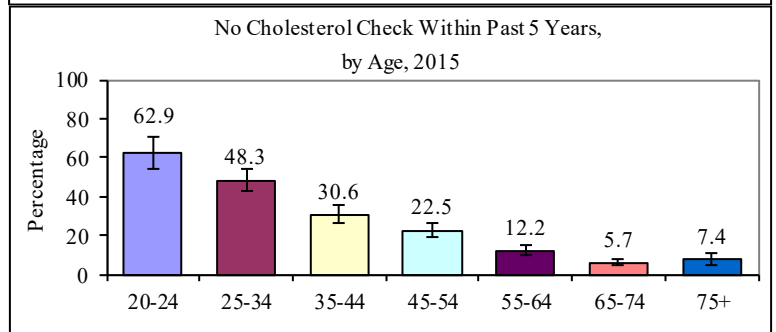
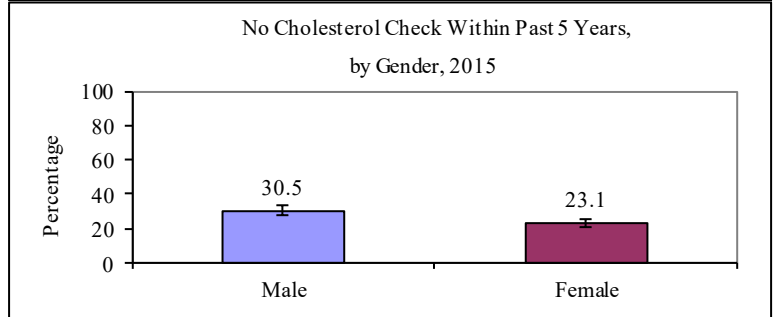
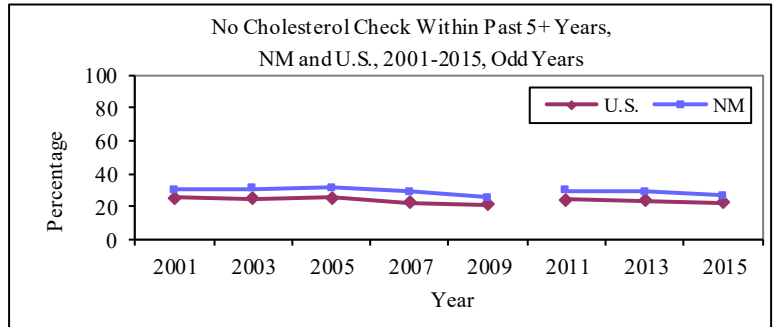
“Have you EVER had your blood cholesterol checked?”

“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.⁶

IN NEW MEXICO,

- ◆ 26.7% 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. (22.3%).
- ◆ 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.
- ◆ Adults with lower annual household income were less likely to have received a cholesterol check in the past 5 years.
- ◆ 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, 2015.

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
TOTAL	6,376	1,104	26.7	24.9	28.6
SEXUAL ORIENTATION					
Heterosexual	5,891	992	25.8	24.0	27.8
LGBT	171	45	39.1	29.0	50.3
AGE					
20-24	207	130	62.9	54.5	70.6
25-34	555	247	48.3	43.0	53.7
35-44	724	214	30.6	26.1	35.6
45-54	1,023	197	22.5	18.8	26.6
55-64	1,559	168	12.2	9.9	14.9
65-74	1,388	90	5.7	4.3	7.4
75+	920	58	7.4	4.9	11.1
RACE/ETHNICITY					
American Indian	565	201	43.8	37.8	50.0
Asian NHOPI**	40	-	-	-	-
Black/AA	77	11	21.6	10.0	40.4
Hispanic	2,004	434	32.0	29.0	35.3
White	3,533	416	17.7	15.7	20.0
EDUCATION					
Less than High School Graduate	731	218	39.4	34.3	44.7
High School Graduate or G.E.D.	1,689	355	29.7	26.3	33.3
Some College	1,771	298	25.9	22.7	29.4
College Graduate	2,171	229	15.6	13.1	18.5
INCOME					
Less than \$10,000	387	117	38.3	31.5	45.5
\$10-19,999	951	219	33.0	28.2	38.2
\$20-49,999	2,033	361	28.5	25.4	31.9
\$50,000 or more	2,108	254	19.0	16.2	22.1
EMPLOYMENT					
Employed	2,847	636	31.3	28.7	34.0
Unemployed/Unable to Work	869	185	28.9	24.3	33.9
Homemaker/Student	591	147	36.3	30.5	42.5
Retired	2,040	130	6.8	5.2	8.7
Geographic Region ⊛					
Northwest	1,502	318	34.4	30.8	38.1
Northeast	1,227	192	23.3	19.8	27.2
Metro	1,382	215	25.3	22.1	28.8
Southeast	1,121	192	28.8	25.0	32.9
Southwest	1,144	187	27.1	23.4	31.1

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

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 (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,698	539	30.5	27.8	33.4
SEXUAL ORIENTATION					
Heterosexual	2,481	486	29.6	26.8	32.6
LGBT**	75	16	32.9	19.0	50.5
AGE					
20-24**	100	69	71.8	60.8	80.7
25-34	263	128	53.2	45.5	60.8
35-44	329	105	34.0	27.3	41.3
45-54	408	95	24.4	19.0	30.7
55-64	652	80	14.3	10.7	18.8
65-74	583	31	4.3	2.8	6.5
75+	363	31	9.5	5.5	16.0
RACE/ETHNICITY					
American Indian	239	90	45.5	36.6	54.7
Asian NHOPI**	17	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	828	217	36.8	32.1	41.8
White	1,507	204	21.9	18.6	25.6
EDUCATION					
Less than High School Graduate	319	114	43.4	35.9	51.3
High School Graduate or G.E.D.	728	183	34.9	29.7	40.4
Some College	679	135	31.7	26.4	37.4
College Graduate	964	107	16.1	12.6	20.5
INCOME					
Less than \$10,000	137	46	40.4	29.6	52.3
\$10-19,999	349	86	35.2	27.8	43.4
\$20-49,999	825	184	34.2	29.1	39.6
\$50,000 or more	1,058	145	22.4	18.4	27.0
EMPLOYMENT					
Employed	1,393	366	35.7	32.0	39.5
Unemployed/Unable to Work	354	85	29.7	23.5	36.7
Homemaker/Student**	51	28	65.6	48.3	79.5
Retired	892	59	6.9	4.7	10.0
Geographic Region[⊛]					
Northwest	615	147	35.5	30.3	41.0
Northeast	535	96	27.3	22.0	33.3
Metro	589	104	28.3	23.4	33.8
Southeast	467	103	37.2	31.2	43.7
Southwest	492	89	30.4	24.8	36.7

* 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 the total across some categories for some variables.

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

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

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CHOLESTEROL 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,678	565	23.1	20.8	25.5
SEXUAL ORIENTATION					
Heterosexual	3,410	506	22.2	19.8	24.7
LGBT**	96	29	44.5	31.1	58.7
AGE					
20-24	107	61	53.2	41.3	64.7
25-34	292	119	43.1	35.9	50.5
35-44	395	109	27.3	21.3	34.1
45-54	615	102	20.7	15.8	26.5
55-64	907	88	10.2	7.6	13.6
65-74	805	59	6.9	4.9	9.7
75+	557	27	5.8	3.0	10.8
RACE/ETHNICITY					
American Indian	326	111	42.2	34.5	50.3
Asian NHOPI**	23	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,176	217	27.7	23.8	31.8
White	2,026	212	13.6	11.3	16.2
EDUCATION					
Less than High School Graduate	412	104	35.5	28.8	42.9
High School Graduate or G.E.D.	961	172	24.5	20.3	29.1
Some College	1,092	163	21.0	17.3	25.2
College Graduate	1,207	122	15.1	11.8	19.1
INCOME					
Less than \$10,000	250	71	36.7	28.4	45.9
\$10-19,999	602	133	31.3	25.2	38.2
\$20-49,999	1,208	177	23.5	19.6	27.7
\$50,000 or more	1,050	109	14.5	11.2	18.7
EMPLOYMENT					
Employed	1,454	270	25.4	21.9	29.2
Unemployed/Unable to Work	515	100	28.2	21.8	35.6
Homemaker/Student	540	119	30.5	25.0	36.7
Retired	1,148	71	6.6	4.7	9.4
Geographic Region[⊛]					
Northwest	887	171	33.3	28.6	38.3
Northeast	692	96	19.5	15.2	24.6
Metro	793	111	22.4	18.3	27.1
Southeast	654	89	20.3	16.3	24.9
Southwest	652	98	24.0	19.5	29.2

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

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

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

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

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

HIV TEST HISTORY

QUESTIONS:

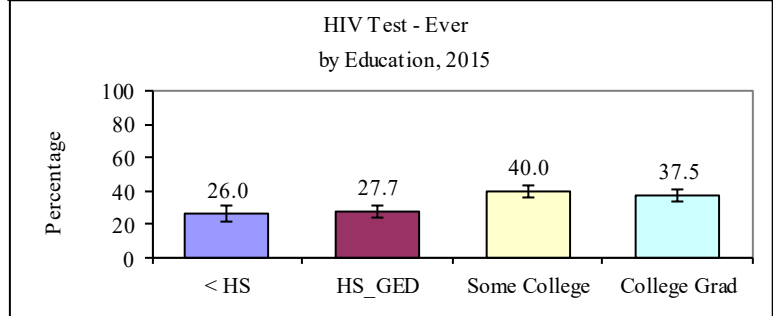
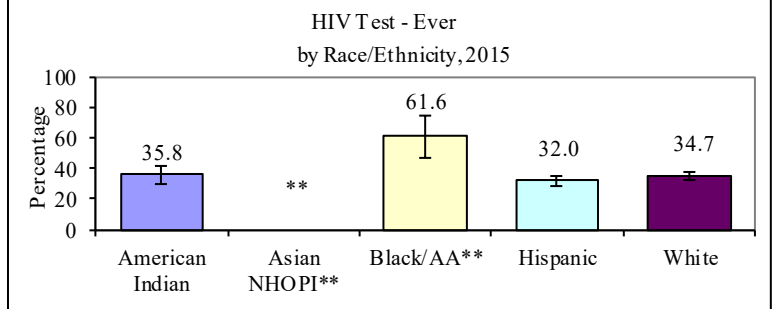
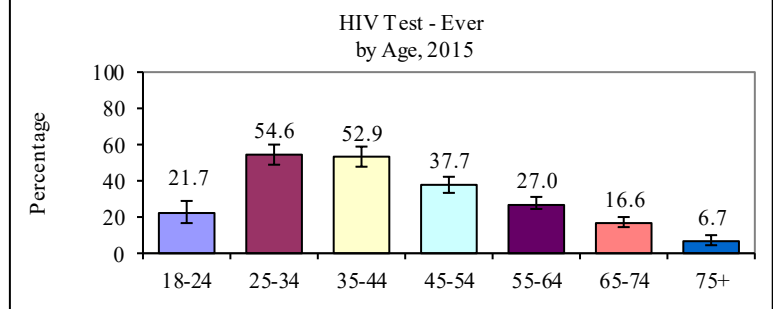
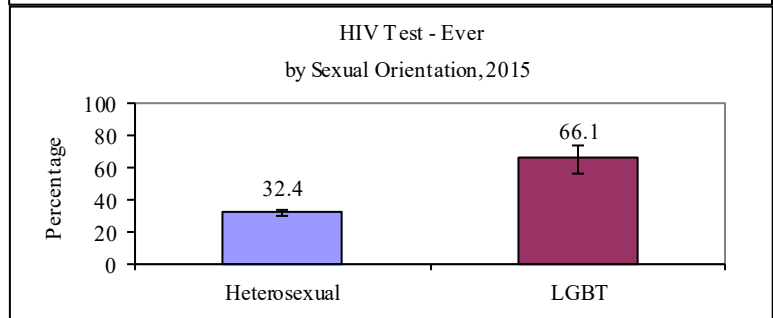
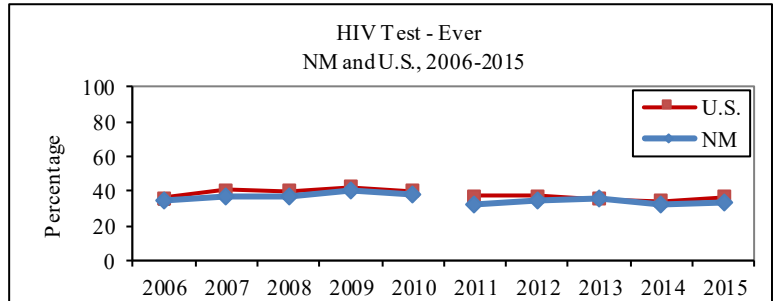
“Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.”

“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. Among those currently living with HIV/AIDS, the most prevalent risk factor category was men having sex with men, followed by heterosexual transmission and by injection drug use.⁷

IN NEW MEXICO,

- ◆ Over most of the past decade, NM and the U.S. have demonstrated a similar prevalence of HIV testing history among adults. In 2015, the NM estimate (33.8%) was lower than that of the U.S. (36.3%).
- ◆ 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, with over half of adults tested. 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 to have ever been tested than American Indian, White, and Hispanic adults. This relationship remained after adjusting for differences in age distribution.
- ◆ 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, 2015.

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
TOTAL	5,883	1,663	33.8	31.9	35.7
Sexual Orientation					
Heterosexual	5,438	1,489	32.4	30.4	34.4
LGBT	171	103	66.1	56.3	74.7
AGE					
18-24	263	66	21.7	16.2	28.5
25-34	492	267	54.6	49.0	60.1
35-44	631	319	52.9	47.5	58.3
45-54	920	359	37.7	33.5	42.1
55-64	1,412	374	27.0	23.9	30.4
65-74	1,279	212	16.6	13.8	19.8
75+	837	57	6.7	4.7	9.6
RACE/ETHNICITY					
American Indian	493	169	35.8	30.3	41.7
Asian NHOPI**	39	-	-	-	-
Black/AA**	70	37	61.6	46.8	74.5
Hispanic	1,846	514	32.0	28.9	35.2
White	3,288	899	34.7	32.1	37.4
EDUCATION					
Less than High School Graduate	679	150	26.0	21.5	31.1
High School Graduate or G.E.D.	1,549	346	27.7	24.4	31.4
Some College	1,637	548	40.0	36.4	43.7
College Graduate	2,004	618	37.5	34.3	40.8
INCOME					
Less than \$10,000	377	123	38.6	31.7	46.1
\$10-19,999	875	271	36.6	31.9	41.6
\$20-49,999	1,879	512	32.8	29.5	36.3
\$50,000 or more	1,994	611	35.8	32.6	39.1
EMPLOYMENT					
Employed	2,578	911	39.1	36.3	42.0
Unemployed/Unable to Work	814	311	42.2	37.1	47.4
Homemaker/Student	589	171	32.8	27.5	38.7
Retired	1,875	265	14.1	12.0	16.5
Geographic Region ⊛					
Northwest	1,360	348	31.5	28.1	35.1
Northeast	1,132	331	32.6	29.1	36.2
Metro	1,284	413	35.9	32.4	39.5
Southeast	1,028	258	28.5	24.9	32.4
Southwest	1,079	313	34.8	30.9	38.9

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Men			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,487	736	32.3	29.6	35.1
Sexual Orientation					
Heterosexual	2,294	640	29.7	27.0	32.6
LGBT**	73	59	81.5	65.5	91.1
AGE					
18-24	124	21	11.6	6.9	18.8
25-34	233	109	46.9	39.0	54.9
35-44	285	136	50.2	42.4	58.0
45-54	372	149	37.0	30.7	43.8
55-64	598	164	28.9	24.2	34.1
65-74	534	122	22.4	17.6	28.0
75+	325	32	8.6	5.5	13.3
RACE/ETHNICITY					
American Indian	208	77	37.6	29.5	46.5
Asian NHOPI**	18	-	-	-	-
Black/AA**	27	-	-	-	-
Hispanic	771	223	29.0	24.7	33.8
White	1,390	399	33.7	30.1	37.6
EDUCATION					
Less than High School Graduate	289	72	25.8	19.5	33.3
High School Graduate or G.E.D.	682	163	26.8	22.0	32.2
Some College	617	219	37.4	32.2	42.9
College Graduate	893	282	36.5	31.9	41.4
INCOME					
Less than \$10,000**	134	53	47.7	36.1	59.6
\$10-19,999	322	99	36.4	29.1	44.4
\$20-49,999	762	219	30.5	25.7	35.8
\$50,000 or more	1,008	303	33.7	29.5	38.2
EMPLOYMENT					
Employed	1,287	442	35.4	31.8	39.2
Unemployed/Unable to Work	326	135	45.3	37.3	53.5
Homemaker/Student**	61	14	16.4	8.2	30.1
Retired	807	144	17.9	14.5	22.0
Geographic Region[⊙]					
Northwest	552	154	34.1	28.9	39.8
Northeast	500	153	31.1	26.1	36.5
Metro	542	174	33.2	28.3	38.5
Southeast	432	118	28.4	23.1	34.5
Southwest	461	137	33.0	27.4	39.2

* 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 the total 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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HIV TEST HISTORY — FEMALES

Table 22. Percentage of adult females ages 64 years and younger who have ever been tested for HIV, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	HIV Test, Ever, Among Adult Women			
		Total # Reporting Ever Testing for HIV	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,396	927	35.2	32.6	37.9
Sexual Orientation					
Heterosexual	3,144	849	34.9	32.2	37.7
LGBT**	98	44	52.4	39.7	64.7
AGE					
18-24	139	45	32.7	23.4	43.6
25-34	259	158	62.6	54.8	69.8
35-44	346	183	55.7	48.2	62.9
45-54	548	210	38.3	32.9	44.2
55-64	814	210	25.2	21.2	29.6
65-74	745	90	11.4	8.6	15.0
75+	512	25	5.4	3.0	9.5
RACE/ETHNICITY					
American Indian	285	92	34.0	26.8	42.0
Asian NHOPI**	21	-	-	-	-
Black/AA**	43	-	-	-	-
Hispanic	1,075	291	34.8	30.7	39.1
White	1,898	500	35.5	31.9	39.4
EDUCATION					
Less than High School Graduate	390	78	26.2	20.1	33.5
High School Graduate or G.E.D.	867	183	28.7	24.1	33.8
Some College	1,020	329	42.1	37.3	47.1
College Graduate	1,111	336	38.5	34.3	42.9
INCOME					
Less than \$10,000	243	70	31.6	23.5	41.0
\$10-19,999	553	172	36.8	30.7	43.3
\$20-49,999	1,117	293	34.9	30.5	39.5
\$50,000 or more	986	308	38.5	33.8	43.4
EMPLOYMENT					
Employed	1,291	469	44.2	39.9	48.5
Unemployed/Unable to Work	488	176	39.4	33.0	46.2
Homemaker/Student	528	157	37.2	31.2	43.5
Retired	1,068	121	10.7	8.4	13.4
Geographic Region[⊛]					
Northwest	808	194	29.0	24.7	33.6
Northeast	632	178	34.0	29.3	39.0
Metro	742	239	38.5	33.7	43.5
Southeast	596	140	28.5	23.9	33.6
Southwest	618	176	36.5	31.2	42.0

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

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

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

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DIAGNOSED ARTHRITIS

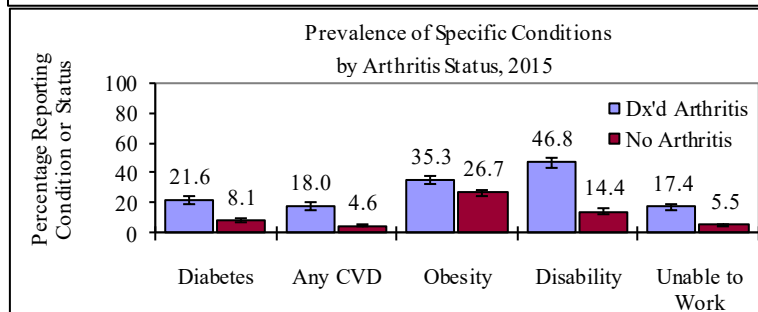
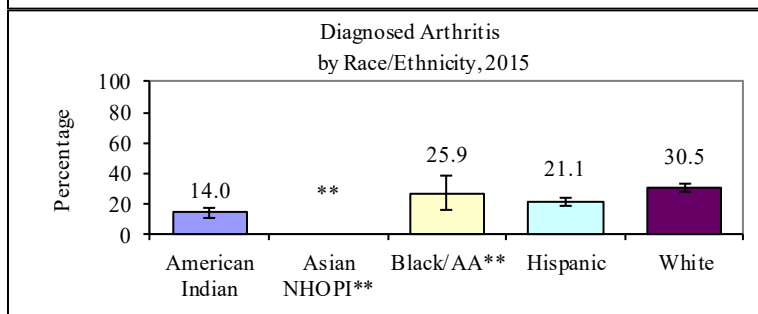
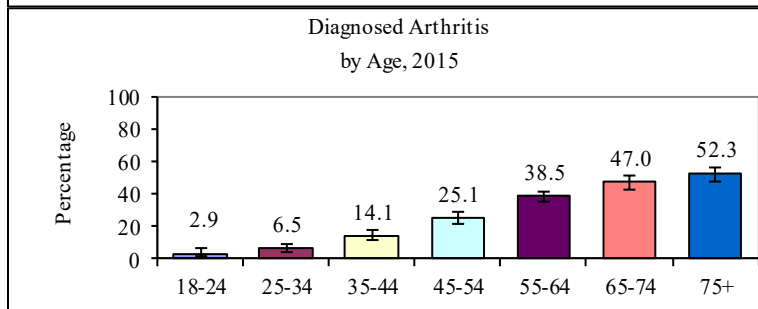
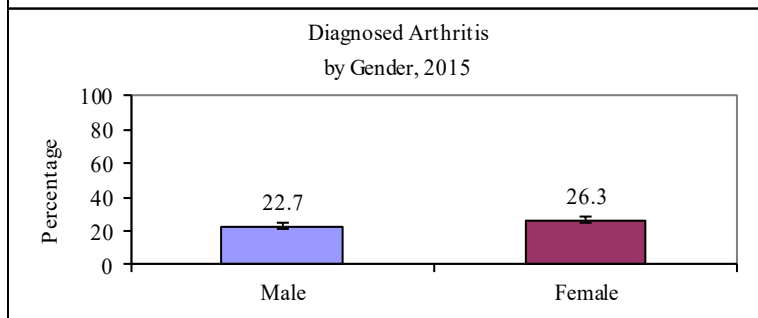
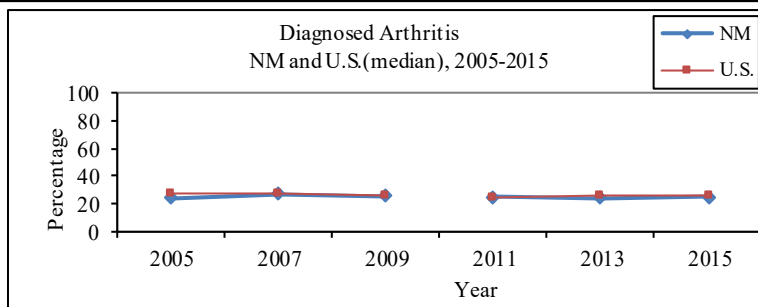
QUESTIONS:

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

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

IN NEW MEXICO,

- ◆ 24.5% of adults had been diagnosed with some form of arthritis. There was no significant difference between NM and the U.S. (25.3%), and there has been little change over time.
- ◆ The percentage of women with diagnosed arthritis (26.3%) was significantly higher than that of adult men (22.7%). This association with gender has been consistent over time. There was no difference in arthritis prevalence between men and women aged 18 and 54 years, but at ages 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%.
- ◆ American Indians had a significantly lower prevalence of arthritis (14.0%) than the other race/ethnicity groups. White adults were more likely to have arthritis than American Indian 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. Small sample size made comparison to other groups difficult.
- ◆ Adults living in households with an annual income of \$50,000 or more were less likely to have arthritis than adults in households with lower income levels, with a gradient of increasing prevalence as level of income decreased.
- ◆ The prevalence of diagnosed arthritis did not vary by sexual orientation or education level.
- ◆ Adult residents of the Northeast (27.4%) and Southeast (27.0%) 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, 2015

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,700	2,248	24.5	23.1	25.9
SEXUAL ORIENTATION					
Heterosexual	6,164	2,090	24.8	23.4	26.3
LGBT	188	56	22.3	15.5	30.9
AGE					
18-24	312	8	2.9	1.4	6.2
25-34	575	43	6.5	4.4	9.5
35-44	735	103	14.1	11.1	17.8
45-54	1,036	275	25.1	21.7	28.8
55-64	1,582	620	38.5	35.2	41.8
65-74	1,421	667	47.0	43.2	50.9
75+	969	509	52.3	47.6	56.9
RACE/ETHNICITY					
American Indian	597	114	14.0	10.9	17.9
Asian NHOPI**	43	-	-	-	-
Black/AA**	79	26	25.9	16.0	38.9
Hispanic	2,115	633	21.1	19.0	23.3
White	3,685	1,392	30.5	28.4	32.7
EDUCATION					
Less than High School Graduate	770	271	25.6	21.9	29.7
High School Graduate or G.E.D.	1,828	615	24.0	21.5	26.6
Some College	1,850	632	24.1	21.7	26.8
College Graduate	2,232	725	24.9	22.6	27.4
INCOME					
Less than \$10,000	415	159	33.5	27.5	40.0
\$10-19,999	993	385	28.5	24.8	32.6
\$20-49,999	2,111	732	25.0	22.6	27.5
\$50,000 or more	2,158	621	22.1	19.8	24.5
EMPLOYMENT					
Employed	2,952	634	15.8	14.1	17.6
Unemployed/Unable to Work	919	450	38.7	34.3	43.3
Homemaker/Student	673	147	12.8	10.1	16.2
Retired	2,114	1,005	47.3	44.1	50.5
Geographic Region☼					
Northwest	1,581	477	19.9	17.6	22.3
Northeast	1,289	429	27.4	24.6	30.3
Metro	1,454	475	23.4	20.9	26.0
Southeast	1,166	437	27.0	24.2	30.0
Southwest	1,210	430	25.6	22.8	28.7

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis Among Adult Men			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,831	851	22.7	20.7	24.8
SEXUAL ORIENTATION					
Heterosexual	2,599	787	22.8	20.7	24.9
LGBT**	78	21	21.7	11.3	37.7
AGE					
18-24	146	5	4.3	1.7	10.5
25-34	272	21	6.6	3.8	11.3
35-44	333	43	13.2	9.2	18.4
45-54	415	103	24.9	19.9	30.8
55-64	669	253	37.8	33.0	42.8
65-74	595	256	44.4	38.5	50.5
75+	378	165	45.1	38.2	52.1
RACE/ETHNICITY					
American Indian	250	41	12.7	8.5	18.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	885	236	19.5	16.5	22.9
White	1,558	527	28.4	25.4	31.6
EDUCATION					
Less than High School Graduate	336	108	26.3	20.7	32.7
High School Graduate or G.E.D.	791	233	20.8	17.3	24.7
Some College	706	213	21.6	18.2	25.6
College Graduate	989	296	23.6	20.3	27.3
INCOME					
Less than \$10,000	143	53	41.9	31.0	53.7
\$10-19,999	366	126	27.1	21.4	33.6
\$20-49,999	861	275	24.0	20.4	28.0
\$50,000 or more	1,079	296	19.9	17.1	23.0
EMPLOYMENT					
Employed	1,458	292	14.7	12.6	17.0
Unemployed/Unable to Work	373	161	37.7	31.0	44.9
Homemaker/Student**	71	7	9.1	3.7	20.8
Retired	916	389	43.1	38.4	48.0
Geographic Region[⊛]					
Northwest	644	167	18.7	15.3	22.6
Northeast	560	164	22.6	18.9	26.8
Metro	621	193	22.4	18.8	26.3
Southeast	489	150	21.7	17.9	26.1
Southwest	517	177	26.5	22.1	31.4

* 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 the total across some categories for some variables.

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

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

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

DIAGNOSED ARTHRITIS — FEMALES

Table 25. Percentage of adult females with diagnosed arthritis, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Arthritis Among Adult Women			
		Total # Reporting Diagnosed Arthritis	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,869	1,397	26.3	24.4	28.2
SEXUAL ORIENTATION					
Heterosexual	3,565	1,303	26.8	24.8	28.9
LGBT**	110	35	22.7	14.9	32.9
AGE					
18-24	166	3	1.5	0.5	4.6
25-34	303	22	6.3	3.6	10.9
35-44	402	60	15.1	10.8	20.7
45-54	621	172	25.3	21.0	30.2
55-64	913	367	39.1	34.8	43.6
65-74	826	411	49.5	44.7	54.2
75+	591	344	57.6	51.3	63.7
RACE/ETHNICITY					
American Indian	347	73	15.3	11.0	20.8
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,230	397	22.6	19.8	25.7
White	2,127	865	32.5	29.6	35.5
EDUCATION					
Less than High School Graduate	434	163	24.9	20.2	30.2
High School Graduate or G.E.D.	1,037	382	27.3	23.8	31.1
Some College	1,144	419	26.2	22.8	29.8
College Graduate	1,243	429	26.3	23.2	29.7
INCOME					
Less than \$10,000	272	106	27.6	21.7	34.4
\$10-19,999	627	259	29.7	24.9	34.9
\$20-49,999	1,250	457	25.9	22.8	29.3
\$50,000 or more	1,079	325	24.8	21.2	28.7
EMPLOYMENT					
Employed	1,494	342	17.3	14.8	20.1
Unemployed/Unable to Work	546	289	39.5	33.9	45.4
Homemaker/Student	602	140	13.8	10.9	17.4
Retired	1,198	616	51.2	47.1	55.3
Geographic Region[⊙]					
Northwest	937	310	21.0	18.1	24.2
Northeast	729	265	32.0	28.0	36.2
Metro	833	282	24.4	21.0	28.0
Southeast	677	287	32.4	28.4	36.7
Southwest	693	253	24.8	21.3	28.7

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to the total across some categories 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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CURRENT DIAGNOSED ASTHMA

QUESTIONS:

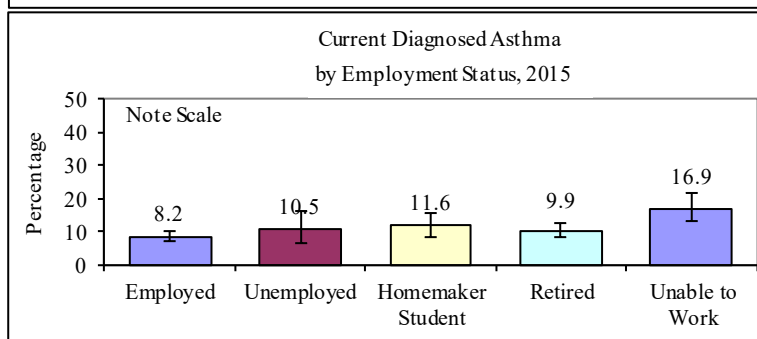
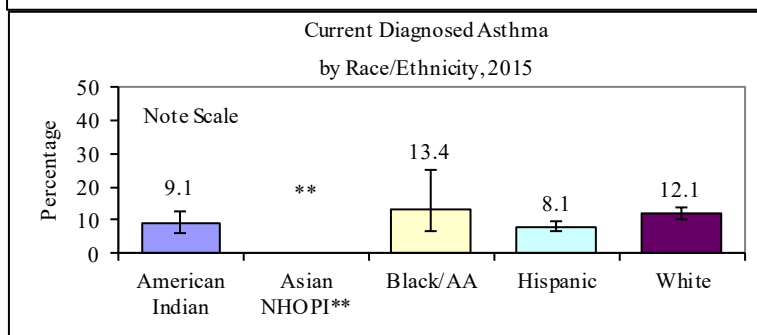
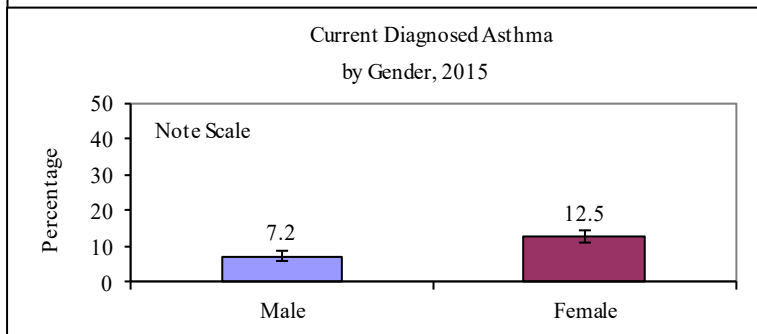
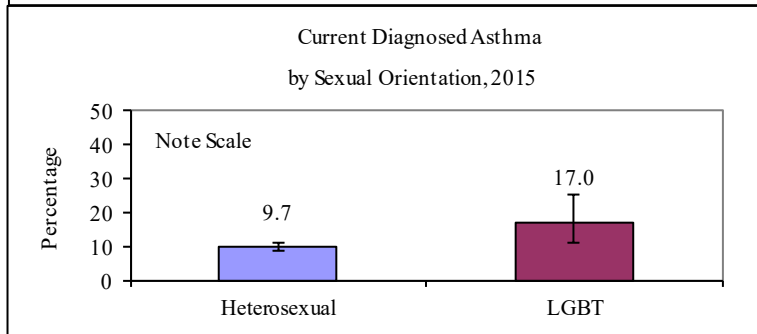
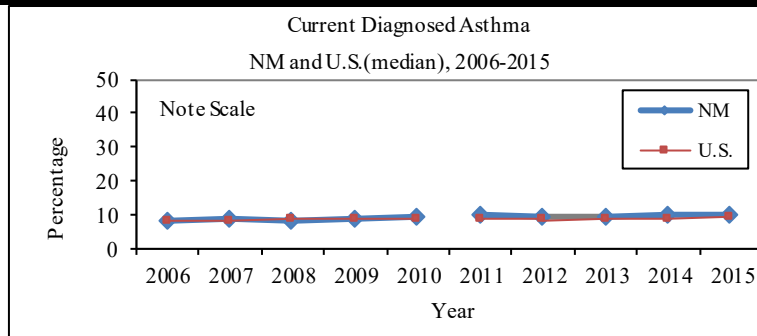
“Has a doctor, nurse or other health professional ever told you that you had asthma?”

“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.⁹

IN NEW MEXICO,

- ◆ 9.9% of adults currently had asthma, an increase in the past decade from 8.5%. There was a slightly lower prevalence for the U.S. (9.2%).
- ◆ The percentage of current asthma among LGBT was significantly higher than among heterosexual adults.
- ◆ The percentage of women who currently had asthma (12.5%) was higher than that of men (7.2%).
- ◆ White adults (12.1%) had a higher prevalence than Hispanic adults (8.1%). American Indian adults had a prevalence of 9.1%. Small sample size made comparison to other groups difficult.
- ◆ Adults who were unable to work were more likely to report current asthma than those who were employed, retired, homemaker, or a student. Those with current asthma were more likely to be unable to work (14.7%) than those without current asthma (7.9%).
- ◆ The prevalence of current asthma did not vary by age, level of household income, or educational level.
- ◆ Adults residing in the Northeast region (11.1%) of the state had a higher prevalence than those in the Northwest region (8.7%).
- ◆ 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,701	670	9.9	8.9	11.0
SEXUAL ORIENTATION					
Heterosexual	6,168	611	9.7	8.6	10.9
LGBT	186	28	17.0	11.0	25.5
AGE					
18-24	312	43	11.8	8.2	16.6
25-34	574	48	8.8	6.2	12.2
35-44	735	75	9.7	7.1	13.0
45-54	1,039	104	9.5	7.3	12.4
55-64	1,581	173	10.0	8.1	12.2
65-74	1,421	137	9.1	7.1	11.6
75+	969	85	11.1	8.2	14.8
RACE/ETHNICITY					
American Indian	596	57	9.1	6.3	12.9
Asian NHOPI**	43	-	-	-	-
Black/AA	79	11	13.4	6.7	25.0
Hispanic	2,124	180	8.1	6.6	9.8
White	3,680	397	12.1	10.4	14.0
EDUCATION					
Less than High School Graduate	772	72	10.2	7.6	13.7
High School Graduate or G.E.D.	1,830	159	9.1	7.2	11.5
Some College	1,850	208	10.4	8.6	12.5
College Graduate	2,229	228	9.8	8.2	11.7
INCOME					
Less than \$10,000	417	46	9.2	6.2	13.6
\$10-19,999	992	127	12.5	9.5	16.2
\$20-49,999	2,105	191	9.7	7.8	11.8
\$50,000 or more	2,164	211	9.5	7.9	11.5
EMPLOYMENT					
Employed	2,953	252	8.2	6.9	9.8
Unemployed/Unable to Work	922	143	14.4	11.5	18.0
Homemaker/Student	673	79	11.6	8.4	15.8
Retired	2,111	194	9.9	8.0	12.3
Geographic Region ⊛					
Northwest	1,578	161	8.7	7.1	10.7
Northeast	1,289	129	11.1	8.9	13.8
Metro	1,456	159	10.0	8.2	12.2
Southeast	1,171	112	9.2	7.3	11.7
Southwest	1,207	109	9.8	7.7	12.4

§ 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 the total across some categories 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.

CURRENT DIAGNOSED ASTHMA — MALES

Table 27. Percentage of adult males who currently have diagnosed asthma, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma Among Adult Men			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,820	205	7.2	6.0	8.7
SEXUAL ORIENTATION					
Heterosexual	2,591	188	7.1	5.8	8.6
LGBT**	76	5	12.6	4.6	30.1
AGE					
18-24	146	13	6.4	3.4	11.6
25-34	271	20	8.8	5.4	14.2
35-44	331	23	6.1	3.6	10.2
45-54	414	21	5.9	3.3	10.3
55-64	664	50	7.7	5.3	11.2
65-74	593	43	6.1	4.0	9.1
75+	378	34	10.9	7.3	16.1
RACE/ETHNICITY					
American Indian	247	14	6.4	3.2	12.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	886	47	4.9	3.4	7.1
White	1,551	130	9.7	7.6	12.3
EDUCATION					
Less than High School Graduate	334	25	9.0	5.6	14.2
High School Graduate or G.E.D.	792	46	5.3	3.6	7.8
Some College	702	54	7.6	5.3	10.8
College Graduate	983	80	7.7	5.6	10.5
INCOME					
Less than \$10,000	143	14	8.0	3.9	15.6
\$10-19,999	361	30	9.4	5.7	15.0
\$20-49,999	854	50	5.9	4.0	8.7
\$50,000 or more	1,081	83	7.8	5.8	10.5
EMPLOYMENT					
Employed	1,451	93	6.1	4.6	7.9
Unemployed/Unable to Work	372	41	12.2	8.1	17.8
Homemaker/Student**	71	4	5.2	1.6	15.8
Retired	913	66	8.0	5.5	11.3
Geographic Region[✧]					
Northwest	641	44	6.4	4.3	9.3
Northeast	558	39	8.5	5.5	12.8
Metro	618	58	7.0	5.1	9.7
Southeast	491	29	6.1	3.7	9.8
Southwest	512	35	8.2	5.3	12.4

* 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 the total across some categories 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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CURRENT DIAGNOSED ASTHMA — FEMALES

Table 28. Percentage of adult females who currently have diagnosed asthma, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Diagnosed Asthma Among Adult Women			
		Total # Reporting Current Diagnosed Asthma	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,881	465	12.5	10.9	14.2
SEXUAL ORIENTATION					
Heterosexual	3,577	423	12.3	10.6	14.1
LGBT**	110	23	20.4	12.9	30.8
AGE					
18-24	166	30	17.6	11.5	26.1
25-34	303	28	8.7	5.5	13.6
35-44	404	52	13.2	9.1	18.7
45-54	625	83	13.0	9.7	17.1
55-64	917	123	12.0	9.4	15.2
65-74	828	94	11.9	8.8	15.9
75+	591	51	11.2	7.3	16.8
RACE/ETHNICITY					
American Indian	349	43	11.6	7.7	17.1
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,238	133	11.1	8.9	13.8
White	2,129	267	14.4	11.9	17.3
EDUCATION					
Less than High School Graduate	438	47	11.4	7.8	16.4
High School Graduate or G.E.D.	1,038	113	13.0	9.7	17.1
Some College	1,148	154	12.7	10.1	15.8
College Graduate	1,246	148	12.0	9.6	14.9
INCOME					
Less than \$10,000	274	32	10.1	6.2	16.0
\$10-19,999	631	97	14.9	10.7	20.3
\$20-49,999	1,251	141	13.0	10.2	16.4
\$50,000 or more	1,083	128	11.8	9.2	15.0
EMPLOYMENT					
Employed	1,502	159	11.1	8.9	13.8
Unemployed/Unable to Work	550	102	16.4	12.5	21.2
Homemaker/Student	602	75	13.3	9.5	18.2
Retired	1,198	128	11.8	9.0	15.2
Geographic Region[⊛]					
Northwest	937	117	10.9	8.6	13.8
Northeast	731	90	13.6	10.6	17.3
Metro	838	101	12.8	10.0	16.4
Southeast	680	83	12.4	9.5	16.0
Southwest	695	74	11.5	8.7	15.0

§ 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 the total across some categories 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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HISTORY OF DIAGNOSED CANCER

QUESTIONS:

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

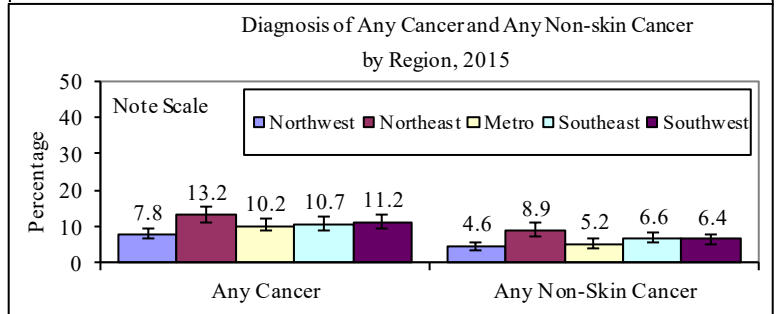
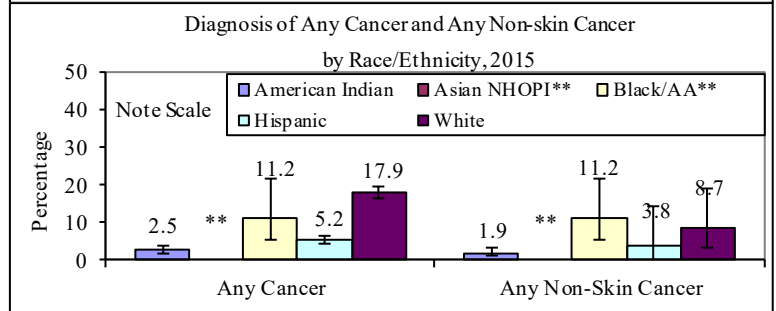
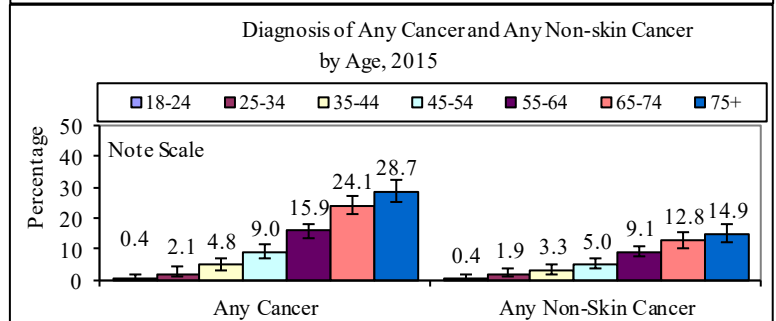
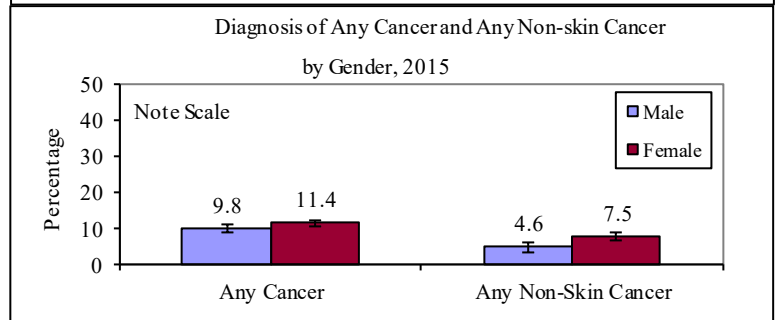
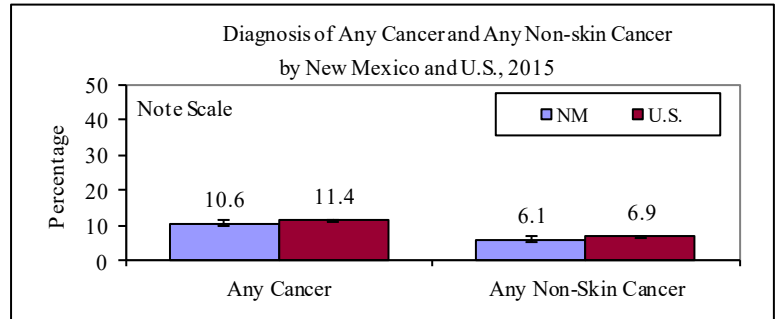
“...any other types of cancer?”

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.³⁰

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.³⁰ 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,

- ◆ 10.6% of adults had a history of any type of cancer and 6.1% of adults had a history of cancer other than skin cancer. There was no significant difference between NM and the U.S.
- ◆ Women (11.4% and 7.5%) were more likely to have a history of cancer than were men (9.8% and 4.6%).
- ◆ There was a strong association with age, older adults much more likely to have a history of cancer.
- ◆ There was no association between sexual orientation and skin or other forms of cancer.
- ◆ 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.
- ◆ Adults with higher levels of education were more likely to have a history of both skin cancer and other types of cancer. Annual household income was only associated with skin cancer.
- ◆ Adults residing in the northeast region of the state were more likely to report a history of cancer, but after adjusting for age, the level was similar to the other regions.
- ◆ 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,710	1,141	10.6	9.8	11.6
SEXUAL ORIENTATION					
Heterosexual	6,177	1,053	10.8	9.9	11.8
LGBT	187	29	8.5	5.0	14.3
AGE					
18-24	313	2	0.4	0.1	1.5
25-34	579	13	2.1	1.0	4.1
35-44	738	41	4.8	3.1	7.1
45-54	1,039	99	9.0	6.9	11.7
55-64	1,583	279	15.9	13.6	18.4
65-74	1,422	365	24.1	21.1	27.4
75+	966	332	28.7	25.0	32.7
RACE/ETHNICITY					
American Indian	600	24	2.5	1.5	4.0
Asian NHOPI**	43	-	-	-	-
Black/AA**	79	11	11.2	5.5	21.6
Hispanic	2,125	174	5.2	4.2	6.3
White	3,682	884	17.9	16.3	19.6
EDUCATION					
Less than High School Graduate	774	85	7.3	5.4	9.6
High School Graduate or G.E.D.	1,835	259	8.8	7.3	10.5
Some College	1,851	296	10.3	8.8	12.0
College Graduate	2,230	499	15.9	14.1	17.9
INCOME					
Less than \$10,000	416	48	7.5	5.2	10.9
\$10-19,999	998	149	9.2	7.3	11.6
\$20-49,999	2,112	349	9.9	8.4	11.6
\$50,000 or more	2,161	412	12.8	11.2	14.6
EMPLOYMENT					
Employed	2,963	313	6.2	5.3	7.3
Unemployed/Unable to Work	922	160	14.7	11.8	18.1
Homemaker/Student	671	65	4.4	3.0	6.2
Retired	2,112	600	24.9	22.4	27.5
Geographic Region [⊛]					
Northwest	1,583	241	7.8	6.5	9.3
Northeast	1,291	233	13.2	11.3	15.3
Metro	1,460	246	10.2	8.7	12.0
Southeast	1,170	196	10.7	9.0	12.7
Southwest	1,206	225	11.2	9.5	13.1

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to the total 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type Among Adult Men			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,840	459	9.8	8.7	11.2
SEXUAL ORIENTATION					
Heterosexual	2,608	419	10.0	8.7	11.4
LGBT**	78	14	10.1	4.2	22.0
AGE					
18-24	147	1	0.3	0.0	1.9
25-34	275	0	0.0	0.0	0.0
35-44	335	15	4.1	2.2	7.6
45-54	417	36	8.5	5.5	13.1
55-64	669	91	12.5	9.7	16.0
65-74	594	162	26.5	21.6	32.0
75+	380	154	36.3	30.3	42.9
RACE/ETHNICITY					
American Indian	252	6	1.9	0.8	4.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	889	60	4.0	2.9	5.4
White	1,561	366	17.5	15.2	20.1
EDUCATION					
Less than High School Graduate	336	40	8.0	5.2	12.1
High School Graduate or G.E.D.	797	100	8.1	6.2	10.6
Some College	710	98	7.9	6.1	10.1
College Graduate	988	220	15.7	13.1	18.8
INCOME					
Less than \$10,000**	145	13	6.2	3.0	12.4
\$10-19,999	366	50	8.2	5.8	11.6
\$20-49,999	863	138	9.0	7.0	11.5
\$50,000 or more	1,082	198	12.0	9.9	14.5
EMPLOYMENT					
Employed	1,463	124	5.1	4.0	6.5
Unemployed/Unable to Work	375	58	12.7	9.0	17.5
Homemaker/Student** [‡]	71	0	0.0	0.0	0.0
Retired	918	276	27.0	23.1	31.3
Geographic Region[⊛]					
Northwest	647	86	6.5	4.8	8.8
Northeast	563	98	12.2	9.6	15.4
Metro	622	107	9.7	7.6	12.3
Southeast	491	67	7.7	5.8	10.2
Southwest	517	101	11.8	9.3	14.8

* 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 the total 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.

HISTORY OF DIAGNOSED CANCER — FEMALES

Table 31. Percentage of adult females with history of diagnosis of any type of cancer, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Cancer - Any Type Among Adult Women			
		Total Number Reporting Diagnosed Cancer	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	3,870	682	11.4	10.2	12.7
SEXUAL ORIENTATION					
Heterosexual	3,569	634	11.6	10.3	13.0
LGBT**	109	15	7.4	3.8	13.8
AGE					
18-24	166	1	0.4	0.1	3.1
25-34	304	13	4.3	2.2	8.3
35-44	403	26	5.4	3.1	9.2
45-54	622	63	9.4	6.9	12.8
55-64	914	188	19.0	15.7	22.7
65-74	828	203	22.0	18.5	26.0
75+	586	178	23.0	18.6	28.1
RACE/ETHNICITY					
American Indian	348	18	3.0	1.7	5.2
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,236	114	6.3	4.8	8.3
White	2,121	518	18.3	16.2	20.7
EDUCATION					
Less than High School Graduate	438	45	6.5	4.4	9.5
High School Graduate or G.E.D.	1,038	159	9.5	7.4	12.1
Some College	1,141	198	12.3	10.1	14.9
College Graduate	1,242	279	16.1	13.8	18.8
INCOME					
Less than \$10,000	271	35	8.5	5.5	12.9
\$10-19,999	632	99	10.0	7.2	13.6
\$20-49,999	1,249	211	10.8	8.7	13.2
\$50,000 or more	1,079	214	13.8	11.6	16.5
EMPLOYMENT					
Employed	1,500	189	7.8	6.4	9.5
Unemployed/Unable to Work	547	102	16.4	12.3	21.6
Homemaker/Student ^ψ	600	65	5.5	3.8	7.9
Retired	1,194	324	22.8	19.7	26.3
Geographic Region[⊛]					
Northwest	936	155	9.0	7.2	11.1
Northeast	728	135	14.2	11.6	17.2
Metro	838	139	10.7	8.6	13.3
Southeast	679	129	13.7	11.1	16.9
Southwest	689	124	10.5	8.4	13.2

* 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 the total 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.

HISTORY OF DIAGNOSED NON-SKIN CANCER

Table 32. Percentage of adults with history of diagnosis of any type of cancer, excluding skin, New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,723	636	6.1	5.4	6.8
SEXUAL ORIENTATION					
Heterosexual	6,187	584	6.1	5.4	6.9
LGBT	188	19	5.0	2.8	8.7
AGE					
18-24	314	2	0.4	0.1	1.5
25-34	579	12	1.9	0.9	3.9
35-44	738	30	3.3	2.0	5.3
45-54	1,042	62	5.0	3.6	6.9
55-64	1,587	155	9.1	7.5	11.1
65-74	1,422	189	12.8	10.5	15.4
75+	971	179	14.9	12.3	18.1
RACE/ETHNICITY					
American Indian	601	19	1.9	1.1	3.3
Asian NHOPI**	43	-	-	-	-
Black/AA**	79	11	11.2	5.5	21.6
Hispanic	2,127	129	3.8	3.0	4.9
White	3,692	446	8.7	7.7	9.9
EDUCATION					
Less than High School Graduate	775	57	4.5	3.2	6.2
High School Graduate or G.E.D.	1,836	149	5.4	4.2	6.9
Some College	1,856	170	6.1	5.0	7.4
College Graduate	2,236	260	8.1	6.8	9.5
INCOME					
Less than \$10,000	417	32	5.9	3.7	9.2
\$10-19,999	997	93	5.8	4.3	7.9
\$20-49,999	2,117	188	5.4	4.4	6.7
\$50,000 or more	2,166	225	6.9	5.8	8.2
EMPLOYMENT					
Employed	2,967	166	3.4	2.8	4.2
Unemployed/Unable to Work	922	107	10.1	7.7	13.2
Homemaker/Student	673	43	2.8	1.8	4.4
Retired	2,119	319	13.0	11.3	15.0
Geographic Region[⊙]					
Northwest	1,585	131	4.6	3.6	5.8
Northeast	1,293	142	8.9	7.3	10.8
Metro	1,463	124	5.2	4.1	6.5
Southeast	1,171	113	6.6	5.2	8.2
Southwest	1,211	126	6.4	5.1	8.0

* 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, 2015.

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 (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,842	214	4.6	3.9	5.5
SEXUAL ORIENTATION					
Heterosexual	2,610	191	4.6	3.8	5.6
LGBT**	78	10	5.3	2.4	11.4
AGE					
18-24	147	1	0.3	0.0	1.9
25-34	275	0	0.0	0.0	0.0
35-44	335	6	1.4	0.6	3.2
45-54	417	16	3.1	1.7	5.8
55-64	670	38	5.8	3.9	8.6
65-74	595	77	12.9	9.6	17.3
75+	380	76	19.0	14.4	24.6
RACE/ETHNICITY					
American Indian	252	4	1.1	0.4	3.3
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	889	40	2.6	1.8	3.7
White	1,563	152	6.9	5.6	8.5
EDUCATION					
Less than High School Graduate	336	22	3.5	2.2	5.8
High School Graduate or G.E.D.	797	47	4.4	3.0	6.4
Some College	710	42	3.8	2.6	5.5
College Graduate	990	103	6.7	5.2	8.7
INCOME					
Less than \$10,000	145	7	4.6	1.8	11.1
\$10-19,999	366	25	3.8	2.4	6.0
\$20-49,999	863	60	3.8	2.7	5.3
\$50,000 or more	1,084	91	5.2	3.9	6.8
EMPLOYMENT					
Employed	1,464	46	1.9	1.3	2.7
Unemployed/Unable to Work	375	29	6.5	4.1	10.2
Homemaker/Student	71	0	0.0	0.0	0.0
Retired	919	139	13.9	11.2	17.1
Geographic Region[⊙]					
Northwest	648	29	2.4	1.4	4.1
Northeast	563	54	7.5	5.4	10.4
Metro	622	50	4.0	2.8	5.6
Southeast	491	31	3.6	2.4	5.4
Southwest	518	50	5.8	4.1	8.0

* 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.

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, 2015.

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 (%) [§]	95% Confidence Interval* [‡]	
				Lower	Upper
TOTAL	3,881	422	7.5	6.5	8.6
SEXUAL ORIENTATION					
Heterosexual	3,577	393	7.6	6.6	8.8
LGBT**	110	9	4.7	2.0	10.5
AGE					
18-24	167	1	0.4	0.1	3.1
25-34	304	12	3.9	1.9	8.0
35-44	403	24	5.2	3.0	9.1
45-54	625	46	6.7	4.6	9.7
55-64	917	117	12.1	9.6	15.2
65-74	827	112	12.6	9.9	16.1
75+	591	103	11.9	9.0	15.6
RACE/ETHNICITY					
American Indian	349	15	2.8	1.5	5.0
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,238	89	5.1	3.7	6.9
White	2,129	294	10.5	9.0	12.3
EDUCATION					
Less than High School Graduate	439	35	5.4	3.4	8.2
High School Graduate or G.E.D.	1,039	102	6.5	4.7	8.9
Some College	1,146	128	8.0	6.3	10.2
College Graduate	1,246	157	9.5	7.6	11.8
INCOME					
Less than \$10,000	272	25	6.8	4.1	11.1
\$10-19,999	631	68	7.4	5.0	10.8
\$20-49,999	1,254	128	6.9	5.2	9.1
\$50,000 or more	1,082	134	9.0	7.2	11.3
EMPLOYMENT					
Employed	1,503	120	5.5	4.3	7.0
Unemployed/Unable to Work	547	78	13.4	9.6	18.4
Homemaker/Student	602	43	3.5	2.2	5.5
Retired	1,200	180	12.2	10.0	14.8
Geographic Region[⊙]					
Northwest	937	102	6.7	5.2	8.7
Northeast	730	88	10.2	7.9	12.9
Metro	841	74	6.3	4.7	8.5
Southeast	680	82	9.6	7.3	12.5
Southwest	693	76	7.0	5.2	9.3

* 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.

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

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

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

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

⊕ Among Females, 87% were homemakers.

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:

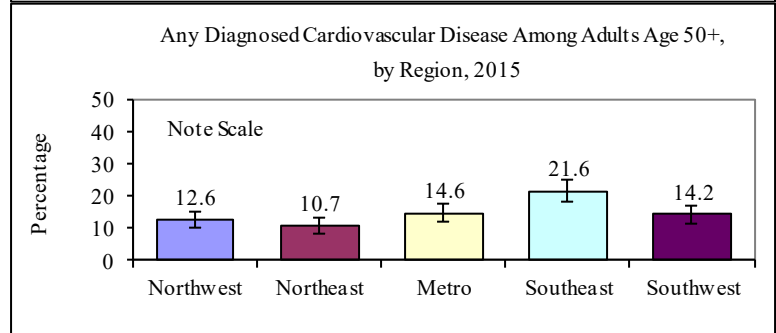
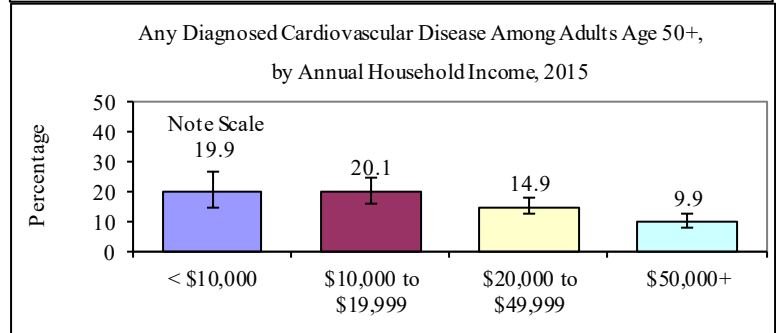
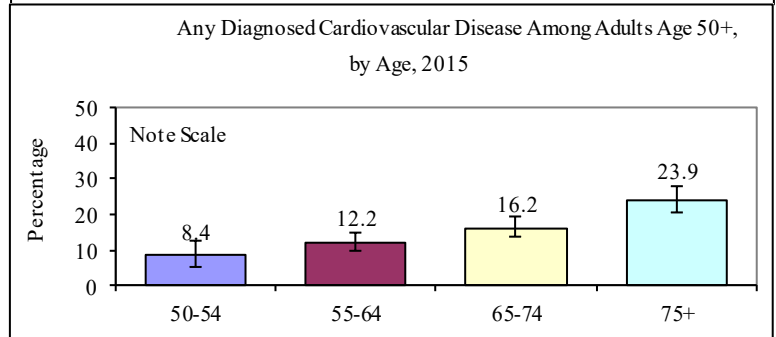
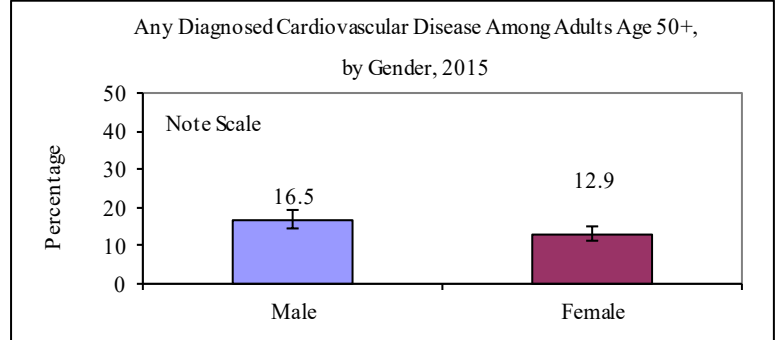
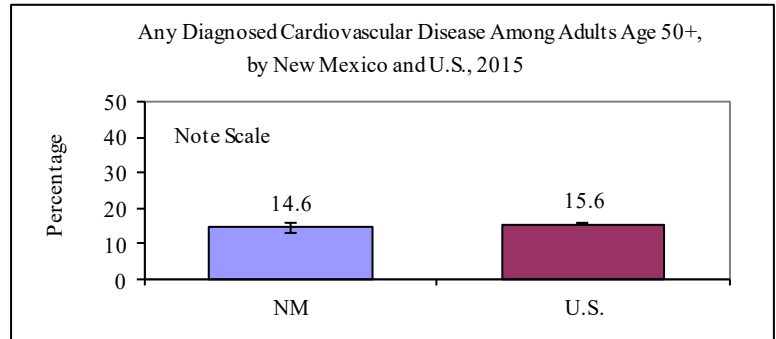
- ...a heart attack, also called a myocardial infarction?
- ...angina or coronary heart disease?
- ...a stroke?

Heart disease is the leading cause of death for both men and women in the United States.¹² 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.¹⁰

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.¹¹

IN NEW MEXICO AMONG ADULTS AGE 50+,

- ◆ 14.6% report history of either myocardial infarction (MI), coronary heart disease, stroke, or some combination of the three. The U.S. rate was 15.6%.
- ◆ 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 lower annual household income were more likely to have a history of CVD. By education, college graduates were less 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 those unable to work and the other employment 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 (52.6% versus 23.8%) or to have a disability (54.4% versus 25.2%).
- ◆ Adults aged 50 or more years residing in the southeast region were more likely to report a history of CVD.



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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Any Diagnosed Cardiovascular Disease - Age 50+			
		Total Number Any Diagnosed Cardiovascular Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,531	682	14.6	13.2	16.2
SEXUAL ORIENTATION					
Heterosexual	4,193	631	14.7	13.1	16.3
LGBT**	97	8	7.0	3.1	15.1
AGE					
50-54	585	38	8.4	5.4	12.7
55-64	1,571	173	12.2	10.0	14.8
65-74	1,413	228	16.2	13.5	19.4
75+	962	243	23.9	20.3	27.9
RACE/ETHNICITY					
American Indian	272	26	7.8	4.4	13.5
Asian NHOPI**	12	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,212	173	13.6	11.2	16.4
White	2,858	448	15.6	13.7	17.7
EDUCATION					
Less than High School Graduate	525	104	17.2	13.2	22.1
High School Graduate or G.E.D.	1,186	216	16.7	14.0	19.8
Some College	1,204	186	15.2	12.5	18.4
College Graduate	1,603	174	9.9	8.2	12.0
INCOME					
Less than \$10,000	272	61	19.9	14.4	26.8
\$10-19,999	662	148	20.1	16.1	24.7
\$20-49,999	1,450	215	14.9	12.4	17.9
\$50,000 or more	1,431	140	9.9	7.7	12.6
EMPLOYMENT					
Employed	1,544	111	7.4	5.6	9.7
Unemployed/Unable to Work	603	140	24.3	19.6	29.6
Homemaker/Student	296	49	17.9	12.2	25.6
Retired	2,065	379	17.5	15.3	20.0
Geographic Region[⊛]					
Northwest	1,040	160	12.6	10.4	15.3
Northeast	900	101	10.7	8.5	13.5
Metro	945	128	14.6	11.9	17.8
Southeast	797	164	21.6	18.4	25.2
Southwest	849	129	14.2	11.7	17.0

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

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,863	334	16.5	14.2	19.1
SEXUAL ORIENTATION					
Heterosexual	1,720	309	16.5	14.1	19.2
LGBT**	43	-	-	-	-
AGE					
50-54	227	16	9.0	4.7	16.6
55-64	666	84	12.8	9.7	16.7
65-74	594	131	20.7	16.1	26.2
75+	376	103	27.4	21.6	34.0
RACE/ETHNICITY					
American Indian**	100	8	7.9	2.6	21.8
Asian NHOPJ**	7	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	488	80	13.5	10.2	17.6
White	1,189	227	18.8	15.7	22.4
EDUCATION					
Less than High School Graduate	225	42	16.2	10.6	24.0
High School Graduate or G.E.D.	486	104	18.8	14.6	23.8
Some College	428	91	19.1	14.4	25.0
College Graduate	716	96	12.2	9.5	15.7
INCOME					
Less than \$10,000**	94	19	18.6	10.3	31.5
\$10-19,999	244	60	21.3	15.4	28.7
\$20-49,999	573	117	18.5	14.3	23.7
\$50,000 or more	722	90	12.0	8.8	16.3
EMPLOYMENT					
Employed	720	66	8.7	6.1	12.3
Unemployed/Unable to Work	229	67	27.2	19.9	35.9
Homemaker/Student**	6	-	-	-	-
Retired	903	200	21.7	18.0	25.9
Geographic Region[⊛]					
Northwest	399	82	15.5	11.8	20.0
Northeast	387	52	13.0	9.3	17.9
Metro	389	68	16.6	12.3	21.9
Southeast	314	64	19.4	14.9	24.8
Southwest	374	68	18.2	14.2	23.0

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

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

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

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

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ANY 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, 2015.

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 (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,668	348	12.9	11.2	14.9
SEXUAL ORIENTATION					
Heterosexual	2,473	322	13.0	11.2	15.1
LGBT**	54	5	8.6	3.1	21.8
AGE					
50-54	358	22	7.7	4.3	13.4
55-64	905	89	11.6	8.8	15.3
65-74	819	97	12.1	9.4	15.5
75+	586	140	21.2	16.9	26.3
RACE/ETHNICITY					
American Indian	172	18	7.7	4.4	13.0
Asian NHOPI**	5	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	724	93	13.7	10.5	17.7
White	1,669	221	12.5	10.5	15.0
EDUCATION					
Less than High School Graduate	300	62	18.3	13.1	24.9
High School Graduate or G.E.D.	700	112	14.9	11.6	18.9
Some College	776	95	12.3	9.4	16.0
College Graduate	887	78	7.4	5.6	9.8
INCOME					
Less than \$10,000	178	42	20.7	14.2	29.3
\$10-19,999	418	88	19.1	14.2	25.3
\$20-49,999	877	98	11.8	9.0	15.3
\$50,000 or more	709	50	7.1	4.9	10.2
EMPLOYMENT					
Employed	824	45	5.8	3.9	8.7
Unemployed/Unable to Work	374	73	21.9	16.3	28.8
Homemaker/Student	290	49	18.3	12.5	26.1
Retired	1,162	179	13.6	11.1	16.5
Geographic Region[⊙]					
Northwest	641	78	10.4	7.7	13.7
Northeast	513	49	8.6	6.3	11.7
Metro	556	60	12.8	9.6	16.9
Southeast	483	100	23.3	19.0	28.3
Southwest	475	61	10.0	7.5	13.2

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

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

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

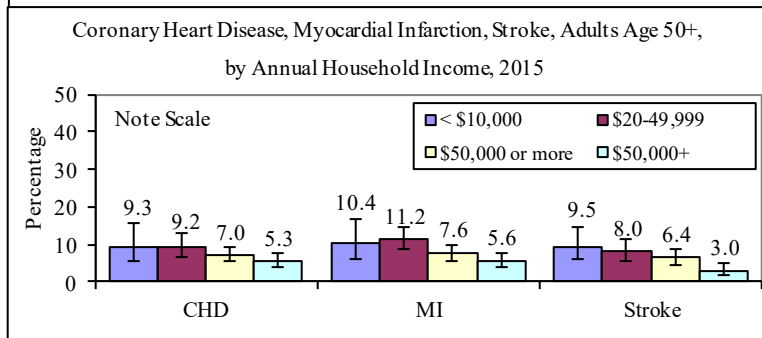
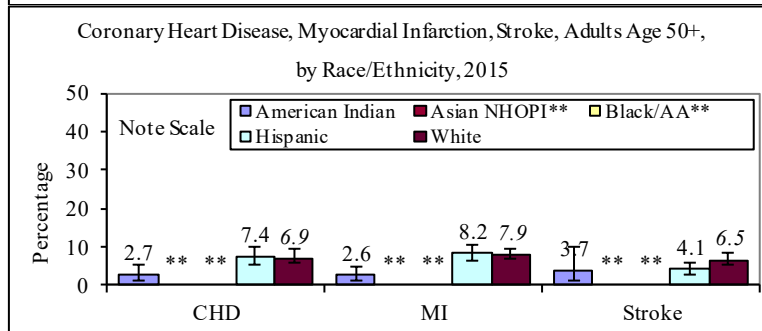
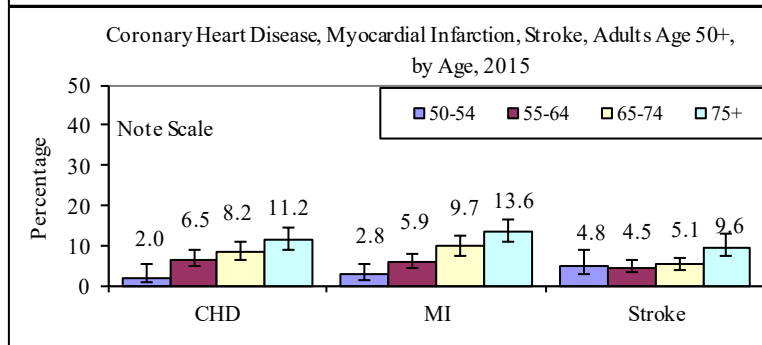
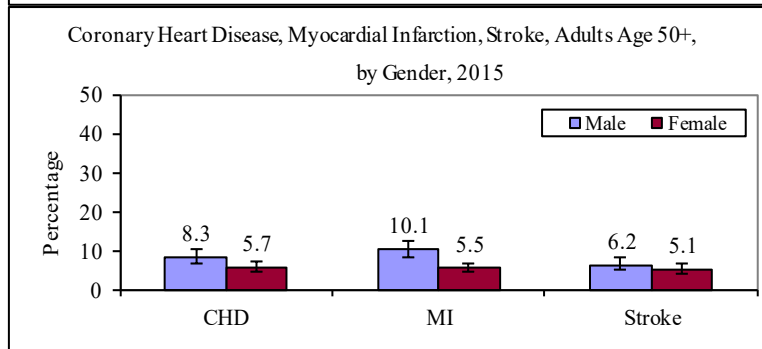
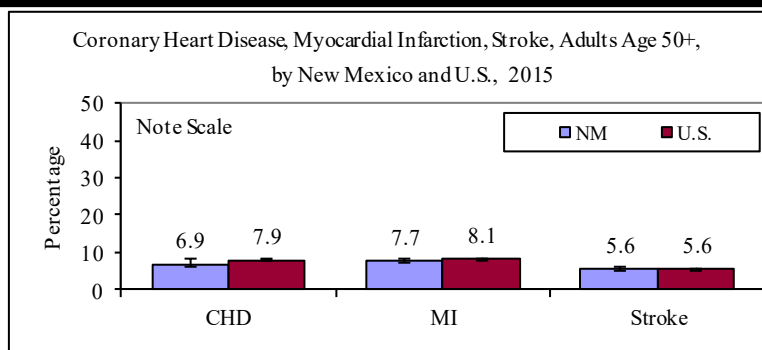
⊙ For a list of the counties in each geographic region, see Appendix II at the end of this report.

** 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+,

- ◆ 6.9% have a history of coronary heart disease, 7.7% a history of myocardial infarction, and 5.6% 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Coronary Heart Disease - Age 50+			
		Total Number Diagnosed Coronary Heart Disease	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,539	326	6.9	5.9	8.1
SEXUAL ORIENTATION					
Heterosexual	4,203	301	6.9	5.8	8.2
LGBT**	96	1	0.6	0.1	4.4
AGE					
50-54	587	10	2.0	0.8	5.1
55-64	1,576	83	6.5	4.9	8.7
65-74	1,414	112	8.2	6.1	11.0
75+	962	121	11.2	8.8	14.2
RACE/ETHNICITY					
American Indian	274	11	2.7	1.3	5.5
Asian NHOPI**	12	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,216	82	7.4	5.5	9.8
White	2,861	216	6.9	5.7	8.4
EDUCATION					
Less than High School Graduate	530	45	7.8	5.2	11.5
High School Graduate or G.E.D.	1,187	95	7.7	5.8	10.2
Some College	1,203	86	6.9	5.0	9.6
College Graduate	1,606	98	5.5	4.2	7.2
INCOME					
Less than \$10,000	273	21	9.3	5.4	15.6
\$10-19,999	667	68	9.2	6.4	13.1
\$20-49,999	1,451	106	7.0	5.3	9.3
\$50,000 or more	1,434	74	5.3	3.8	7.5
EMPLOYMENT					
Employed	1,550	48	3.3	2.1	5.2
Unemployed/Unable to Work	601	64	13.3	9.4	18.5
Homemaker/Student	300	22	7.4	3.9	13.7
Retired	2,065	190	8.1	6.7	9.8
Geographic Region[⊛]					
Northwest	1,042	76	5.6	4.1	7.6
Northeast	902	50	5.0	3.5	7.1
Metro	946	63	7.5	5.6	10.2
Southeast	795	78	9.4	7.3	12.0
Southwest	854	59	6.1	4.6	8.1

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

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,862	175	8.3	6.7	10.3
SEXUAL ORIENTATION					
Heterosexual	1,718	161	8.1	6.4	10.2
LGBT**	43	-	-	-	-
AGE					
50-54	227	3	1.1	0.3	3.7
55-64	666	48	7.7	5.2	11.1
65-74	592	69	11.0	7.4	16.1
75+	377	55	14.1	10.0	19.5
RACE/ETHNICITY					
American Indian**	100	5	2.5	0.9	6.7
Asian NHOPI**	7	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	487	43	8.1	5.5	11.8
White	1,190	119	8.7	6.7	11.2
EDUCATION					
Less than High School Graduate	225	20	6.8	3.7	12.1
High School Graduate or G.E.D.	485	45	8.8	5.9	12.9
Some College	427	43	8.9	5.5	14.0
College Graduate	717	66	8.4	6.1	11.5
INCOME					
Less than \$10,000**	94	7	9.5	3.7	22.4
\$10-19,999	246	27	9.5	5.6	15.9
\$20-49,999	572	62	8.8	6.1	12.7
\$50,000 or more	722	54	7.2	4.8	10.7
EMPLOYMENT					
Employed	721	31	3.5	1.9	6.5
Unemployed/Unable to Work	226	37	18.3	11.9	27.2
Homemaker/Student**	6	-	-	-	-
Retired	904	106	10.2	8.0	13.0
Geographic Region[⊛]					
Northwest	397	40	7.3	4.9	10.9
Northeast	386	28	6.6	4.0	10.5
Metro	389	37	8.7	5.8	13.0
Southeast	315	37	10.0	6.9	14.3
Southwest	375	33	8.1	5.6	11.6

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

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

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

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DIAGNOSED CORONARY HEART DISEASE — FEMALES AGE 50+

Table 40. Percentage of adult females age 50+ with history of diagnosis of coronary heart disease, New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,677	151	5.7	4.5	7.3
SEXUAL ORIENTATION					
Heterosexual	2,485	140	5.8	4.5	7.4
LGBT**	53	0	0.0	0.0	0.0
AGE					
50-54	360	7	2.8	0.8	9.2
55-64	910	35	5.5	3.4	8.6
65-74	822	43	5.7	3.8	8.5
75+	585	66	9.1	6.5	12.6
RACE/ETHNICITY					
American Indian	174	6	2.9	1.1	7.6
Asian NHOPI**	5	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	729	39	6.7	4.3	10.3
White	1,671	97	5.2	3.9	7.0
EDUCATION					
Less than High School Graduate	305	25	8.8	5.1	14.7
High School Graduate or G.E.D.	702	50	6.8	4.6	10.0
Some College	776	43	5.5	3.5	8.5
College Graduate	889	32	2.4	1.6	3.5
INCOME					
Less than \$10,000	179	14	9.1	4.7	17.1
\$10-19,999	421	41	9.0	5.5	14.5
\$20-49,999	879	44	5.5	3.5	8.5
\$50,000 or more	712	20	3.0	1.6	5.5
EMPLOYMENT					
Employed	829	17	3.0	1.6	5.8
Unemployed/Unable to Work	375	27	9.2	5.2	15.9
Homemaker/Student	294	22	7.6	4.0	14.0
Retired	1,161	84	6.1	4.5	8.2
Geographic Region[⊛]					
Northwest	645	36	4.2	2.6	6.8
Northeast	516	22	3.6	2.3	5.8
Metro	557	26	6.5	4.1	10.0
Southeast	480	41	8.9	6.3	12.4
Southwest	479	26	4.1	2.7	6.2

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

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

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

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DIAGNOSED MYOCARDIAL INFARCTION — AGE 50+

Table 41. Percentage of adults age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Myocardial Infarction - Age 50+			
		Total Number Diagnosed With Myocardial Infarction	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,549	376	7.7	6.7	8.8
SEXUAL ORIENTATION					
Heterosexual	4,209	350	7.8	6.7	9.0
LGBT**	97	2	1.6	0.4	6.2
AGE					
50-54	584	17	2.8	1.5	5.1
55-64	1,578	91	5.9	4.4	7.7
65-74	1,419	128	9.7	7.4	12.5
75+	968	140	13.6	11.0	16.7
RACE/ETHNICITY					
American Indian	274	11	2.6	1.4	4.9
Asian NHOPI**	12	-	-	-	-
Black/AA**	46	-	-	-	-
Hispanic	1,217	109	8.2	6.4	10.3
White	2,869	241	7.9	6.6	9.4
EDUCATION					
Less than High School Graduate	527	64	8.6	6.2	11.7
High School Graduate or G.E.D.	1,189	128	10.1	8.0	12.7
Some College	1,209	95	7.7	5.7	10.3
College Graduate	1,611	89	4.7	3.6	6.1
INCOME					
Less than \$10,000	272	30	10.4	6.3	16.6
\$10-19,999	664	91	11.2	8.5	14.7
\$20-49,999	1,456	116	7.6	5.8	9.9
\$50,000 or more	1,438	78	5.6	4.1	7.7
EMPLOYMENT					
Employed	1,545	57	3.5	2.3	5.2
Unemployed/Unable to Work	608	80	13.7	10.1	18.3
Homemaker/Student	297	24	5.6	3.4	9.0
Retired	2,076	212	9.9	8.3	11.7
Geographic Region[⊙]					
Northwest	1,043	83	6.4	4.9	8.3
Northeast	907	58	7.1	5.2	9.7
Metro	948	64	6.5	4.8	8.9
Southeast	800	95	12.2	9.8	15.2
Southwest	851	76	8.3	6.5	10.7

§ 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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DIAGNOSED MYOCARDIAL INFARCTION — MALES AGE 50+

Table 42. Percentage of adult males age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,870	204	10.1	8.3	12.2
SEXUAL ORIENTATION					
Heterosexual	1,726	188	10.0	8.1	12.2
LGBT**	43	-	-	-	-
AGE					
50-54	227	9	3.5	1.5	8.2
55-64	669	45	7.2	4.8	10.7
65-74	595	80	14.0	10.0	19.3
75+	379	70	18.3	13.7	23.9
RACE/ETHNICITY					
American Indian**	100	4	2.5	0.9	6.8
Asian NHOPI**	7	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	489	57	10.6	7.6	14.6
White	1,194	133	10.3	8.1	12.9
EDUCATION					
Less than High School Graduate	225	33	9.8	6.2	15.3
High School Graduate or G.E.D.	486	64	13.0	9.4	17.8
Some College	431	52	11.4	7.6	16.8
College Graduate	720	55	6.5	4.6	9.0
INCOME					
Less than \$10,000**	94	13	12.7	6.0	25.0
\$10-19,999	244	40	14.3	9.5	21.0
\$20-49,999	576	70	10.3	7.2	14.5
\$50,000 or more	725	53	7.5	5.0	10.9
EMPLOYMENT					
Employed	720	37	4.5	2.6	7.7
Unemployed/Unable to Work	232	43	18.8	12.4	27.5
Homemaker/Student**	6	-	-	-	-
Retired	907	123	13.3	10.6	16.5
Geographic Region[⊛]					
Northwest	399	46	9.0	6.2	12.7
Northeast	388	31	9.1	5.9	13.8
Metro	391	40	9.3	6.2	13.7
Southeast	317	43	12.7	9.1	17.5
Southwest	375	44	11.5	8.4	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 are females are excluded. Consequently, the sample sizes may not add to the total across some categories for some variables.

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

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DIAGNOSED MYOCARDIAL INFARCTION — FEMALES AGE 50+

Table 43. Percentage of adult females age 50+ with history of diagnosis of myocardial infarction, New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,679	172	5.5	4.5	6.7
SEXUAL ORIENTATION					
Heterosexual	2,483	162	5.8	4.7	7.0
LGBT**	54	1	1.5	0.2	10.3
AGE					
50-54	357	8	2.1	0.9	4.6
55-64	909	46	4.6	3.2	6.6
65-74	824	48	5.8	3.9	8.4
75+	589	70	10.1	7.3	13.8
RACE/ETHNICITY					
American Indian	174	7	2.7	1.2	6.0
Asian NHOPI**	5	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	728	52	6.1	4.4	8.5
White	1,675	108	5.7	4.4	7.4
EDUCATION					
Less than High School Graduate	302	31	7.3	4.7	11.1
High School Graduate or G.E.D.	703	64	7.5	5.4	10.3
Some College	778	43	5.0	3.3	7.3
College Graduate	891	34	2.8	1.9	4.1
INCOME					
Less than \$10,000	178	17	8.8	4.5	16.3
\$10-19,999	420	51	8.7	6.1	12.2
\$20-49,999	880	46	5.3	3.6	7.8
\$50,000 or more	713	25	3.3	1.9	5.6
EMPLOYMENT					
Employed	825	20	2.2	1.3	3.7
Unemployed/Unable to Work	376	37	9.4	6.2	14.0
Homemaker/Student	291	24	5.7	3.5	9.2
Retired	1,169	89	6.6	5.0	8.8
Geographic Region[⊛]					
Northwest	644	37	4.3	2.9	6.4
Northeast	519	27	5.3	3.4	8.0
Metro	557	24	4.0	2.5	6.3
Southeast	483	52	11.9	8.8	15.8
Southwest	476	32	5.0	3.3	7.6

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

* Those who responded "don't know/not sure", who refused to respond or were males were excluded. Consequently, the sample sizes may not add to the total across some categories 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 — AGE 50+

Table 44. Percentage of adults age 50+ with history of diagnosis of stroke, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	4,563	242	5.6	4.7	6.7
SEXUAL ORIENTATION					
Heterosexual	4,222	224	5.7	4.7	6.9
LGBT**	97	7	6.4	2.7	14.5
AGE					
50-54	588	16	4.8	2.6	8.8
55-64	1,586	67	4.5	3.2	6.2
65-74	1,423	71	5.1	3.8	6.9
75+	966	88	9.6	7.2	12.8
RACE/ETHNICITY					
American Indian	277	10	3.7	1.3	10.1
Asian NHOPI**	12	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,222	58	4.1	2.9	5.7
White	2,874	160	6.5	5.1	8.2
EDUCATION					
Less than High School Graduate	532	40	7.1	4.5	11.0
High School Graduate or G.E.D.	1,196	81	6.8	5.0	9.2
Some College	1,212	69	5.5	4.0	7.5
College Graduate	1,610	52	3.6	2.5	5.1
INCOME					
Less than \$10,000	276	35	9.5	6.2	14.4
\$10-19,999	670	54	8.0	5.6	11.2
\$20-49,999	1,459	77	6.4	4.7	8.6
\$50,000 or more	1,439	40	3.0	1.8	5.0
EMPLOYMENT					
Employed	1,550	40	2.8	1.8	4.4
Unemployed/Unable to Work	611	66	9.9	7.3	13.4
Homemaker/Student	298	14	6.6	3.2	13.3
Retired	2,081	122	6.7	5.1	8.7
Geographic Region[⊛]					
Northwest	1,050	62	4.5	3.3	6.2
Northeast	906	29	2.9	1.9	4.3
Metro	950	56	6.6	4.8	9.0
Southeast	803	52	8.0	5.8	10.8
Southwest	854	43	4.8	3.4	6.7

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

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

Table 45. Percentage of adult males age 50+ with history of diagnosis of stroke, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+ Among Adult Men			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,872	111	6.2	4.8	8.1
SEXUAL ORIENTATION					
Heterosexual	1,727	104	6.4	4.9	8.5
LGBT**	43	-	-	-	-
AGE					
50-54	227	7	6.5	2.7	14.7
55-64	670	30	4.4	2.7	7.0
65-74	596	40	6.8	4.5	10.0
75+	379	34	9.3	5.9	14.5
RACE/ETHNICITY					
American Indian**	100	3	5.4	1.1	22.6
Asian NHOPI**	7	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	490	27	4.4	2.8	7.0
White	1,195	73	7.1	5.0	10.1
EDUCATION					
Less than High School Graduate	226	17	8.1	4.1	15.5
High School Graduate or G.E.D.	487	40	7.4	4.8	11.2
Some College	431	31	6.6	4.1	10.4
College Graduate	720	23	3.6	2.1	6.0
INCOME					
Less than \$10,000**	94	10	9.1	4.1	19.0
\$10-19,999	245	23	8.4	4.9	13.9
\$20-49,999	576	40	8.4	5.5	12.7
\$50,000 or more	726	25	3.6	1.8	7.1
EMPLOYMENT					
Employed	721	25	3.8	2.1	6.6
Unemployed/Unable to Work	232	29	9.9	6.2	15.5
Homemaker/Student**	6	-	-	-	-
Retired	908	57	7.8	5.3	11.3
Geographic Region[⊛]					
Northwest	399	30	5.4	3.4	8.5
Northeast	389	17	4.1	2.4	6.8
Metro	391	26	7.3	4.5	11.5
Southeast	316	19	7.2	4.3	11.7
Southwest	377	19	5.7	3.5	9.2

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

* Those who responded "don't know/not sure", who refused to respond or are females are excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Stroke - Age 50+ Among Adult Women			
		Total Number Diagnosed with Stroke	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,691	131	5.1	4.0	6.4
SEXUAL ORIENTATION					
Heterosexual	2,495	120	5.1	3.9	6.5
LGBT**	54	5	8.6	3.1	21.8
AGE					
50-54	361	9	3.2	1.5	6.7
55-64	916	37	4.5	2.8	7.2
65-74	827	31	3.6	2.3	5.7
75+	587	54	9.9	6.8	14.1
RACE/ETHNICITY					
American Indian	177	7	2.5	1.0	5.7
Asian NHOPI**	5	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	732	31	3.8	2.4	6.1
White	1,679	87	5.9	4.4	7.8
EDUCATION					
Less than High School Graduate	306	23	6.1	3.5	10.4
High School Graduate or G.E.D.	709	41	6.3	4.1	9.7
Some College	781	38	4.6	3.0	7.1
College Graduate	890	29	3.6	2.3	5.7
INCOME					
Less than \$10,000	182	25	9.8	5.9	15.8
\$10-19,999	425	31	7.6	4.7	12.0
\$20-49,999	883	37	4.6	3.0	7.0
\$50,000 or more	713	15	2.2	1.1	4.4
EMPLOYMENT					
Employed	829	15	1.6	0.8	3.1
Unemployed/Unable to Work	379	37	10.0	6.6	14.7
Homemaker/Student	292	14	6.8	3.2	13.5
Retired	1,173	65	5.7	4.0	8.0
Geographic Region[⊛]					
Northwest	651	32	3.8	2.4	5.9
Northeast	517	12	1.8	1.0	3.3
Metro	559	30	6.0	4.0	8.9
Southeast	487	33	8.6	5.8	12.5
Southwest	477	24	3.9	2.5	6.0

§ 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 the total across some categories 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 HIGH CHOLESTEROL AMONG ADULTS AGE 20+

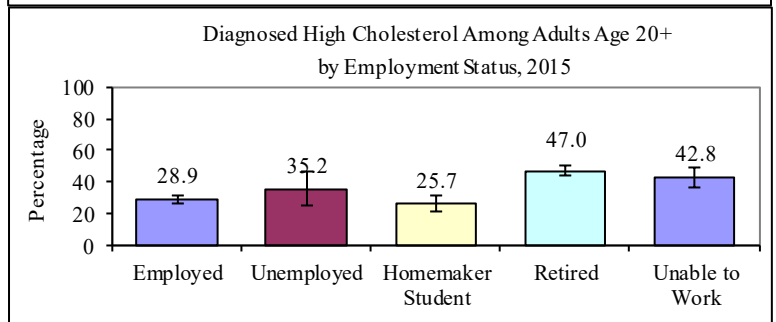
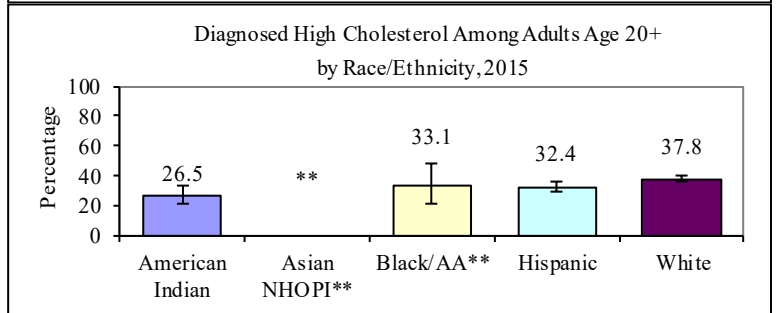
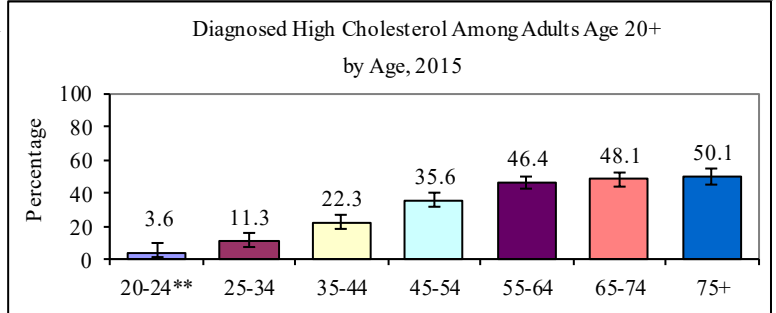
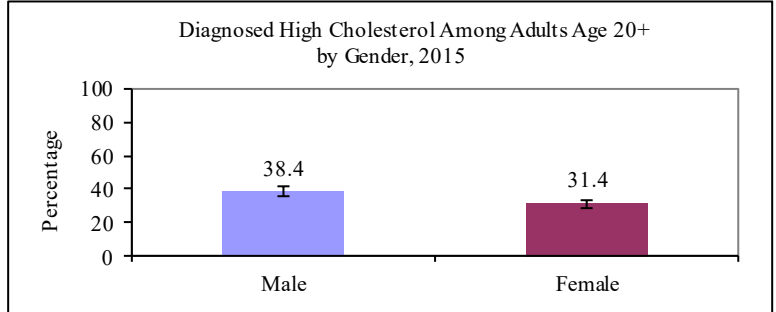
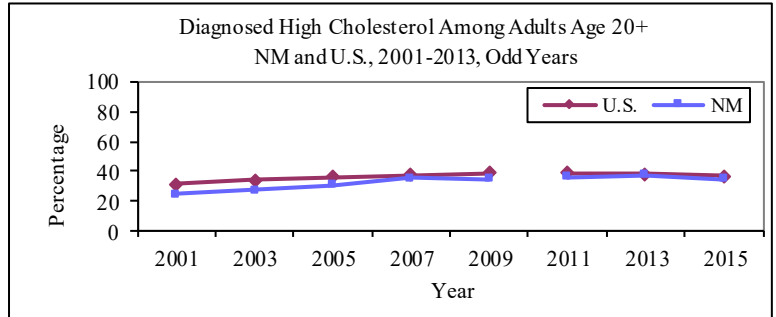
QUESTION:

“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.^{6, 12}

IN NEW MEXICO,

- ◆ Among adults age 20 years or more who had ever been tested, 34.7% had been told that their cholesterol was high. This was slightly lower than that of the U.S. as a whole, 37.0%.
- ◆ 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.
- ◆ Men were 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 9.4% among adults less than age 35 years of age and above forty-five percent among adults 55 years of age and older.
- ◆ 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adults Age 20+ Years			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	5,512	2,242	34.7	32.9	36.5
SEXUAL ORIENTATION					
Heterosexual	5,111	2,084	34.9	33.0	36.8
LGBT	131	56	41.8	30.8	53.6
AGE					
20-24**	83	4	3.6	1.2	9.9
25-34	329	38	11.3	7.6	16.5
35-44	550	125	22.3	18.0	27.3
45-54	871	315	35.6	31.1	40.4
55-64	1,445	646	46.4	42.9	50.0
65-74	1,341	665	48.1	44.1	52.1
75+	893	449	50.1	45.4	54.7
RACE/ETHNICITY					
American Indian	383	118	26.5	20.9	33.1
Asian NHOPI**	31	-	-	-	-
Black/AA**	68	27	33.1	20.6	48.5
Hispanic	1,633	616	32.4	29.4	35.6
White	3,254	1,417	37.8	35.4	40.2
EDUCATION					
Less than High School Graduate	547	241	37.0	31.7	42.6
High School Graduate or G.E.D.	1,390	581	34.6	31.0	38.4
Some College	1,536	594	32.4	29.1	35.8
College Graduate	2,030	823	36.3	33.4	39.4
INCOME					
Less than \$10,000	291	121	35.2	28.1	42.9
\$10-19,999	778	337	37.9	33.1	43.0
\$20-49,999	1,746	714	35.1	31.9	38.5
\$50,000 or more	1,918	755	33.2	30.2	36.4
EMPLOYMENT					
Employed	2,338	773	28.9	26.4	31.6
Unemployed/Unable to Work	720	319	40.5	35.4	45.9
Homemaker/Student	464	162	25.7	20.8	31.3
Retired	1,963	978	47.0	43.7	50.3
Geographic Region☼					
Northwest	1,241	484	31.9	28.6	35.3
Northeast	1,085	419	33.3	30.1	36.7
Metro	1,226	496	34.4	31.1	37.8
Southeast	960	434	39.3	35.6	43.3
Southwest	1,000	409	34.5	30.9	38.3

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adult Men Age 20+ Years			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,267	999	38.4	35.6	41.3
SEXUAL ORIENTATION					
Heterosexual	2,094	931	38.6	35.6	41.6
LGBT**	59	24	47.1	29.7	65.2
AGE					
20-24**	34	1	3.0	0.4	18.6
25-34	143	21	14.4	8.2	23.9
35-44	246	75	30.5	23.4	38.6
45-54	330	142	39.4	32.5	46.8
55-64	598	288	50.3	45.0	55.6
65-74	567	295	50.1	43.6	56.5
75+	349	177	51.3	44.2	58.3
RACE/ETHNICITY					
American Indian	155	61	34.0	25.1	44.1
Asian NHOPI**	10	-	-	-	-
Black/AA**	26	-	-	-	-
Hispanic	642	266	36.6	31.6	41.9
White	1,361	632	41.2	37.6	44.9
EDUCATION					
Less than High School Graduate	220	95	35.3	27.5	43.9
High School Graduate or G.E.D.	574	253	38.5	32.8	44.5
Some College	573	234	35.6	30.4	41.2
College Graduate	893	415	42.9	38.3	47.6
INCOME					
Less than \$10,000**	95	38	34.4	22.4	48.6
\$10-19,999	276	132	46.0	37.8	54.4
\$20-49,999	673	296	37.5	32.2	43.2
\$50,000 or more	949	421	37.5	33.3	41.9
EMPLOYMENT					
Employed	1,095	409	33.1	29.4	37.1
Unemployed/Unable to Work	280	132	46.7	39.0	54.6
Homemaker/Student**	24	6	15.5	5.8	35.4
Retired	859	449	48.6	43.5	53.8
Geographic Region[⊛]					
Northwest	494	217	36.5	31.2	42.1
Northeast	462	197	38.3	33.1	43.7
Metro	514	234	39.0	33.8	44.4
Southeast	378	169	39.3	33.3	45.6
Southwest	419	182	37.6	31.9	43.6

* 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 the total across some categories 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 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed High Cholesterol Among Adult Women Age 20+ Years			
		Total # Reporting Diagnosed High Cholesterol	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,245	1,243	31.4	29.1	33.8
SEXUAL ORIENTATION					
Heterosexual	3,017	1,153	31.6	29.2	34.1
LGBT**	72	32	36.9	24.5	51.2
AGE					
20-24**	49	3	4.0	1.1	13.0
25-34	186	17	8.6	5.1	14.3
35-44	304	50	14.7	10.1	20.9
45-54	541	173	32.2	26.4	38.7
55-64	847	358	43.0	38.3	47.8
65-74	774	370	46.2	41.4	51.2
75+	544	272	49.2	43.0	55.4
RACE/ETHNICITY					
American Indian	228	57	19.9	13.5	28.4
Asian NHOPI**	21	-	-	-	-
Black/AA**	42	-	-	-	-
Hispanic	991	350	29.0	25.4	32.9
White	1,893	785	34.6	31.6	37.8
EDUCATION					
Less than High School Graduate	327	146	38.6	31.6	46.0
High School Graduate or G.E.D.	816	328	31.1	26.8	35.9
Some College	963	360	29.9	25.9	34.3
College Graduate	1,137	408	29.5	26.0	33.2
INCOME					
Less than \$10,000	196	83	35.7	27.6	44.7
\$10-19,999	502	205	32.2	26.6	38.3
\$20-49,999	1,073	418	33.2	29.3	37.4
\$50,000 or more	969	334	28.3	24.2	32.7
EMPLOYMENT					
Employed	1,243	364	24.0	20.8	27.5
Unemployed/Unable to Work	440	187	35.6	29.0	42.8
Homemaker/Student	440	156	26.7	21.5	32.6
Retired	1,104	529	45.5	41.3	49.8
Geographic Region ⊛					
Northwest	747	267	27.6	23.7	31.9
Northeast	623	222	28.9	25.0	33.1
Metro	712	262	30.4	26.2	34.9
Southeast	582	265	39.4	34.6	44.3
Southwest	581	227	31.9	27.4	36.6

§ 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 the total across some categories 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 CHRONIC OBSTRUCTIVE PULMONARY DISEASE

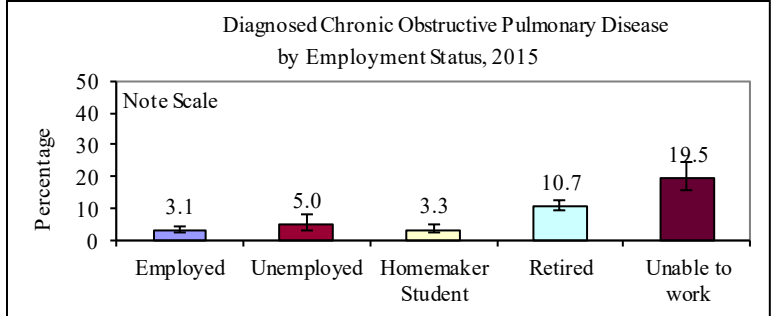
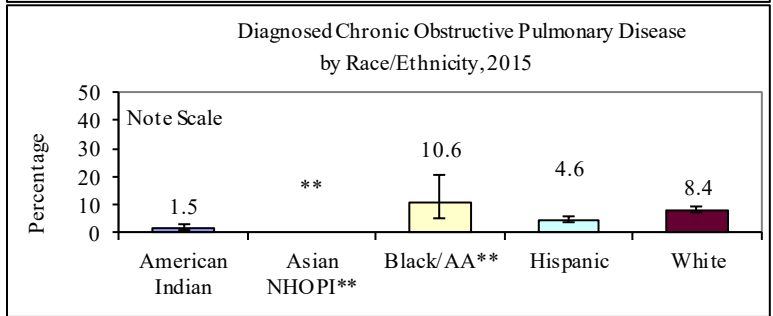
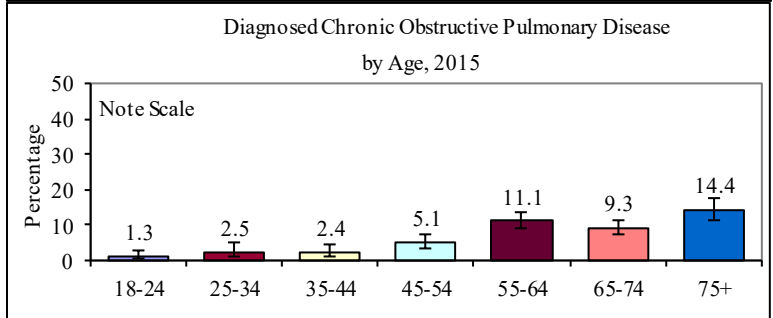
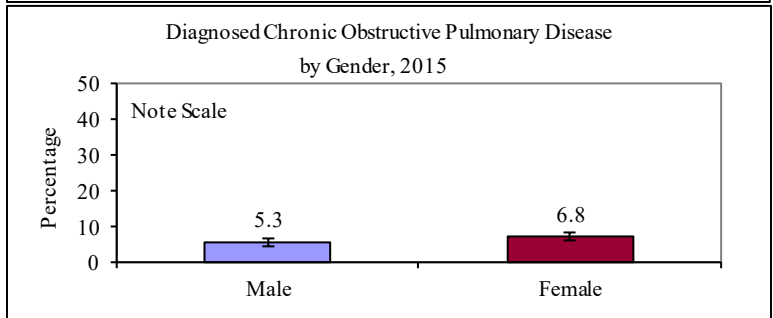
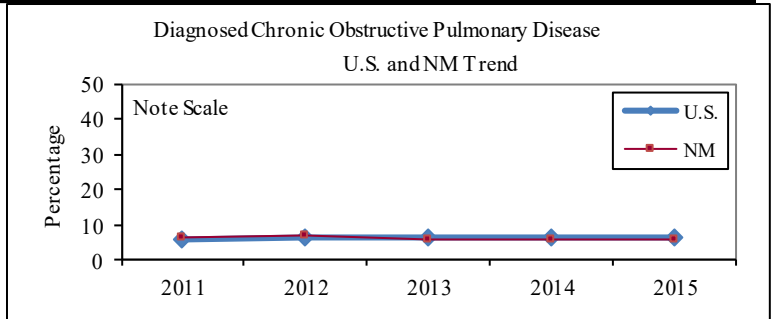
QUESTION:

“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.³¹

IN NEW MEXICO,

- ◆ 6.1% of adults had been diagnosed with some form of COPD. This was similar to the U.S., 6.5%.
- ◆ There was not a statistically significant difference between men and women.
- ◆ There was not a statistically significant difference between LGBT adults and heterosexual adults.
- ◆ There was a strong association between COPD and age. The prevalence of COPD was higher among adults in older age groups, 14.4% among those age 75 or more, and lowest (1.3%) among adults less than age 25.
- ◆ White adults (8.4%) were more likely to have COPD than American Indian (1.5%) and Hispanic (4.6%) adults. This population is older, on average, than the other populations. Age-adjustment eliminated the difference between Whites and American Indians and Hispanics.
- ◆ The prevalence of COPD was lower among adults who held at least a college degree (4.1%) than among adults with lower levels 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 (53.9% versus 18.6%) and to have a disability (60.4% versus 19.8%).



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

DIAGNOSED CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Table 50. Percentage of adults with diagnosed COPD, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,704	561	6.1	5.4	6.8
SEXUAL ORIENTATION					
Heterosexual	6,173	520	6.0	5.3	6.9
LGBT	187	23	9.5	5.7	15.4
AGE					
18-24	313	6	1.3	0.5	2.9
25-34	578	13	2.5	1.2	5.3
35-44	740	22	2.4	1.3	4.3
45-54	1,039	58	5.1	3.6	7.1
55-64	1,579	159	11.1	9.0	13.5
65-74	1,418	158	9.3	7.4	11.6
75+	967	140	14.4	11.6	17.7
RACE/ETHNICITY					
American Indian	598	14	1.5	0.8	2.9
Asian NHOPI**	43	-	-	-	-
Black/AA**	78	10	10.6	5.2	20.6
Hispanic	2,127	136	4.6	3.6	5.9
White	3,682	386	8.4	7.3	9.6
EDUCATION					
Less than High School Graduate	769	89	8.4	6.1	11.4
High School Graduate or G.E.D.	1,832	170	5.9	4.8	7.2
Some College	1,847	170	6.3	5.1	7.8
College Graduate	2,236	131	4.1	3.3	5.2
INCOME					
Less than \$10,000	414	61	10.6	7.6	14.5
\$10-19,999	994	134	9.5	7.2	12.6
\$20-49,999	2,110	188	6.5	5.3	8.0
\$50,000 or more	2,167	102	3.5	2.7	4.6
EMPLOYMENT					
Employed	2,964	115	3.1	2.3	4.1
Unemployed/Unable to Work	919	159	13.8	11.0	17.1
Homemaker/Student	671	40	3.3	2.2	4.9
Retired	2,109	244	10.7	9.1	12.6
Geographic Region[⊛]					
Northwest	1,581	128	4.7	3.7	6.0
Northeast	1,294	88	5.6	4.4	7.2
Metro	1,459	110	5.3	4.2	6.8
Southeast	1,165	128	8.7	7.0	10.8
Southwest	1,205	107	6.9	5.5	8.7

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to the total 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease Among Adult Men			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,827	205	5.3	4.4	6.3
SEXUAL ORIENTATION					
Heterosexual	2,597	189	5.3	4.3	6.4
LGBT**	77	7	5.6	2.0	14.6
AGE					
18-24	147	2	0.7	0.2	2.9
25-34	273	6	2.3	1.0	5.2
35-44	335	8	1.2	0.5	2.6
45-54	415	18	4.1	2.5	6.8
55-64	664	57	10.3	7.3	14.1
65-74	592	59	9.4	6.5	13.6
75+	378	54	14.9	10.8	20.2
RACE/ETHNICITY					
American Indian	251	6	1.2	0.5	3.1
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	889	41	2.8	1.9	4.2
White	1,554	146	8.6	6.9	10.7
EDUCATION					
Less than High School Graduate	336	29	6.1	3.8	9.6
High School Graduate or G.E.D.	792	66	5.2	3.8	7.1
Some College	702	61	6.3	4.5	8.6
College Graduate	988	49	3.5	2.4	5.1
INCOME					
Less than \$10,000	144	17	9.4	5.2	16.5
\$10-19,999	363	36	6.5	4.1	10.2
\$20-49,999	859	75	5.7	4.1	7.8
\$50,000 or more	1,082	53	4.0	2.8	5.7
EMPLOYMENT					
Employed	1,458	50	2.5	1.7	3.6
Unemployed/Unable to Work	374	58	12.8	9.1	17.7
Homemaker/Student*** [¶]	71	1	0.2	0.0	1.6
Retired	912	96	10.8	8.4	13.8
Geographic Region[☼]					
Northwest	645	46	4.1	2.8	6.1
Northeast	562	30	4.5	2.9	7.0
Metro	620	45	4.6	3.2	6.5
Southeast	487	44	7.8	5.4	11.1
Southwest	513	40	6.3	4.4	9.0

* 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 the total 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Chronic Obstructive Pulmonary Disease Among Adult Women			
		Total Number Reporting Diagnosed COPD	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,877	356	6.8	5.8	8.0
SEXUAL ORIENTATION					
Heterosexual	3,576	331	6.8	5.7	8.1
LGBT**	110	16	12.5	7.0	21.4
AGE					
18-24	166	4	1.8	0.7	5.1
25-34	305	7	2.8	0.8	8.9
35-44	405	14	3.6	1.7	7.3
45-54	624	40	6.1	3.9	9.3
55-64	915	102	11.8	9.1	15.1
65-74	826	99	9.2	7.1	11.8
75+	589	86	14.1	10.5	18.6
RACE/ETHNICITY					
American Indian	347	8	1.8	0.8	4.1
Asian NHOPI**	25	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,238	95	6.4	4.7	8.7
White	2,128	240	8.2	6.8	9.7
EDUCATION					
Less than High School Graduate	433	60	10.6	7.0	15.7
High School Graduate or G.E.D.	1,040	104	6.6	5.1	8.6
Some College	1,145	109	6.4	4.9	8.4
College Graduate	1,248	82	4.8	3.6	6.5
INCOME					
Less than \$10,000	270	44	11.4	7.7	16.5
\$10-19,999	631	98	11.9	8.3	16.7
\$20-49,999	1,251	113	7.2	5.5	9.4
\$50,000+	1,085	49	2.8	1.9	4.2
EMPLOYMENT					
Employed	1,506	65	3.9	2.5	5.9
Unemployed Unable to Work	545	101	14.7	11.0	19.5
Homemaker Student ^ψ	600	39	4.1	2.8	6.1
Retired	1,197	148	10.7	8.6	13.2
Geographic Region[⊛]					
Northwest	936	82	5.3	3.9	7.2
Northeast	732	58	6.7	5.0	9.0
Metro	839	65	6.1	4.3	8.5
Southeast	678	84	9.7	7.5	12.4
Southwest	692	67	7.5	5.5	10.1

* 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 the total 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.

EVER DIAGNOSED WITH DEPRESSIVE DISORDER

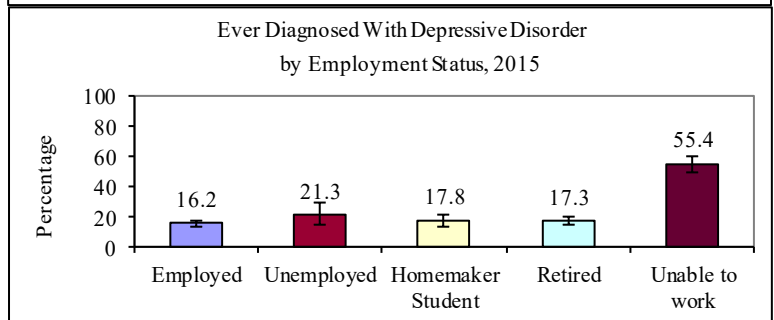
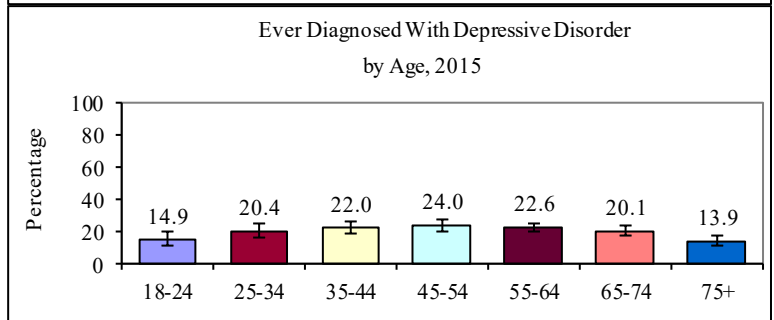
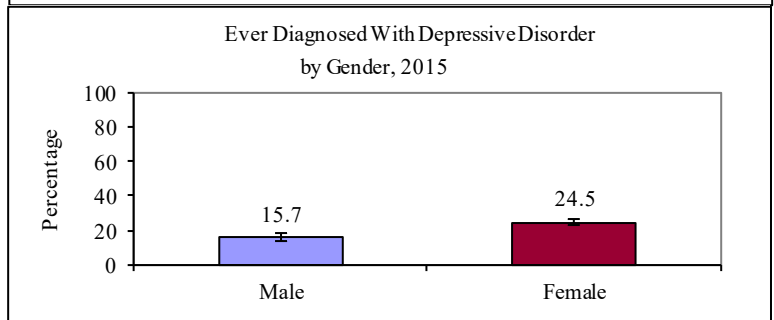
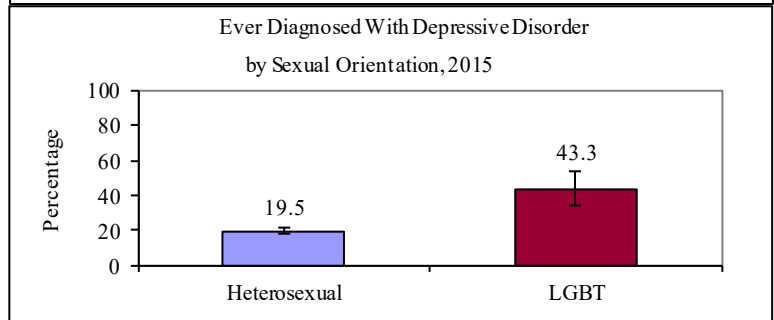
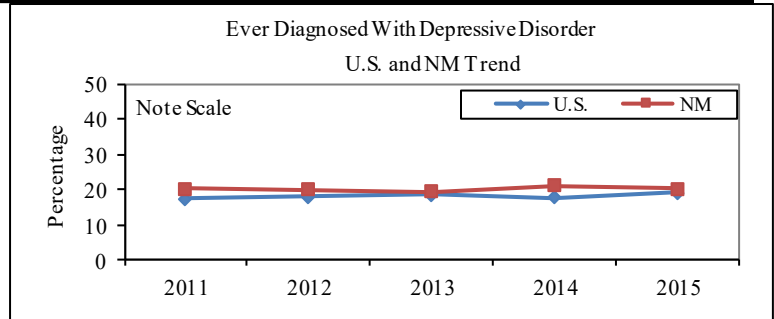
QUESTION:

“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.³² 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 20.2%. The NM rate was similar to that of the U.S. (19.0%).
- ◆ Over forty percent (43.3%) of adults who were LGBT had a history of depression compared to twenty (19.5%) of heterosexual adults.
- ◆ Women (24.5%) were more likely than men (15.7%) 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.
- ◆ American Indian adults were less likely to have a history of depression than White or Hispanic adults, and Hispanic adults were less likely to have history of depression than White adults.
- ◆ 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.
- ◆ Over fifty-five percent (55.4%) 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 (38.4%) than other adults (15.5%).
- ◆ Adults with a disability were much more likely to have a history of depression (45.3%) than adults without a disability (13.3%).
- ◆ Adults who were obese were more likely to have ever been diagnosed with depression than were adults who were overweight or normal weight.



- ◆ Adults who were current smokers were more likely to have ever been diagnosed with depression (30.4%) than were non-smokers (18.6%).

EVER DIAGNOSED WITH DEPRESSIVE DISORDER

Table 53. Percentage of adults ever diagnosed with depressive disorder, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Ever Diagnosed With Depressive Disorder			
		Total Number Ever Diagnosed With Depressive Disorder	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,712	1,399	20.2	18.8	21.7
SEXUAL ORIENTATION					
Heterosexual	6,178	1,280	19.5	18.1	21.0
LGBT	187	71	43.3	33.8	53.3
AGE					
18-24	314	52	14.9	10.8	20.0
25-34	576	119	20.4	16.5	25.0
35-44	738	160	22.0	18.2	26.4
45-54	1,037	241	24.0	20.4	28.1
55-64	1,587	383	22.6	20.0	25.5
65-74	1,422	298	20.1	17.3	23.2
75+	968	137	13.9	10.9	17.6
RACE/ETHNICITY					
American Indian	600	81	12.9	9.4	17.4
Asian NHOPI**	43	-	-	-	-
Black/AA**	78	21	29.7	17.1	46.4
Hispanic	2,122	450	18.8	16.6	21.1
White	3,690	796	22.0	20.0	24.2
EDUCATION					
Less than High School Graduate	773	208	24.9	20.9	29.4
High School Graduate or G.E.D.	1,832	336	17.7	15.3	20.5
Some College	1,854	417	20.3	17.7	23.1
College Graduate	2,233	436	19.5	17.2	22.2
INCOME					
Less than \$10,000	416	133	30.2	24.2	36.9
\$10-19,999	997	282	26.9	23.0	31.2
\$20-49,999	2,111	462	20.0	17.7	22.6
\$50,000 or more	2,164	361	17.3	14.9	20.0
EMPLOYMENT					
Employed	2,963	468	16.2	14.3	18.2
Unemployed/Unable to Work	921	405	42.1	37.3	47.0
Homemaker/Student	672	145	17.8	14.3	22.1
Retired	2,114	377	17.3	15.1	19.7
Geographic Region [⊙]					
Northwest	1,583	310	16.5	14.2	19.0
Northeast	1,289	250	20.1	17.2	23.4
Metro	1,458	325	20.7	18.1	23.5
Southeast	1,171	261	21.7	18.7	24.9
Southwest	1,211	253	20.2	17.3	23.4

* Those who responded "don't know/not sure" or who refused to respond are excluded. Consequently, the sample sizes may not add to the total 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, 2015.

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 (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,830	450	15.7	13.8	17.8
SEXUAL ORIENTATION					
Heterosexual	2,600	402	14.4	12.6	16.5
LGBT**	77	26	43.4	28.6	59.6
AGE					
18-24	147	14	8.4	4.4	15.4
25-34	271	51	18.6	13.2	25.6
35-44	333	44	15.6	11.0	21.6
45-54	414	67	16.3	12.2	21.4
55-64	669	128	20.0	16.3	24.4
65-74	595	103	17.2	13.3	22.0
75+	378	41	9.9	6.5	14.8
RACE/ETHNICITY					
American Indian	252	27	10.6	6.5	16.8
Asian NHOPI**	18	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	882	143	13.2	10.6	16.3
White	1,559	251	17.7	15.0	20.8
EDUCATION					
Less than High School Graduate	335	62	19.0	13.7	25.7
High School Graduate or G.E.D.	794	115	13.8	10.6	17.6
Some College	705	120	14.3	11.3	18.1
College Graduate	987	152	17.3	13.9	21.3
INCOME					
Less than \$10,000	142	36	22.9	14.8	33.7
\$10-19,999	366	85	22.0	16.4	28.8
\$20-49,999	858	152	16.3	13.1	20.0
\$50,000 or more	1,081	135	13.7	10.9	17.2
EMPLOYMENT					
Employed	1,458	172	12.9	10.6	15.7
Unemployed/Unable to Work	373	144	36.4	29.7	43.7
Homemaker/Student** [¶]	71	10	7.1	3.3	14.7
Retired	915	124	13.2	10.5	16.4
Geographic Region[☼]					
Northwest	646	96	13.6	10.5	17.3
Northeast	557	89	16.5	12.7	21.2
Metro	618	113	16.7	13.3	20.7
Southeast	491	68	13.6	10.0	18.3
Southwest	518	84	15.4	11.8	19.8

* 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 the total 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,882	949	24.5	22.5	26.7
SEXUAL ORIENTATION					
Heterosexual	3,578	878	24.4	22.3	26.7
LGBT**	110	45	43.2	31.4	55.8
AGE					
18-24	167	38	21.9	15.3	30.3
25-34	305	68	22.3	17.0	28.7
35-44	405	116	28.3	22.6	35.0
45-54	623	174	31.4	26.0	37.3
55-64	918	255	25.0	21.5	28.9
65-74	827	195	22.7	19.0	26.9
75+	590	96	16.9	12.6	22.4
RACE/ETHNICITY					
American Indian	348	54	15.0	10.0	22.0
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,240	307	24.1	20.9	27.6
White	2,131	545	26.1	23.3	29.2
EDUCATION					
Less than High School Graduate	438	146	30.7	25.1	37.0
High School Graduate or G.E.D.	1,038	221	21.9	18.3	25.9
Some College	1,149	297	25.2	21.5	29.3
College Graduate	1,246	284	21.9	18.8	25.5
INCOME					
Less than \$10,000	274	97	35.1	27.3	43.7
\$10-19,999	631	197	30.7	25.5	36.5
\$20-49,999	1,253	310	23.5	20.2	27.1
\$50,000+	1,083	226	21.8	18.0	26.3
EMPLOYMENT					
Employed	1,505	296	20.6	17.8	23.8
Unemployed Unable to Work	548	261	47.0	40.6	53.6
Homemaker Student ^ψ	601	135	20.7	16.5	25.6
Retired	1,199	253	21.1	17.9	24.8
Geographic Region[⊛]					
Northwest	937	214	19.2	16.1	22.7
Northeast	732	161	23.6	19.5	28.2
Metro	840	212	24.4	20.7	28.5
Southeast	680	193	29.8	25.6	34.5
Southwest	693	169	24.8	20.6	29.5

* 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 the total 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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ψ Among Females, 87% were homemakers.

DIAGNOSED DIABETES

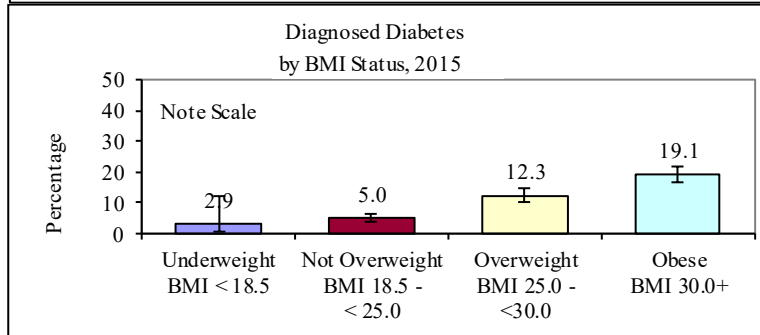
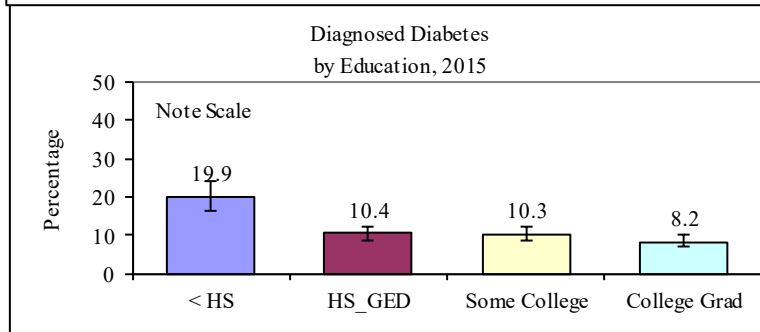
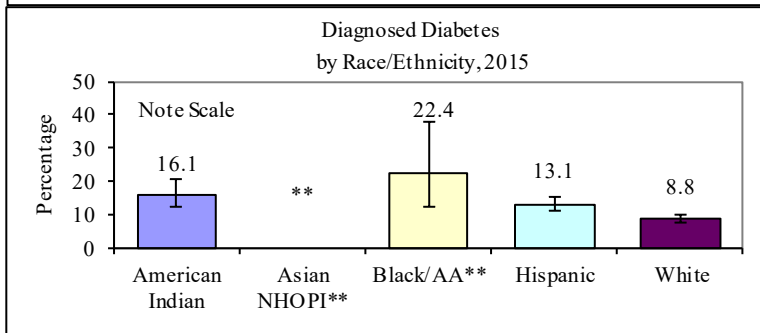
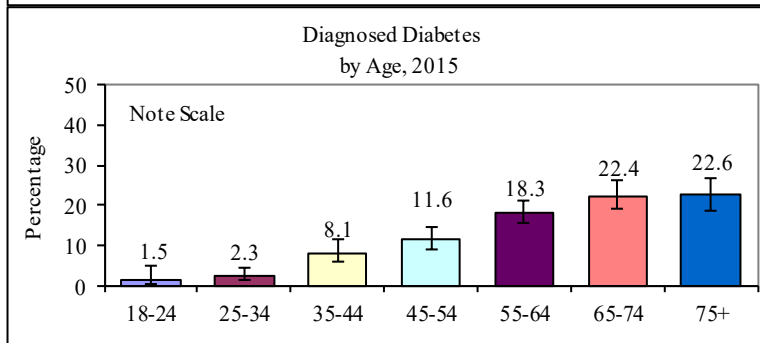
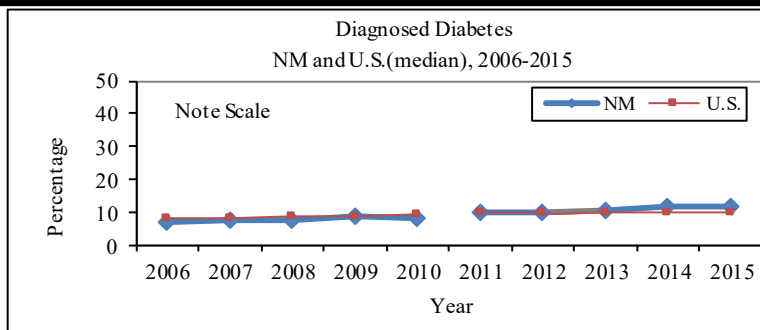
QUESTION:

“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.¹⁴

IN NEW MEXICO,

- ◆ The percentage of adults with diagnosed diabetes was 11.5%. The NM rate was higher than that of the U.S. (9.9%). The prevalence of diagnosed diabetes has increased in recent years, in NM and nationally.
- ◆ The prevalence of diagnosed diabetes increases with age among adults, from 1.5% of those 18-24 years of age to 22.6% of those 75 years old and above.
- ◆ 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 (19.1%), followed by overweight but not obese individuals (12.3%), followed by those who were not overweight or obese (5.0%) or were underweight (2.9%).
- ◆ 49.8% of adults with diagnosed diabetes had fair or poor general health status, compared to 16.9% of adults without diabetes. 44.0% of adults with diagnosed diabetes had a disability compared to 19.6% of those without diagnosed diabetes.
- ◆ Only 42.5% of adults with diagnosed diabetes had received all recommended prevention services in the past year.



- ◆ Only 50.9% of those with diabetes had taken a class on diabetes management.

DIAGNOSED DIABETES

Table 56. Percentage of adults with diagnosed diabetes, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,723	927	11.5	10.5	12.6
SEXUAL ORIENTATION					
Heterosexual	6,189	850	11.5	10.4	12.7
LGBT	187	25	13.1	7.4	21.9
AGE					
18-24	314	3	1.5	0.4	4.7
25-34	577	14	2.3	1.2	4.6
35-44	738	54	8.1	5.7	11.5
45-54	1,040	106	11.6	9.1	14.6
55-64	1,586	277	18.3	15.8	21.1
65-74	1,426	279	22.4	19.0	26.3
75+	972	186	22.6	18.7	26.9
RACE/ETHNICITY					
American Indian	599	110	16.1	12.2	20.9
Asian NHOPI**	43	-	-	-	-
Black/AA**	79	20	22.4	12.1	37.7
Hispanic	2,126	374	13.1	11.3	15.0
White	3,696	399	8.8	7.6	10.1
EDUCATION					
Less than High School Graduate	772	182	19.9	16.4	24.0
High School Graduate or G.E.D.	1,835	268	10.4	8.8	12.3
Some College	1,857	256	10.3	8.6	12.3
College Graduate	2,239	219	8.2	6.8	9.9
INCOME					
Less than \$10,000	416	83	18.3	13.6	24.1
\$10-19,999	995	203	17.7	14.6	21.2
\$20-49,999	2,117	316	12.4	10.6	14.5
\$50,000 or more	2,168	190	6.5	5.2	8.0
EMPLOYMENT					
Employed	2,966	246	6.6	5.5	7.9
Unemployed/Unable to Work	923	217	22.1	18.4	26.3
Homemaker/Student	673	66	6.2	4.5	8.5
Retired	2,120	394	21.5	18.8	24.5
Geographic Region ⊛					
Northwest	1,581	239	13.1	11.1	15.3
Northeast	1,295	151	10.7	8.8	12.8
Metro	1,463	187	11.0	9.2	13.2
Southeast	1,171	167	12.0	10.0	14.2
Southwest	1,213	183	12.1	10.1	14.5

§ 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 the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Men			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,835	412	11.3	9.9	13.0
SEXUAL ORIENTATION					
Heterosexual	2,604	384	11.8	10.2	13.6
LGBT**	77	8	6.8	1.9	21.5
AGE					
18-24**	147	1	0.8	0.1	5.7
25-34	272	6	1.8	0.5	5.7
35-44	333	25	8.1	4.9	13.1
45-54	415	48	12.7	9.0	17.6
55-64	669	119	18.0	14.3	22.4
65-74	596	135	26.0	20.3	32.6
75+	380	76	21.4	16.2	27.7
RACE/ETHNICITY					
American Indian	251	50	17.1	11.8	24.1
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	885	161	12.3	9.9	15.2
White	1,562	181	9.4	7.6	11.5
EDUCATION					
Less than High School Graduate	334	72	17.7	12.9	23.9
High School Graduate or G.E.D.	794	117	10.3	7.9	13.2
Some College	708	98	9.5	7.1	12.6
College Graduate	990	124	10.4	8.1	13.2
INCOME					
Less than \$10,000	142	20	13.4	7.4	23.2
\$10-19,999	364	88	19.3	14.6	24.9
\$20-49,999	863	144	12.5	9.8	15.7
\$50,000 or more	1,083	112	7.4	5.7	9.7
EMPLOYMENT					
Employed	1,460	129	6.7	5.2	8.6
Unemployed/Unable to Work	373	80	19.4	14.5	25.5
Homemaker/Student**	71	0	0.0	0.0	0.0
Retired	919	201	24.8	20.5	29.6
Geographic Region ⊛					
Northwest	644	103	13.6	10.7	17.3
Northeast	562	79	12.5	9.6	16.1
Metro	622	78	10.4	7.8	13.8
Southeast	490	72	10.9	8.3	14.1
Southwest	517	80	11.8	8.9	15.5

* Those who responded "don't know/not sure", who refused to respond or were female were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Diabetes Among Adult Women			
		Total # Reporting Diagnosed Diabetes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,888	515	11.6	10.3	13.1
SEXUAL ORIENTATION					
Heterosexual	3,585	466	11.2	9.8	12.7
LGBT**	110	17	17.9	9.6	30.8
AGE					
18-24	167	2	2.1	0.5	8.8
25-34	305	8	2.9	1.3	6.6
35-44	405	29	8.1	4.9	13.2
45-54	625	58	10.6	7.6	14.6
55-64	917	158	18.6	15.2	22.4
65-74	830	144	19.2	15.5	23.5
75+	592	110	23.5	18.3	29.6
RACE/ETHNICITY					
American Indian	348	60	15.1	10.0	22.3
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,241	213	13.8	11.5	16.5
White	2,134	218	8.2	6.9	9.8
EDUCATION					
Less than High School Graduate	438	110	22.1	17.3	27.7
High School Graduate or G.E.D.	1,041	151	10.5	8.5	13.0
Some College	1,149	158	11.0	8.8	13.7
College Graduate	1,249	95	5.8	4.3	7.8
INCOME					
Less than \$10,000	274	63	21.5	15.4	29.3
\$10-19,999	631	115	16.4	12.6	21.2
\$20-49,999	1,254	172	12.3	10.1	15.1
\$50,000 or more	1,085	78	5.2	3.7	7.3
EMPLOYMENT					
Employed	1,506	117	6.4	4.9	8.2
Unemployed/Unable to Work	550	137	24.4	19.3	30.4
Homemaker/Student	602	66	7.9	5.7	10.7
Retired	1,201	193	18.4	15.1	22.2
Geographic Region[⊛]					
Northwest	937	136	12.6	10.2	15.5
Northeast	733	72	8.9	6.7	11.6
Metro	841	109	11.6	9.1	14.6
Southeast	681	95	13.1	10.4	16.3
Southwest	696	103	12.4	9.7	15.7

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

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

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

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

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DISABILITY

QUESTIONS:

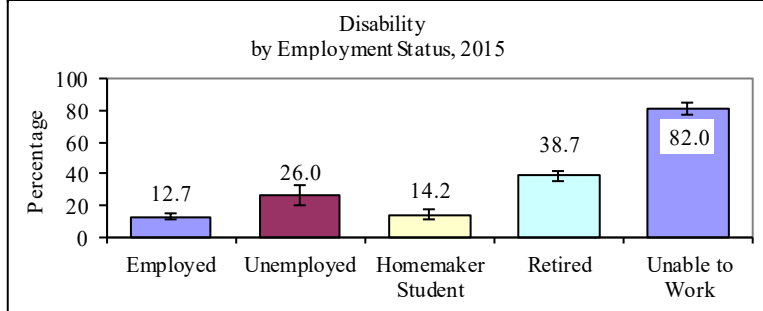
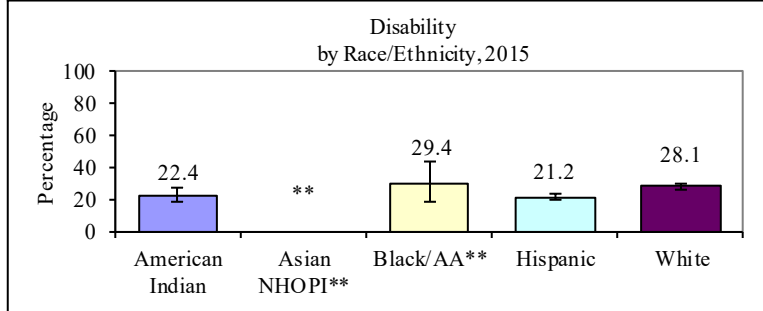
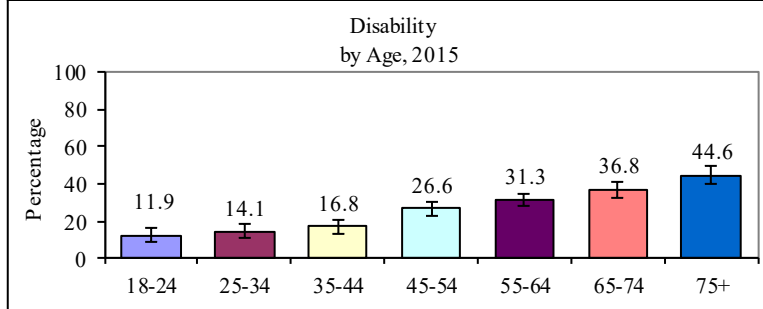
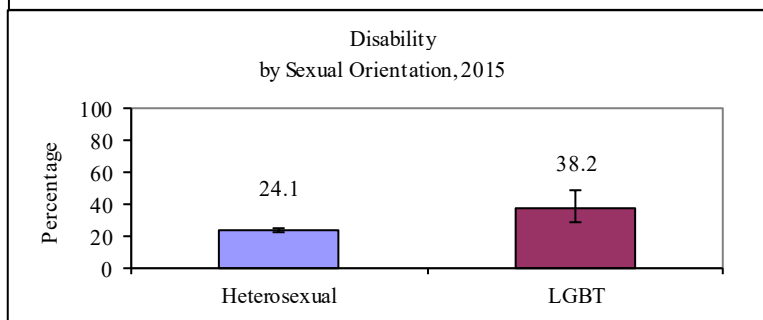
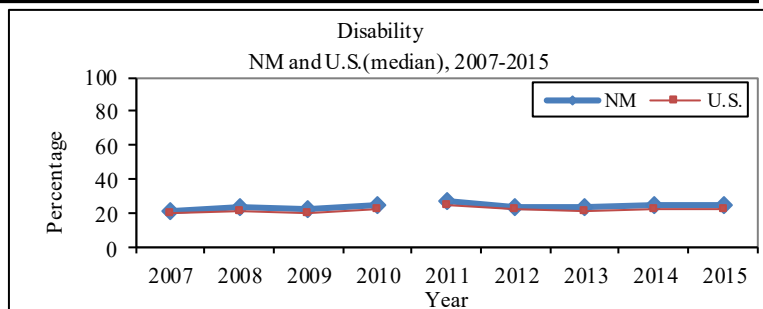
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

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

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

IN NEW MEXICO,

- ◆ In 2015, the prevalence of disability was slightly higher than that of the U.S., 24.5% and 22.5%, respectively.
- ◆ There was no difference in prevalence of disability by gender. LGBT adults were more likely to have a disability than heterosexual adults, 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 (28.1%) than American Indian (22.4%) and Hispanic (21.2%) 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.
- ◆ 47.9% of adults with a disability had fair or poor health status, compared to only 12.9% of adults without a disability.
- ◆ Eighty-two percent of those who were unable to work had some form of disability. Only 27.6% of adults with a disability were employed while 59.9% of adults without a disability were employed. 29.6% of those with a disability were unable to work, while less than three percent of adults without a disability were unable to work.



- ◆ 31.8% of current smokers had a disability compared to 26.9% of former smokers and 17.9% of non-smokers.

DISABILITY

Table 59. Percentage of adults who have a disability, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability			
		Total # Reporting Disability	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,550	1,988	24.5	23.0	26.0
SEXUAL ORIENTATION					
Heterosexual	6,031	1,830	24.1	22.6	25.6
LGBT	186	64	38.2	28.8	48.5
AGE					
18-24	311	38	11.9	8.3	16.7
25-34	558	82	14.1	10.8	18.1
35-44	713	125	16.8	13.4	20.8
45-54	1,011	265	26.6	22.9	30.6
55-64	1,556	520	31.3	28.3	34.5
65-74	1,389	495	36.8	32.9	40.8
75+	946	444	44.6	40.0	49.2
RACE/ETHNICITY					
American Indian	577	144	22.4	17.9	27.6
Asian NHOPI**	41	-	-	-	-
Black/AA**	77	29	29.4	18.7	43.0
Hispanic	2,080	545	21.2	19.0	23.7
White	3,605	1,203	28.1	26.0	30.3
EDUCATION					
Less than High School Graduate	764	262	28.4	24.2	33.0
High School Graduate or G.E.D.	1,777	540	23.2	20.6	26.1
Some College	1,816	580	25.7	23.0	28.5
College Graduate	2,175	602	21.3	19.1	23.7
INCOME					
Less than \$10,000	419	206	44.2	37.6	51.0
\$10-19,999	985	395	33.6	29.4	38.1
\$20-49,999	2,094	659	24.6	22.1	27.3
\$50,000 or more	2,148	467	16.4	14.4	18.6
EMPLOYMENT					
Employed	2,867	442	12.7	11.1	14.5
Unemployed/Unable to Work	909	604	60.2	54.9	65.2
Homemaker/Student	661	134	14.2	11.2	18.0
Retired	2,075	801	38.7	35.6	42.0
Geographic Region✧					
Northwest	1,532	464	23.0	20.4	25.8
Northeast	1,254	367	27.4	24.3	30.8
Metro	1,426	409	23.1	20.5	25.9
Southeast	1,145	357	25.2	22.2	28.5
Southwest	1,193	391	25.9	22.9	29.1

§ 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 the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Men			
		Total # Reporting Disability	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,757	811	24.0	21.8	26.3
SEXUAL ORIENTATION					
Heterosexual	2,536	744	23.5	21.3	25.9
LGBT**	77	25	36.3	22.5	52.9
AGE					
18-24	145	17	10.4	6.1	17.2
25-34	263	47	17.0	12.1	23.4
35-44	319	51	15.1	10.8	20.7
45-54	400	101	24.5	19.2	30.7
55-64	656	209	29.4	25.0	34.1
65-74	582	209	40.1	33.8	46.7
75+	371	173	48.5	41.6	55.6
RACE/ETHNICITY					
American Indian	242	59	18.1	13.0	24.6
Asian NHOPI**	18	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	869	220	20.6	17.3	24.4
White	1,516	489	28.8	25.6	32.1
EDUCATION					
Less than High School Graduate	331	107	28.6	22.3	35.7
High School Graduate or G.E.D.	767	236	23.7	19.7	28.3
Some College	687	213	24.5	20.6	28.8
College Graduate	964	253	20.0	16.8	23.6
INCOME					
Less than \$10,000	145	82	53.9	42.4	64.9
\$10-19,999	358	144	34.9	28.1	42.3
\$20-49,999	854	272	24.9	21.1	29.1
\$50,000 or more	1,075	229	16.0	13.3	19.1
EMPLOYMENT					
Employed	1,405	210	12.3	10.2	14.8
Unemployed/Unable to Work	369	243	59.0	50.8	66.8
Homemaker/Student**	70	11	12.3	5.7	24.7
Retired	903	346	41.1	36.1	46.3
Geographic Region[⊛]					
Northwest	627	183	23.1	19.3	27.5
Northeast	542	148	24.7	20.5	29.6
Metro	602	176	22.8	18.9	27.1
Southeast	475	142	24.2	19.7	29.5
Southwest	511	162	26.5	22.0	31.6

* 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 the total across some categories for some variables.

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

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DISABILITY — FEMALES

Table 61. Percentage of adult females who have a disability, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Disability Among Adult Women			
		Total # Reporting Disability	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,793	1,177	25.0	23.1	27.1
SEXUAL ORIENTATION					
Heterosexual	3,495	1,086	24.6	22.6	26.7
LGBT**	109	39	39.6	27.7	52.9
AGE					
18-24	166	21	13.5	8.4	21.2
25-34	295	35	10.9	7.2	16.1
35-44	394	74	18.4	13.5	24.6
45-54	611	164	28.5	23.7	33.9
55-64	900	311	33.1	29.0	37.4
65-74	807	286	33.8	29.4	38.5
75+	575	271	41.5	35.8	47.5
RACE/ETHNICITY					
American Indian	335	85	26.5	19.8	34.6
Asian NHOPI**	23	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,211	325	21.9	18.9	25.1
White	2,089	714	27.5	24.8	30.3
EDUCATION					
Less than High School Graduate	433	155	28.2	22.8	34.4
High School Graduate or G.E.D.	1,010	304	22.7	19.4	26.3
Some College	1,129	367	26.6	23.1	30.4
College Graduate	1,211	349	22.7	19.7	26.1
INCOME					
Less than \$10,000	274	124	37.4	29.8	45.8
\$10-19,999	627	251	32.7	27.5	38.3
\$20-49,999	1,240	387	24.3	21.2	27.8
\$50,000 or more	1,073	238	16.9	14.0	20.4
EMPLOYMENT					
Employed	1,462	232	13.2	10.9	15.9
Unemployed/Unable to Work	540	361	61.2	54.5	67.4
Homemaker/Student	591	123	14.8	11.6	18.6
Retired	1,172	455	36.5	32.7	40.5
Geographic Region[⊙]					
Northwest	905	281	22.9	19.5	26.6
Northeast	712	219	29.9	25.6	34.7
Metro	824	233	23.4	20.0	27.2
Southeast	670	215	26.2	22.4	30.5
Southwest	682	229	25.3	21.5	29.5

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

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

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

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

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DISABILITY

QUESTIONS:

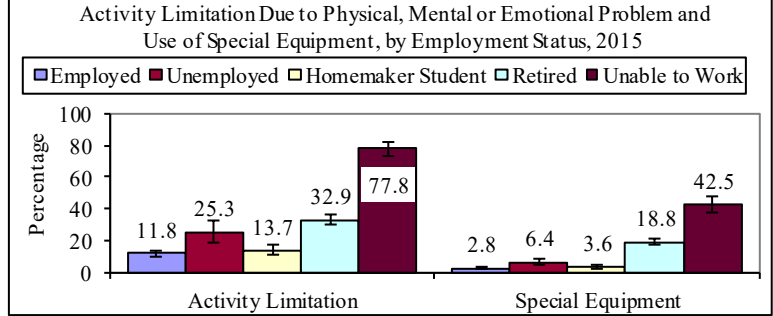
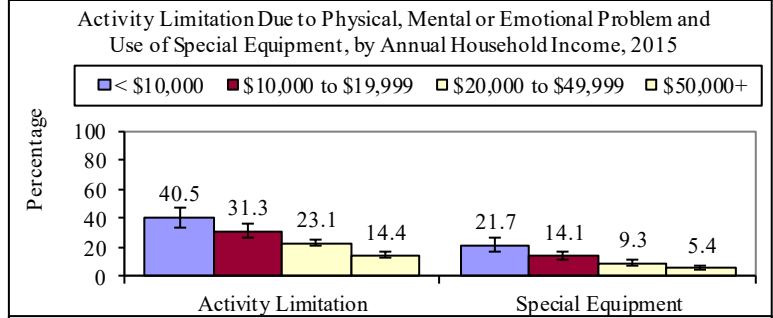
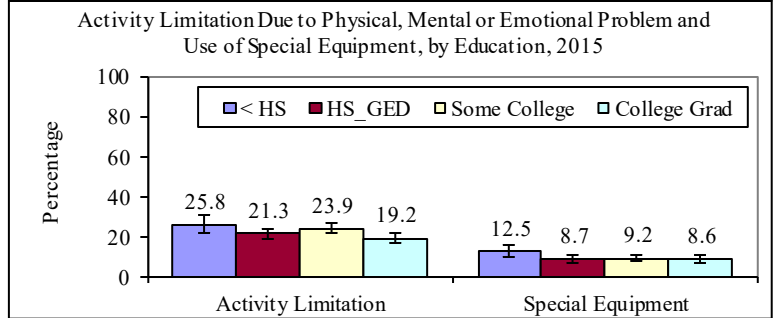
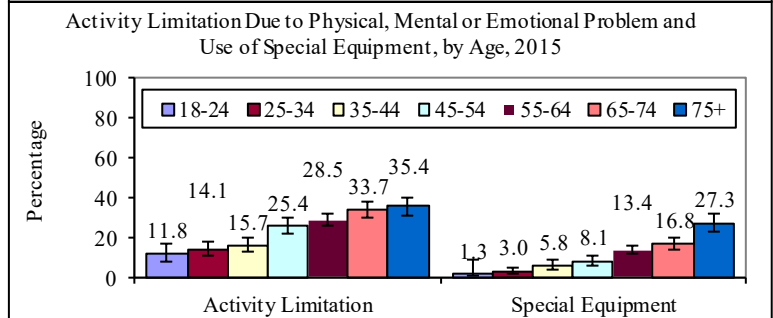
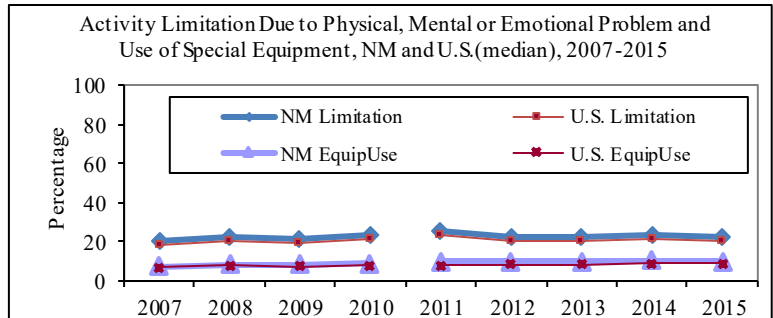
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

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

Here, 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 or use of 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. 77.8% of adults who were unable to work were limited in activities due to a physical, mental, or emotional problem and 42.5% 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems			
		Total # Reporting Activity Limitation	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,532	1,788	22.5	21.0	24.0
SEXUAL ORIENTATION					
Heterosexual	6,021	1,655	22.1	20.6	23.6
LGBT	186	60	37.0	27.7	47.4
AGE					
18-24	310	37	11.8	8.2	16.7
25-34	557	81	14.1	10.8	18.1
35-44	711	116	15.7	12.4	19.7
45-54	1,010	247	25.4	21.8	29.4
55-64	1,550	476	28.5	25.6	31.6
65-74	1,387	451	33.7	29.9	37.7
75+	941	363	35.4	31.2	39.7
RACE/ETHNICITY					
American Indian	576	124	19.1	14.9	24.2
Asian NHOPI**	40	-	-	-	-
Black/AA**	77	26	27.5	17.1	41.0
Hispanic	2,076	491	19.7	17.5	22.1
White	3,594	1,086	25.7	23.7	27.8
EDUCATION					
Less than High School Graduate	762	226	25.8	21.7	30.4
High School Graduate or G.E.D.	1,774	481	21.3	18.8	24.1
Some College	1,810	535	23.9	21.3	26.6
College Graduate	2,168	543	19.2	17.1	21.5
INCOME					
Less than \$10,000	419	188	40.5	34.0	47.4
\$10-19,999	981	361	31.3	27.2	35.7
\$20-49,999	2,093	604	23.1	20.6	25.7
\$50,000 or more	2,143	410	14.4	12.5	16.6
EMPLOYMENT					
Employed	2,857	404	11.8	10.3	13.6
Unemployed/Unable to Work	908	565	57.3	52.1	62.3
Homemaker/Student	659	125	13.7	10.7	17.5
Retired	2,071	687	32.9	29.8	36.0
Geographic Region ⊛					
Northwest	1,529	410	20.5	18.1	23.2
Northeast	1,250	343	25.9	22.8	29.2
Metro	1,422	366	21.2	18.6	23.9
Southeast	1,142	320	23.5	20.5	26.8
Southwest	1,189	349	23.2	20.3	26.3

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems Among Adult Men			
		Total # Reporting Activity Limitation	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,748	726	21.8	19.7	24.1
SEXUAL ORIENTATION					
Heterosexual	2,532	670	21.4	19.3	23.7
LGBT**	77	22	34.2	20.6	51.0
AGE					
18-24	144	16	10.2	5.9	17.1
25-34	262	46	17.0	12.1	23.4
35-44	318	45	13.1	9.1	18.5
45-54	399	96	23.8	18.5	30.1
55-64	655	190	26.4	22.3	30.9
65-74	582	187	36.3	30.1	43.0
75+	367	142	39.0	32.5	46.0
RACE/ETHNICITY					
American Indian	242	53	14.9	10.5	20.9
Asian NHOPi**	17	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	866	197	19.0	15.8	22.7
White	1,512	438	26.3	23.2	29.6
EDUCATION					
Less than High School Graduate	329	94	26.0	20.0	33.1
High School Graduate or G.E.D.	766	215	22.4	18.5	26.9
Some College	684	190	22.0	18.3	26.2
College Graduate	961	225	17.8	14.8	21.3
INCOME					
Less than \$10,000	145	77	50.4	39.1	61.6
\$10-19,999	355	132	32.0	25.5	39.3
\$20-49,999	853	248	23.5	19.8	27.7
\$50,000 or more	1,074	196	13.7	11.2	16.6
EMPLOYMENT					
Employed	1,400	191	11.4	9.3	13.8
Unemployed/Unable to Work	368	229	56.0	47.9	63.8
Homemaker/Student**	70	10	11.8	5.3	24.3
Retired	900	295	35.4	30.6	40.5
Geographic Region[⊛]					
Northwest	625	165	21.0	17.3	25.2
Northeast	540	138	23.1	18.9	27.9
Metro	600	159	20.9	17.2	25.2
Southeast	473	124	22.6	18.1	27.9
Southwest	510	140	23.0	18.8	27.8

* 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 the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Activity Limitation Due to Physical, Mental or Emotional Problems Among Adult Women			
		Total # Reporting Activity Limitation	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,784	1,062	23.1	21.2	25.1
SEXUAL ORIENTATION					
Heterosexual	3,489	985	22.7	20.7	24.7
LGBT**	109	38	39.2	27.3	52.5
AGE					
18-24	166	21	13.5	8.4	21.2
25-34	295	35	10.9	7.2	16.1
35-44	393	71	18.2	13.3	24.5
45-54	611	151	26.9	22.1	32.2
55-64	895	286	30.5	26.5	34.8
65-74	805	264	31.3	27.0	35.9
75+	574	221	32.6	27.4	38.2
RACE/ETHNICITY					
American Indian	334	71	23.2	16.6	31.3
Asian NHOPI**	23	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,210	294	20.4	17.5	23.7
White	2,082	648	25.2	22.6	27.9
EDUCATION					
Less than High School Graduate	433	132	25.6	20.3	31.8
High School Graduate or G.E.D.	1,008	266	20.2	17.1	23.7
Some College	1,126	345	25.4	21.9	29.2
College Graduate	1,207	318	20.7	17.8	23.9
INCOME					
Less than \$10,000	274	111	33.7	26.3	41.9
\$10-19,999	626	229	30.8	25.7	36.4
\$20-49,999	1,240	356	22.7	19.6	26.1
\$50,000 or more	1,069	214	15.4	12.6	18.8
EMPLOYMENT					
Employed	1,457	213	12.4	10.1	15.1
Unemployed/Unable to Work	540	336	58.3	51.8	64.6
Homemaker/Student	589	115	14.2	11.1	18.1
Retired	1,171	392	30.6	27.0	34.4
Geographic Region[⊛]					
Northwest	904	245	20.1	16.9	23.7
Northeast	710	205	28.5	24.2	33.3
Metro	822	207	21.4	18.1	25.2
Southeast	669	196	24.3	20.6	28.5
Southwest	679	209	23.4	19.7	27.5

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment			
		Total # Reporting Use of Special Equipment	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,530	837	9.5	8.6	10.5
SEXUAL ORIENTATION					
Heterosexual	6,012	770	9.5	8.6	10.5
LGBT	186	23	11.8	6.8	19.7
AGE					
18-24	311	5	1.3	0.5	3.4
25-34	557	22	3.0	1.7	5.1
35-44	708	37	5.8	3.8	8.9
45-54	1,008	82	8.1	6.1	10.7
55-64	1,552	219	13.4	11.3	15.9
65-74	1,386	209	16.8	14.0	20.0
75+	942	258	27.3	23.3	31.6
RACE/ETHNICITY					
American Indian	574	70	9.7	7.0	13.3
Asian NHOPI**	41	-	-	-	-
Black/AA**	77	15	17.8	9.6	30.6
Hispanic	2,072	242	8.1	6.8	9.6
White	3,596	476	10.6	9.3	12.1
EDUCATION					
Less than High School Graduate	760	133	12.5	9.9	15.7
High School Graduate or G.E.D.	1,769	235	8.7	7.2	10.4
Some College	1,812	232	9.2	7.7	11.0
College Graduate	2,172	235	8.6	7.2	10.3
INCOME					
Less than \$10,000	417	108	21.7	17.1	27.1
\$10-19,999	982	181	14.1	11.4	17.3
\$20-49,999	2,089	268	9.3	7.7	11.1
\$50,000 or more	2,143	156	5.4	4.3	6.7
EMPLOYMENT					
Employed	2,856	108	2.8	2.1	3.6
Unemployed/Unable to Work	907	301	28.4	24.4	32.8
Homemaker/Student	660	48	3.6	2.4	5.4
Retired	2,069	377	18.8	16.4	21.4
Geographic Region☼					
Northwest	1,526	212	10.0	8.3	12.0
Northeast	1,250	137	9.6	7.8	11.7
Metro	1,423	171	9.3	7.7	11.1
Southeast	1,142	142	8.5	6.9	10.5
Southwest	1,189	175	10.6	8.8	12.7

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Men			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,748	334	9.1	7.8	10.6
SEXUAL ORIENTATION					
Heterosexual	2,528	311	9.2	7.9	10.7
LGBT**	77	8	11.0	3.9	27.4
AGE					
18-24	145	4	2.1	0.7	6.2
25-34	262	12	3.0	1.4	6.2
35-44	317	17	5.5	3.1	9.8
45-54	400	32	7.1	4.5	10.9
55-64	652	85	12.2	9.3	15.9
65-74	582	97	20.1	15.4	25.8
75+	369	87	26.2	20.0	33.5
RACE/ETHNICITY					
American Indian	240	27	8.0	4.9	12.8
Asian NHOPI**	18	-	-	-	-
Black/AA**	30	-	-	-	-
Hispanic	867	101	7.6	5.9	9.8
White	1,511	182	10.4	8.5	12.8
EDUCATION					
Less than High School Graduate	331	52	12.4	8.7	17.5
High School Graduate or G.E.D.	760	87	7.2	5.3	9.7
Some College	686	89	9.4	7.1	12.3
College Graduate	963	105	8.4	6.4	11.0
INCOME					
Less than \$10,000	145	34	23.7	16.0	33.5
\$10-19,999	357	61	13.1	9.1	18.5
\$20-49,999	852	115	9.9	7.5	13.0
\$50,000 or more	1,072	87	5.5	4.2	7.2
EMPLOYMENT					
Employed	1,399	49	2.5	1.6	3.7
Unemployed/Unable to Work	369	118	27.5	21.7	34.1
Homemaker/Student**	70	3	2.8	0.6	12.2
Retired	900	164	20.0	16.3	24.4
Geographic Region[⊙]					
Northwest	622	79	9.8	7.3	12.9
Northeast	542	56	8.9	6.4	12.3
Metro	601	75	9.0	6.8	11.8
Southeast	473	53	6.8	4.7	9.9
Southwest	510	71	11.1	8.4	14.5

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

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

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DISABILITY — USE OF SPECIAL EQUIPMENT, FEMALES

Table 67. Percentage of adult females using special equipment, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Use of Special Equipment Among Adult Women			
		Total # Reporting Use of Special Equipment	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,782	503	9.9	8.7	11.2
SEXUAL ORIENTATION					
Heterosexual	3,484	459	9.9	8.6	11.3
LGBT**	109	15	12.4	6.6	22.0
AGE					
18-24	166	1	0.4	0.1	3.1
25-34	295	10	2.9	1.3	6.3
35-44	391	20	6.1	3.3	11.1
45-54	608	50	9.0	6.2	12.9
55-64	900	134	14.6	11.8	18.0
65-74	804	112	13.8	11.0	17.3
75+	573	171	28.1	23.2	33.6
RACE/ETHNICITY					
American Indian	334	43	11.3	7.3	17.0
Asian NHOPI**	23	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,205	141	8.6	6.8	10.7
White	2,085	294	10.8	9.2	12.7
EDUCATION					
Less than High School Graduate	429	81	12.6	9.3	16.8
High School Graduate or G.E.D.	1,009	148	10.2	8.1	12.7
Some College	1,126	143	9.1	7.1	11.5
College Graduate	1,209	130	8.9	7.0	11.3
INCOME					
Less than \$10,000	272	74	20.2	15.0	26.7
\$10-19,999	625	120	14.9	11.5	19.1
\$20-49,999	1,237	153	8.8	6.9	11.1
\$50,000 or more	1,071	69	5.2	3.7	7.4
EMPLOYMENT					
Employed	1,457	59	3.2	2.2	4.6
Unemployed/Unable to Work	538	183	29.2	24.0	35.1
Homemaker/Student	590	45	3.9	2.6	5.7
Retired	1,169	213	17.6	14.8	20.8
Geographic Region[⊛]					
Northwest	904	133	10.3	8.1	13.0
Northeast	708	81	10.3	8.0	13.2
Metro	822	96	9.5	7.4	12.1
Southeast	669	89	10.2	8.0	12.8
Southwest	679	104	10.1	7.9	12.8

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

* Those who responded "don't know/not sure", who refused to respond or were male were excluded. Consequently, the sample sizes may not add to the total across some categories 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 OF ALL AGES

QUESTION:

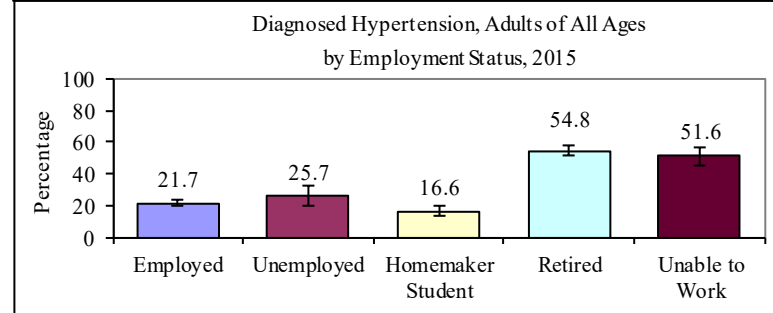
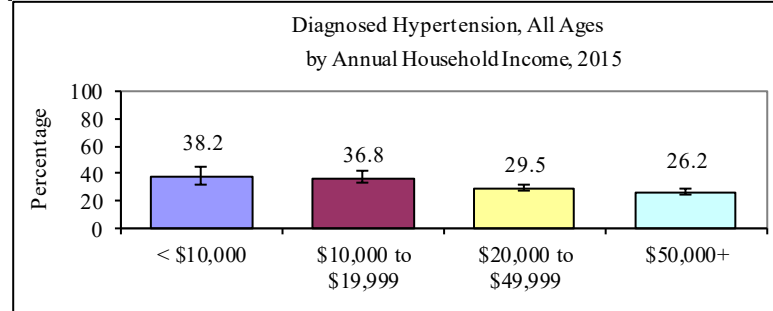
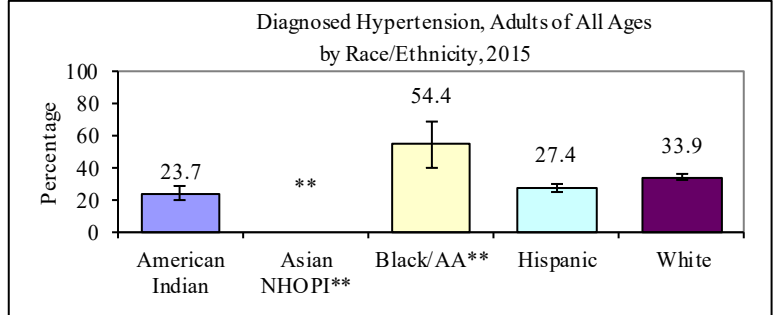
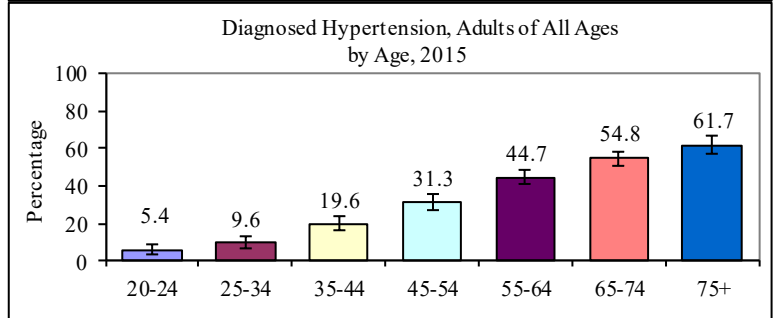
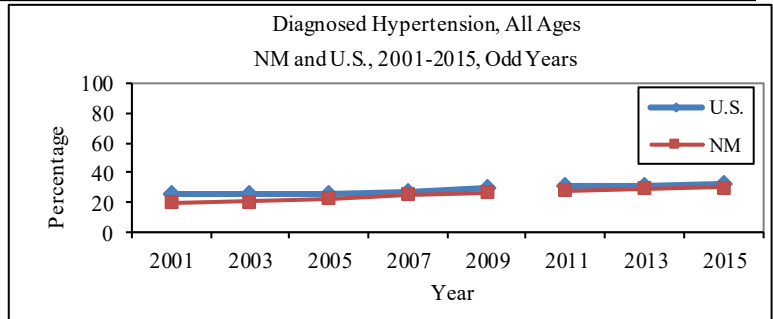
“Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure? (If “Yes” and respondent is female, ask “Was this only when you were pregnant?”.)”

“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.¹³

IN NEW MEXICO,

- ◆ 30.0% of adults of all ages had been diagnosed with hypertension. This percentage was slightly lower than that of the U.S. (31.9%).
- ◆ The prevalence of hypertension increased with age, with 5.4% of adults 20-24 years having been diagnosed with hypertension compared to 61.7% of adults age 75 and over.
- ◆ There were no differences in hypertension prevalence by gender or sexual orientation.
- ◆ 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.
- ◆ 75.8% of those with hypertension reported that they were currently taking medication to control their blood pressure. However, only 48.1% of those who lacked health care coverage were taking medication while 77.9% who had coverage were taking medication.
- ◆ 17.8% of adults with diagnosed hypertension also had a history of cardiovascular disease while only 3.8% of adults without diagnosed hypertension had a history of cardiovascular disease.



DIAGNOSED HYPERTENSION, ADULTS OF ALL AGES

Table 68. Percentage of adults of all ages ever diagnosed with hypertension, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,719	2,634	30.0	28.5	31.6
SEXUAL ORIENTATION					
Heterosexual	6,186	2,444	30.2	28.6	31.9
LGBT	187	62	28.8	20.8	38.4
AGE					
20-24	313	20	5.4	3.3	8.7
25-34	580	58	9.6	6.9	13.1
35-44	739	150	19.6	16.0	23.7
45-54	1,041	323	31.3	27.5	35.3
55-64	1,587	689	44.7	41.3	48.2
65-74	1,423	770	54.8	50.9	58.6
75+	967	603	61.7	57.0	66.2
RACE/ETHNICITY					
American Indian	598	186	23.7	19.5	28.5
Asian NHOPI**	43	-	-	-	-
Black/AA**	79	43	54.4	39.5	68.5
Hispanic	2,130	768	27.4	24.9	29.9
White	3,689	1,561	33.9	31.8	36.1
EDUCATION					
Less than High School Graduate	777	356	38.6	33.9	43.5
High School Graduate or G.E.D.	1,831	755	28.9	26.2	31.8
Some College	1,858	711	27.4	24.8	30.2
College Graduate	2,233	804	28.5	25.9	31.1
INCOME					
Less than \$10,000	417	193	38.2	32.1	44.7
\$10-19,999	998	431	36.8	32.6	41.3
\$20-49,999	2,116	866	29.5	26.9	32.3
\$50,000 or more	2,166	745	26.2	23.7	28.8
EMPLOYMENT					
Employed	2,969	826	21.7	19.8	23.8
Unemployed/Unable to Work	923	438	41.9	37.4	46.5
Homemaker/Student	673	185	16.6	13.6	20.3
Retired	2,114	1,173	54.8	51.6	58.0
Geographic Region ⊛					
Northwest	1,583	629	30.5	27.6	33.5
Northeast	1,292	455	29.9	27.0	33.1
Metro	1,460	517	28.1	25.4	31.1
Southeast	1,173	522	34.1	30.8	37.5
Southwest	1,211	511	31.3	28.2	34.6

§ 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 the total across some categories 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, ADULT MALES OF ALL AGES

Table 69. Percentage of adult males of all ages ever diagnosed with hypertension, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Men			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,837	1,157	30.9	28.6	33.3
SEXUAL ORIENTATION					
Heterosexual	2,606	1,075	31.2	28.8	33.7
LGBT**	78	27	28.5	16.8	43.8
AGE					
20-24	146	10	5.4	2.7	10.5
25-34	275	37	12.1	8.0	18.0
35-44	334	83	23.7	18.4	30.0
45-54	415	160	34.2	28.4	40.4
55-64	669	323	47.8	42.7	52.9
65-74	596	324	55.1	49.0	61.1
75+	379	214	57.4	50.3	64.1
RACE/ETHNICITY					
American Indian	250	94	30.2	23.4	38.1
Asian NHOPI**	18	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	887	313	26.2	22.7	30.1
White	1,562	689	35.3	32.2	38.7
EDUCATION					
Less than High School Graduate	337	144	36.6	29.8	44.0
High School Graduate or G.E.D.	792	324	28.6	24.7	32.9
Some College	710	287	28.5	24.4	32.9
College Graduate	989	396	32.3	28.4	36.4
INCOME					
Less than \$10,000	143	68	39.9	29.7	51.1
\$10-19,999	365	166	38.0	31.4	45.1
\$20-49,999	862	361	29.6	25.6	33.9
\$50,000 or more	1,084	424	29.7	26.1	33.5
EMPLOYMENT					
Employed	1,462	453	23.6	20.8	26.5
Unemployed/Unable to Work	373	184	44.2	37.6	51.1
Homemaker/Student**	71	9	6.9	3.0	14.7
Retired	919	507	54.4	49.4	59.4
Geographic Region[⊛]					
Northwest	646	273	34.1	29.6	38.9
Northeast	562	214	31.8	27.3	36.7
Metro	621	228	28.4	24.3	32.9
Southeast	491	208	32.3	27.5	37.6
Southwest	517	234	33.2	28.4	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 the total across some categories 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, ADULT FEMALES OF ALL AGES

Table 70. Percentage of adult females of all ages ever diagnosed with hypertension, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Women			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,882	1,477	29.2	27.2	31.2
SEXUAL ORIENTATION					
Heterosexual	3,580	1,369	29.3	27.2	31.5
LGBT**	109	35	29.1	19.0	41.8
AGE					
20-24	167	10	5.3	2.6	10.7
25-34	305	21	6.9	4.2	11.0
35-44	405	67	15.5	11.2	21.2
45-54	626	163	28.5	23.6	33.9
55-64	918	366	41.9	37.4	46.6
65-74	827	446	54.5	49.7	59.2
75+	588	389	65.0	58.6	70.8
RACE/ETHNICITY					
American Indian	348	92	17.6	13.0	23.2
Asian NHOPI**	25	-	-	-	-
Black/AA**	48	-	-	-	-
Hispanic	1,243	455	28.5	25.3	31.9
White	2,127	872	32.5	29.7	35.5
EDUCATION					
Less than High School Graduate	440	212	40.6	34.4	47.1
High School Graduate or G.E.D.	1,039	431	29.3	25.7	33.1
Some College	1,148	424	26.5	23.2	30.2
College Graduate	1,244	408	24.4	21.3	27.7
INCOME					
Less than \$10,000	274	125	37.0	29.9	44.9
\$10-19,999	633	265	35.9	30.5	41.7
\$20-49,999	1,254	505	29.4	26.1	33.0
\$50,000 or more	1,082	321	21.7	18.5	25.3
EMPLOYMENT					
Employed	1,507	373	19.2	16.7	22.1
Unemployed/Unable to Work	550	254	39.8	33.9	46.1
Homemaker/Student	602	176	19.2	15.6	23.4
Retired	1,195	666	55.2	51.1	59.2
Geographic Region[⊙]					
Northwest	937	356	27.0	23.5	30.8
Northeast	730	241	28.1	24.4	32.2
Metro	839	289	27.8	24.2	31.8
Southeast	682	314	35.9	31.6	40.4
Southwest	694	277	29.5	25.5	33.7

§ 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 the total across some categories 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 AGE 50+

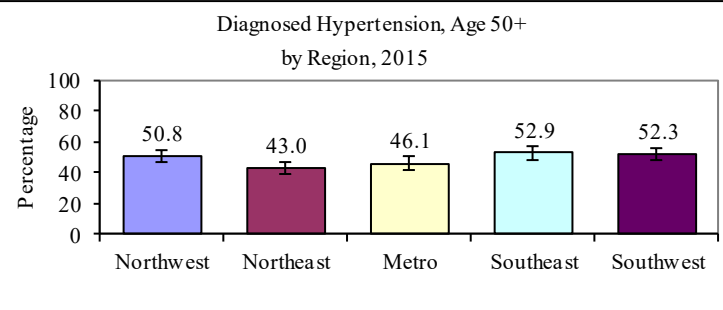
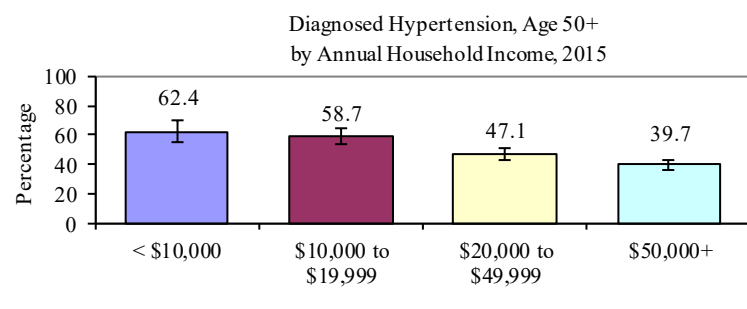
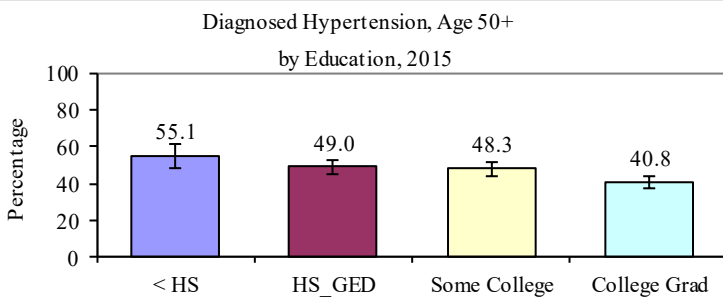
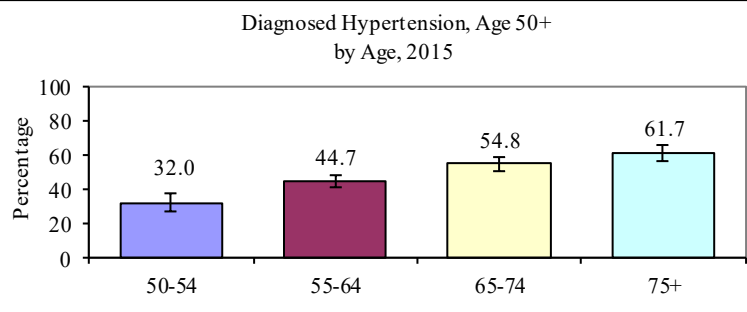
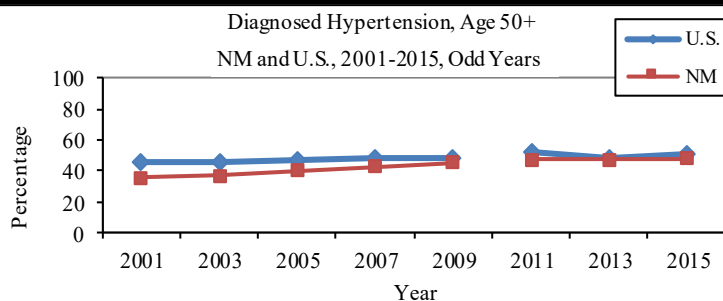
QUESTION:

“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+,

- ◆ 48.0% had been told by a health care professional that they had hypertension. This percentage was lower than that of the U.S. (51.1%).
- ◆ There was no difference in prevalence of hypertension by gender or sexual orientation.
- ◆ There were no differences in prevalence of hypertension among adults 50 years and older between the racial/ethnic groups.
- ◆ Prevalence of hypertension increased with age.
- ◆ 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 less likely to have a history of hypertension than those living in households with lower annual incomes.
- ◆ 63.5% of those who were unable to work had hypertension compared to only 36.8% 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, 14.6% were unable to work, while only 7.7% of adults without hypertension were unable to work.
- ◆ Adults living in the Southeast, Southwest, and Northwest Regions 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, 21.6% had a history of diagnosed CVD compared to only 8.2% of adults without a history of hypertension.



- ◆ 84.9% with hypertension were currently taking medication to control their blood pressure. However, only 55.4% of those who lacked health care coverage were taking medication while 86.5% 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, 2015.

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
TOTAL	4,563	2,254	48.0	45.8	50.1
SEXUAL ORIENTATION					
Heterosexual	4,224	2,092	48.2	45.9	50.4
LGBT**	96	45	47.9	35.0	61.0
AGE					
50-54	586	192	32.0	26.9	37.6
55-64	1,587	689	44.7	41.3	48.2
65-74	1,423	770	54.8	50.9	58.6
75+	967	603	61.7	57.0	66.2
RACE/ETHNICITY					
American Indian	276	133	47.3	39.0	55.7
Asian NHOPI**	12	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,223	611	48.8	44.7	52.8
White	2,875	1,410	47.3	44.7	49.9
EDUCATION					
Less than High School Graduate	534	305	55.1	48.8	61.3
High School Graduate or G.E.D.	1,194	633	49.0	45.1	53.0
Some College	1,213	606	48.3	44.4	52.2
College Graduate	1,609	703	40.8	37.6	44.1
INCOME					
Less than \$10,000	276	161	62.4	54.5	69.8
\$10-19,999	671	371	58.7	53.2	64.0
\$20-49,999	1,459	746	47.1	43.3	51.0
\$50,000 or more	1,438	625	39.7	36.3	43.3
EMPLOYMENT					
Employed	1,549	589	36.8	33.3	40.3
Unemployed/Unable to Work	611	351	58.6	53.1	63.9
Homemaker/Student	300	145	49.2	41.2	57.2
Retired	2,082	1,160	54.8	51.6	58.1
Geographic Region ⊛					
Northwest	1,050	531	50.8	46.7	54.9
Northeast	906	393	43.0	39.1	46.9
Metro	949	439	46.1	42.0	50.3
Southeast	805	448	52.9	48.8	56.9
Southwest	853	443	52.3	48.3	56.3

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

* Those who responded "don't know/not sure", who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Men Age 50+			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	1,869	950	48.1	44.8	51.5
SEXUAL ORIENTATION					
Heterosexual	1,725	883	48.7	45.2	52.2
LGBT**	43	-	-	-	-
AGE					
50-54	225	89	32.0	24.4	40.7
55-64	669	323	47.8	42.7	52.9
65-74	596	324	55.1	49.0	61.1
75+	379	214	57.4	50.3	64.1
RACE/ETHNICITY					
American Indian**	99	57	54.8	40.6	68.3
Asian NHOPI**	7	-	-	-	-
Black/AA**	16	-	-	-	-
Hispanic	488	238	47.5	41.1	54.1
White	1,195	605	47.5	43.6	51.5
EDUCATION					
Less than High School Graduate	226	113	47.1	37.6	56.7
High School Graduate or G.E.D.	484	256	47.4	41.4	53.5
Some College	431	232	52.8	46.2	59.3
College Graduate	720	343	44.4	39.6	49.3
INCOME					
Less than \$10,000**	93	53	60.6	46.5	73.2
\$10-19,999	245	135	57.2	48.4	65.6
\$20-49,999	575	298	45.3	39.1	51.6
\$50,000 or more	726	352	43.8	38.8	48.8
EMPLOYMENT					
Employed	720	304	38.0	33.2	43.1
Unemployed/Unable to Work	230	137	61.5	52.7	69.5
Homemaker/Student**	6	-	-	-	-
Retired	909	503	54.6	49.5	59.6
Geographic Region[⊙]					
Northwest	398	213	55.1	48.6	61.5
Northeast	388	181	44.8	38.8	51.0
Metro	391	186	45.6	39.2	52.2
Southeast	317	169	50.7	44.3	57.1
Southwest	375	201	52.2	46.3	58.1

* 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 the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Diagnosed Hypertension Among Adult Women Age 50+			
		Total # Reporting Diagnosed Hypertension	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,694	1,304	47.8	45.1	50.6
SEXUAL ORIENTATION					
Heterosexual	2,499	1,209	47.7	44.9	50.6
LGBT**	53	27	50.3	33.5	67.1
AGE					
50-54	361	103	32.0	25.5	39.4
55-64	918	366	41.9	37.4	46.6
65-74	827	446	54.5	49.7	59.2
75+	588	389	65.0	58.6	70.8
RACE/ETHNICITY					
American Indian	177	76	41.7	31.7	52.3
Asian NHOPI**	5	-	-	-	-
Black/AA**	31	-	-	-	-
Hispanic	735	373	49.8	44.8	54.8
White	1,680	805	47.1	43.7	50.5
EDUCATION					
Less than High School Graduate	308	192	63.0	55.0	70.4
High School Graduate or G.E.D.	710	377	50.4	45.3	55.5
Some College	782	374	45.0	40.3	49.8
College Graduate	889	360	36.8	32.6	41.2
INCOME					
Less than \$10,000	183	108	63.6	54.3	72.1
\$10-19,999	426	236	59.9	52.8	66.5
\$20-49,999	884	448	48.7	44.0	53.4
\$50,000 or more	712	273	34.6	29.9	39.6
EMPLOYMENT					
Employed	829	285	35.2	30.5	40.2
Unemployed/Unable to Work	381	214	56.3	49.3	63.0
Homemaker/Student	294	142	48.9	40.9	57.0
Retired	1,173	657	55.1	50.9	59.2
Geographic Region[⊛]					
Northwest	652	318	47.5	42.2	52.7
Northeast	518	212	41.2	36.3	46.3
Metro	558	253	46.6	41.3	51.9
Southeast	488	279	54.5	49.3	59.6
Southwest	478	242	52.4	47.1	57.7

§ 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 the total across some categories for some variables.

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

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OVERWEIGHT AND OBESITY

QUESTIONS:

“About how much do you weigh without shoes?”

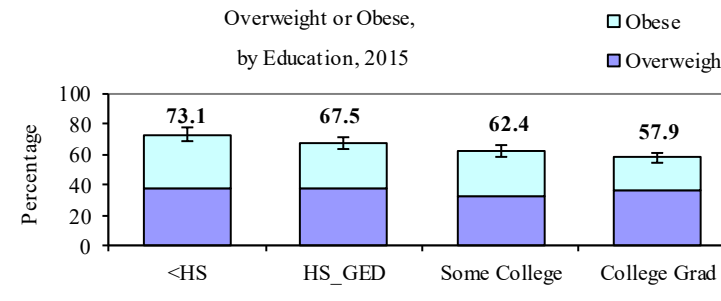
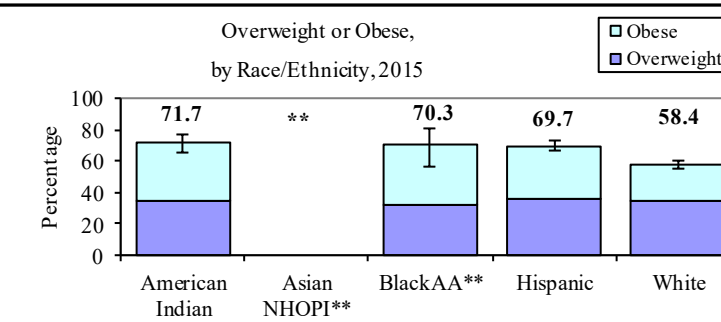
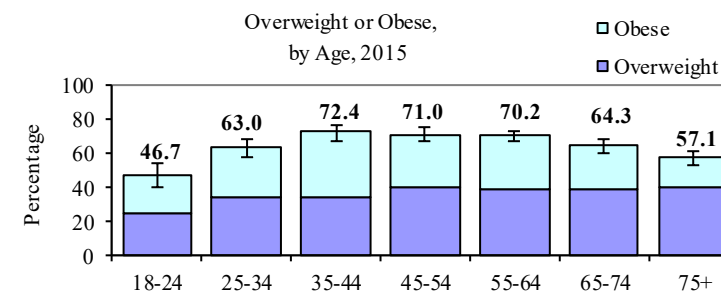
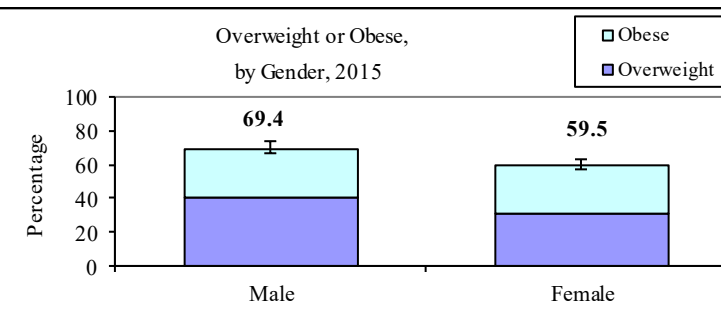
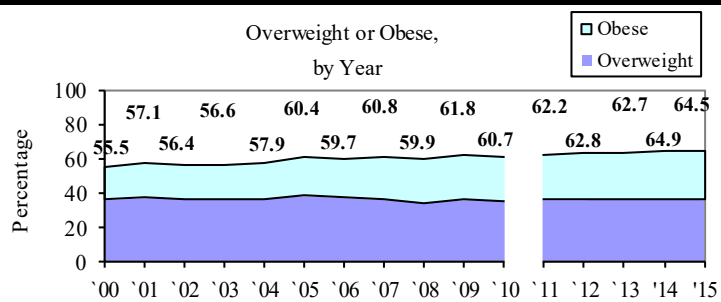
“About how tall are you without shoes?”

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

Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is based on height and weight and is not gender-specific 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.²⁰ The confidence intervals presented in these charts are associated with the over-all Overweight/Obese measure in bold text above each bar.

IN NEW MEXICO,

- ◆ 64.5% of the adults were either overweight or obese: 35.7% of adults were overweight and an additional 28.8% were obese, based on Body Mass Index (BMI). Adults in the U.S., as a whole, had a slightly higher obesity rate than those of NM, 29.8% versus 28.8%, respectively.
- ◆ From 2011 to 2015, the prevalence of obesity had risen from 26.3% to 28.8%, while the prevalence of overweight remained essentially the same, 35.9% to 35.7%.
- ◆ Men were more likely to be overweight than women, 40.2% versus 31.0%, but men and women were similar in terms of obesity.
- ◆ White adults were less likely to be overweight or obese (58.4%) than American Indian (71.7%) or Hispanic (69.7%) adults. The prevalence of overweight was similar among the racial/ethnic groups, but obesity prevalence was lower among White adults. Sample size made comparison of and to other groups difficult.
- ◆ 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Overweight: BMI 25.0 to Less than 30.0			
		Total # Classified as Overweight BMI 25.0 to <30.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,206	2,264	35.7	33.8	37.5
SEXUAL ORIENTATION					
Heterosexual	5,736	2,111	36.2	34.2	38.1
LGBT	179	47	22.0	15.1	30.8
AGE					
18-24	296	81	25.0	19.1	32.0
25-34	525	178	33.8	28.8	39.1
35-44	671	236	33.8	29.0	39.0
45-54	969	361	40.1	35.7	44.6
55-64	1,468	555	38.5	35.1	42.1
65-74	1,308	489	38.7	34.7	42.8
75+	928	345	39.4	34.8	44.1
RACE/ETHNICITY					
American Indian	547	184	35.0	29.2	41.3
Asian NHOPI**	37	-	-	-	-
Black/AA**	74	25	31.8	19.7	46.9
Hispanic	1,945	762	36.6	33.6	39.8
White	3,452	1,221	35.1	32.7	37.6
EDUCATION					
Less than High School Graduate	691	254	38.0	33.0	43.4
High School Graduate or G.E.D.	1,695	655	37.2	33.6	40.9
Some College	1,736	611	32.6	29.5	35.9
College Graduate	2,072	742	36.7	33.7	39.9
INCOME					
Less than \$10,000	392	146	40.7	33.8	47.9
\$10-19,999	944	341	35.8	31.2	40.6
\$20-49,999	2,016	686	32.8	29.8	36.0
\$50,000 or more	2,090	820	38.7	35.6	41.9
EMPLOYMENT					
Employed	2,721	1,025	36.3	33.7	39.0
Unemployed/Unable to Work	865	290	33.3	28.6	38.5
Homemaker/Student	601	182	29.1	24.0	34.8
Retired	1,993	759	40.5	37.3	43.9
Geographic Region ☼					
Northwest	1,438	558	38.5	35.0	42.0
Northeast	1,204	424	33.7	30.3	37.2
Metro	1,363	493	35.7	32.3	39.2
Southeast	1,081	402	36.7	33.0	40.6
Southwest	1,120	387	34.8	31.1	38.7

§ 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 the total across some categories 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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OBESITY

Table 75. Percentage of adults who were obese based on Body Mass Index (BMI ≥ 30), New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Obese - BMI ≥ 30.0			
		Total # Classified as Obese BMI ≥ 30.0	Weighted Percent (%)§	95% Confidence Interval‡	
				Lower	Upper
TOTAL	6,206	1,732	28.8	27.1	30.6
SEXUAL ORIENTATION					
Heterosexual	5,736	1,607	28.7	26.9	30.6
LGBT	179	58	38.4	29.1	48.7
AGE					
18-24	296	58	21.7	15.9	28.9
25-34	525	168	29.2	24.5	34.3
35-44	671	249	38.6	33.6	43.8
45-54	969	315	31.0	27.0	35.2
55-64	1,468	457	31.7	28.5	35.1
65-74	1,308	328	25.6	22.3	29.2
75+	928	152	17.7	13.9	22.2
RACE/ETHNICITY					
American Indian	547	227	36.7	31.3	42.4
Asian NHOPI**	37	-	-	-	-
Black/AA**	74	29	38.5	25.1	53.9
Hispanic	1,945	624	33.1	30.0	36.3
White	3,452	808	23.3	21.3	25.5
EDUCATION					
Less than High School Graduate	691	239	35.0	30.0	40.4
High School Graduate or G.E.D.	1,695	514	30.3	27.0	33.9
Some College	1,736	524	29.8	26.7	33.1
College Graduate	2,072	451	21.1	18.7	23.8
INCOME					
Less than \$10,000	392	119	30.5	24.4	37.3
\$10-19,999	944	311	35.3	30.8	40.1
\$20-49,999	2,016	603	29.9	26.8	33.2
\$50,000 or more	2,090	540	26.0	23.3	28.9
EMPLOYMENT					
Employed	2,721	783	29.2	26.7	31.9
Unemployed/Unable to Work	865	333	41.5	36.6	46.6
Homemaker/Student	601	166	24.2	19.5	29.7
Retired	1,993	444	21.4	19.0	24.1
Geographic Region ⊛					
Northwest	1,438	439	33.9	30.6	37.4
Northeast	1,204	256	23.2	20.1	26.6
Metro	1,363	346	27.7	24.5	31.1
Southeast	1,081	352	33.9	30.2	37.8
Southwest	1,120	339	29.6	26.2	33.3

§ 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 the total across some categories 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, 2015.

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
TOTAL	6,206	3,996	64.5	62.6	66.3
SEXUAL ORIENTATION					
Heterosexual	5,736	3,718	64.9	62.9	66.8
LGBT	179	105	60.4	50.3	69.7
AGE					
18-24	296	139	46.7	39.4	54.2
25-34	525	346	63.0	57.5	68.1
35-44	671	485	72.4	67.4	76.9
45-54	969	676	71.0	66.5	75.2
55-64	1,468	1,012	70.2	66.9	73.3
65-74	1,308	817	64.3	60.4	67.9
75+	928	497	57.1	52.4	61.6
RACE/ETHNICITY					
American Indian	547	411	71.7	65.9	76.9
Asian NHOPI**	37	-	-	-	-
Black/AA**	74	54	70.3	56.1	81.4
Hispanic	1,945	1,386	69.7	66.6	72.7
White	3,452	2,029	58.4	55.8	60.9
EDUCATION					
Less than High School Graduate	691	493	73.1	68.0	77.6
High School Graduate or G.E.D.	1,695	1,169	67.5	63.9	71.0
Some College	1,736	1,135	62.4	58.8	65.9
College Graduate	2,072	1,193	57.9	54.7	61.0
INCOME					
Less than \$10,000	392	265	71.1	64.5	77.0
\$10-19,999	944	652	71.1	66.4	75.3
\$20-49,999	2,016	1,289	62.7	59.3	66.0
\$50,000 or more	2,090	1,360	64.7	61.5	67.8
EMPLOYMENT					
Employed	2,721	1,808	65.5	62.8	68.2
Unemployed/Unable to Work	865	623	74.9	70.4	78.9
Homemaker/Student	601	348	53.3	47.2	59.3
Retired	1,993	1,203	62.0	58.7	65.1
Geographic Region✧					
Northwest	1,438	997	72.3	69.0	75.4
Northeast	1,204	680	56.9	53.1	60.5
Metro	1,363	839	63.4	59.8	66.8
Southeast	1,081	754	70.6	66.8	74.2
Southwest	1,120	726	64.5	60.3	68.4

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

* Those who responded "don't know/not sure" or who refused to respond were excluded. Consequently, the sample sizes may not add to the total across some categories 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, 2015.

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
TOTAL	2,713	1,913	69.4	66.6	72.0
SEXUAL ORIENTATION					
Heterosexual	2,502	1,786	70.2	67.3	72.9
LGBT**	76	48	63.9	47.8	77.4
AGE					
18-24	143	76	55.9	45.6	65.8
25-34	262	184	65.8	58.0	72.8
35-44	311	235	74.4	67.0	80.6
45-54	396	304	75.6	68.6	81.4
55-64	638	489	76.3	71.6	80.4
65-74	574	394	68.9	62.9	74.3
75+	372	219	63.5	56.8	69.8
RACE/ETHNICITY					
American Indian	236	186	76.1	67.8	82.7
Asian NHOPI**	17	-	-	-	-
Black/AA**	27	-	-	-	-
Hispanic	853	631	72.4	67.7	76.7
White	1,499	1,009	65.6	61.9	69.1
EDUCATION					
Less than High School Graduate	318	228	70.5	62.5	77.4
High School Graduate or G.E.D.	760	552	71.5	66.3	76.2
Some College	685	500	69.7	64.4	74.5
College Graduate	943	630	65.8	61.2	70.1
INCOME					
Less than \$10,000	143	95	71.1	59.8	80.2
\$10-19,999	356	244	67.4	59.6	74.3
\$20-49,999	849	591	65.9	60.7	70.8
\$50,000 or more	1,062	790	73.4	69.2	77.2
EMPLOYMENT					
Employed	1,378	996	69.5	65.8	72.9
Unemployed/Unable to Work	364	271	78.9	73.0	83.8
Homemaker/Student**	68	36	51.4	36.2	66.4
Retired	894	602	67.6	62.5	72.3
Geographic Region☼					
Northwest	611	462	78.0	73.3	82.0
Northeast	538	342	63.7	58.2	68.9
Metro	600	411	69.5	64.4	74.2
Southeast	470	355	75.2	69.6	80.1
Southwest	494	343	64.2	57.8	70.1

§ 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 the total across some categories 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, 2015.

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
TOTAL	3,493	2,083	59.5	56.9	62.1
SEXUAL ORIENTATION					
Heterosexual	3,234	1,932	59.4	56.7	62.1
LGBT**	103	57	57.5	44.5	69.4
AGE					
18-24**	153	63	36.1	27.2	46.1
25-34	263	162	59.7	52.0	66.9
35-44	360	250	70.3	63.2	76.5
45-54	573	372	66.5	60.5	72.0
55-64	830	523	64.3	59.6	68.8
65-74	734	423	59.8	54.8	64.5
75+	556	278	52.1	45.7	58.4
RACE/ETHNICITY					
American Indian	311	225	67.3	58.9	74.6
Asian NHOPI**	20	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,092	755	66.8	62.6	70.8
White	1,953	1,020	51.2	47.5	54.8
EDUCATION					
Less than High School Graduate	373	265	76.0	69.9	81.2
High School Graduate or G.E.D.	935	617	63.1	58.1	67.9
Some College	1,051	635	56.1	51.3	60.9
College Graduate	1,129	563	48.9	44.6	53.2
INCOME					
Less than \$10,000	249	170	71.2	62.9	78.3
\$10-19,999	588	408	74.2	68.7	79.0
\$20-49,999	1,167	698	59.6	55.1	63.9
\$50,000 or more	1,028	570	53.5	48.7	58.2
EMPLOYMENT					
Employed	1,343	812	59.9	55.7	64.0
Unemployed/Unable to Work	501	352	71.0	64.2	76.9
Homemaker/Student	533	312	53.9	47.5	60.1
Retired	1,099	601	56.5	52.3	60.6
Geographic Region☼					
Northwest	827	535	66.7	61.9	71.1
Northeast	666	338	49.9	44.9	54.9
Metro	763	428	57.2	52.3	62.0
Southeast	611	399	65.6	60.3	70.6
Southwest	626	383	64.7	59.4	69.7

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

* Those who responded "don't know/not sure", who refused to respond, or were male were excluded. Consequently, the sample sizes may not add to the total across some categories 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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VISION — BLIND OR SERIOUS DIFFICULTY SEEING

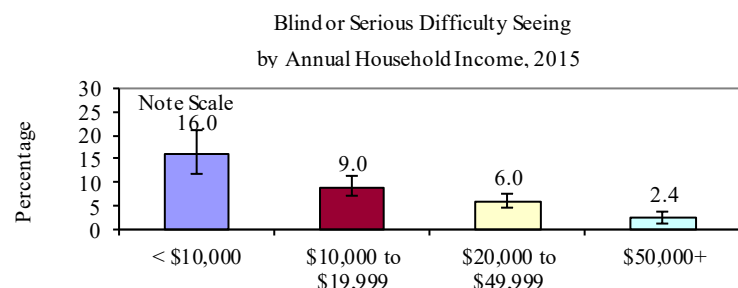
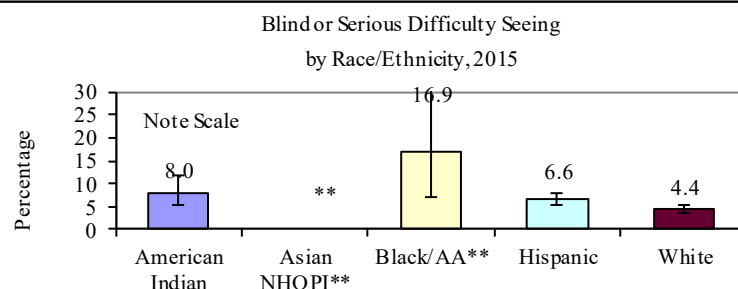
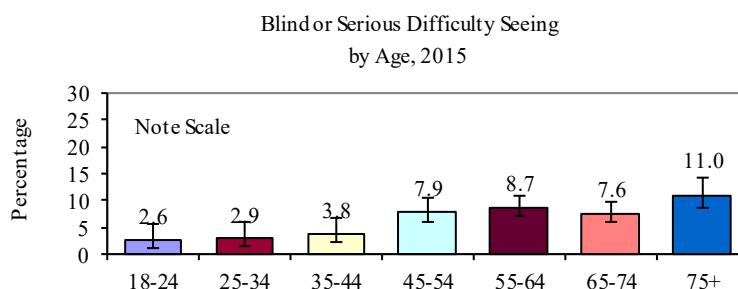
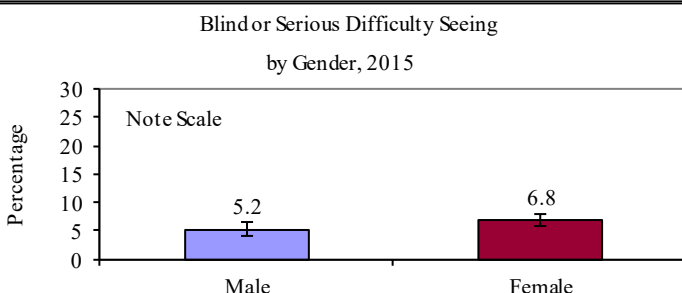
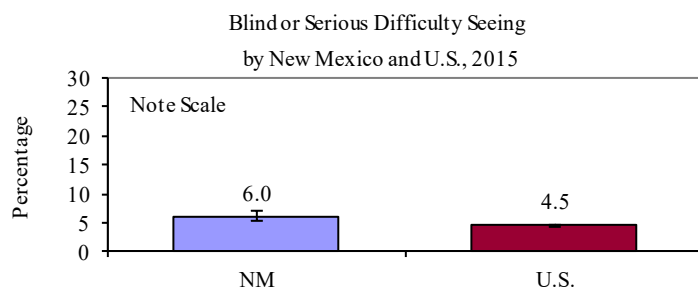
QUESTION:

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

In 2015, 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,

- ◆ 6.0% of adults reported that they were blind or had serious difficulty seeing, even when wearing glasses. This rate was higher than that of the U.S., at 4.5%.
- ◆ Women had a higher prevalence (6.8%) than men (5.2%).
- ◆ 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 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 lower levels of annual income.
- ◆ Over one-quarter (27.2%) of adults who were unable to work were blind or had serious difficulty seeing. Over one-third (38.2%) of adults who were blind or had serious difficulty seeing were unable to work, compared to only 8.4% 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Blind or Serious Difficulty Seeing			
		Reporting Blindness or Serious Difficulty Seeing	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,525	457	6.0	5.3	6.9
SEXUAL ORIENTATION					
Heterosexual	6,008	418	5.9	5.1	6.7
LGBT	186	12	5.6	2.2	13.5
AGE					
18-24	310	9	2.6	1.2	5.5
25-34	557	16	2.9	1.4	5.9
35-44	706	22	3.8	2.1	6.8
45-54	1,008	71	7.9	5.9	10.5
55-64	1,551	131	8.7	7.0	10.9
65-74	1,385	107	7.6	5.9	9.7
75+	943	99	11.0	8.5	14.2
RACE/ETHNICITY					
American Indian	574	53	8.0	5.2	12.0
Asian NHOPI**	41	-	-	-	-
Black/AA**	76	8	16.9	6.9	36.0
Hispanic	2,069	190	6.6	5.5	8.0
White	3,596	184	4.4	3.5	5.4
EDUCATION					
Less than High School Graduate	760	114	11.9	9.1	15.5
High School Graduate or G.E.D.	1,766	145	5.8	4.6	7.3
Some College	1,812	112	5.1	4.0	6.6
College Graduate	2,170	86	3.2	2.3	4.3
INCOME					
Less than \$10,000	418	86	16.0	11.9	21.2
\$10-19,999	982	120	9.0	7.0	11.4
\$20-49,999	2,088	138	6.0	4.7	7.6
\$50,000 or more	2,140	55	2.4	1.4	4.0
EMPLOYMENT					
Employed	2,854	92	2.9	2.1	4.0
Unemployed/Unable to Work	908	179	17.7	14.5	21.5
Homemaker/Student	659	29	4.4	2.7	7.2
Retired	2,068	155	7.3	5.9	8.9
Geographic Region[⊙]					
Northwest	1,526	111	6.1	4.7	7.8
Northeast	1,249	78	6.2	4.6	8.1
Metro	1,420	95	5.8	4.5	7.6
Southeast	1,142	86	6.6	5.1	8.6
Southwest	1,188	87	5.9	4.7	7.5

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

VISION — BLIND OR SERIOUS DIFFICULTY SEEING, MALES

Table 80. Percentage of adult males who were blind or had serious difficulty seeing, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Blind or Serious Difficulty Seeing Among Adult Men			
		Reporting Blindness or Serious Difficulty Seeing	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,746	187	5.2	4.2	6.4
SEXUAL ORIENTATION					
Heterosexual	2,526	173	4.9	4.0	6.0
LGBT**	77	5	3.7	1.3	9.8
AGE					
18-24	144	3	1.7	0.5	5.4
25-34	262	6	2.9	0.9	9.2
35-44	316	11	2.6	1.2	5.5
45-54	400	32	8.8	5.8	13.2
55-64	653	48	6.2	4.3	9.0
65-74	581	45	6.5	4.4	9.5
75+	369	42	11.7	7.7	17.2
RACE/ETHNICITY					
American Indian	240	23	8.0	4.6	13.5
Asian NHOPI**	18	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	865	77	5.4	4.1	7.1
White	1,512	72	3.2	2.2	4.6
EDUCATION					
Less than High School Graduate	331	49	11.7	7.8	17.2
High School Graduate or G.E.D.	759	54	4.7	3.2	6.8
Some College	686	42	4.0	2.6	6.0
College Graduate	962	42	2.6	1.7	3.9
INCOME					
Less than \$10,000	145	25	13.4	8.3	20.9
\$10-19,999	357	50	9.7	6.6	14.0
\$20-49,999	852	64	5.4	3.8	7.7
\$50,000 or more	1,070	28	2.2	1.0	4.8
EMPLOYMENT					
Employed	1,398	39	2.3	1.3	3.9
Unemployed/Unable to Work	369	79	17.6	13.2	23.1
Homemaker/Student*** ^ψ	70	0	0.0	0.0	0.0
Retired	900	69	7.6	5.5	10.5
Geographic Region[⊛]					
Northwest	622	47	6.9	4.7	10.0
Northeast	542	35	6.7	4.4	10.3
Metro	600	37	4.0	2.5	6.6
Southeast	473	37	6.4	4.1	9.7
Southwest	509	31	4.9	3.3	7.1

* 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 the total across some categories for some variables.

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

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

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

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

^ψ Among males, 90% were students.

VISION — BLIND OR SERIOUS DIFFICULTY SEEING, FEMALES

Table 81. Percentage of adult females who were blind or had serious difficulty seeing, New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,779	270	6.8	5.7	8.1
SEXUAL ORIENTATION					
Heterosexual	3,482	245	6.8	5.7	8.2
LGBT**	109	7	7.1	2.1	21.6
AGE					
18-24	166	6	3.5	1.3	9.1
25-34	295	10	3.0	1.4	6.2
35-44	390	11	4.9	2.2	10.8
45-54	608	39	7.1	4.7	10.5
55-64	898	83	11.0	8.3	14.5
65-74	804	62	8.5	6.2	11.7
75+	574	57	10.5	7.5	14.5
RACE/ETHNICITY					
American Indian	334	30	8.0	4.2	14.7
Asian NHOPI**	23	-	-	-	-
Black/AA**	47	-	-	-	-
Hispanic	1,204	113	7.8	6.0	10.0
White	2,084	112	5.5	4.2	7.2
EDUCATION					
Less than High School Graduate	429	65	12.1	8.4	17.2
High School Graduate or G.E.D.	1,007	91	7.0	5.2	9.3
Some College	1,126	70	6.1	4.4	8.3
College Graduate	1,208	44	3.8	2.5	5.8
INCOME					
Less than \$10,000	273	61	17.9	12.3	25.3
\$10-19,999	625	70	8.4	6.1	11.5
\$20-49,999	1,236	74	6.5	4.7	8.9
\$50,000+	1,070	27	2.7	1.5	4.8
EMPLOYMENT					
Employed	1,456	53	3.8	2.7	5.3
Unemployed Unable to Work	539	100	17.8	13.4	23.4
Homemaker Student ^ψ	589	29	5.6	3.4	9.1
Retired	1,168	86	6.9	5.3	9.0
Geographic Region[⊛]					
Northwest	904	64	5.3	3.8	7.3
Northeast	707	43	5.6	3.9	7.9
Metro	820	58	7.5	5.5	10.2
Southeast	669	49	6.9	4.9	9.5
Southwest	679	56	7.0	5.1	9.4

* 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 the total 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.

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?”

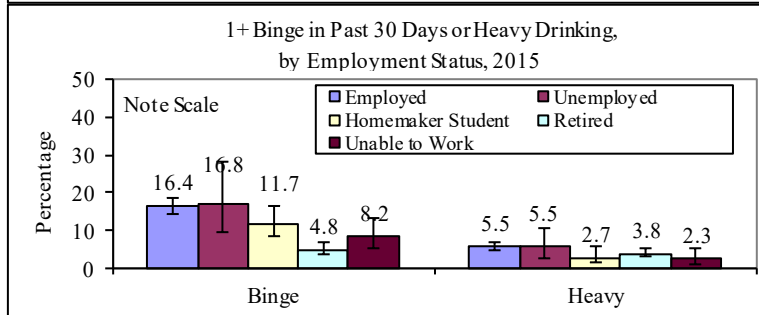
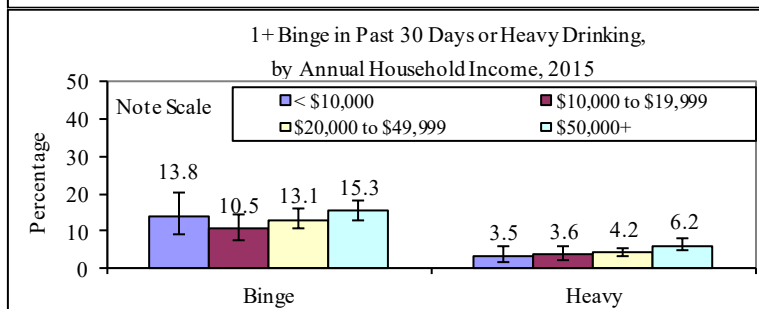
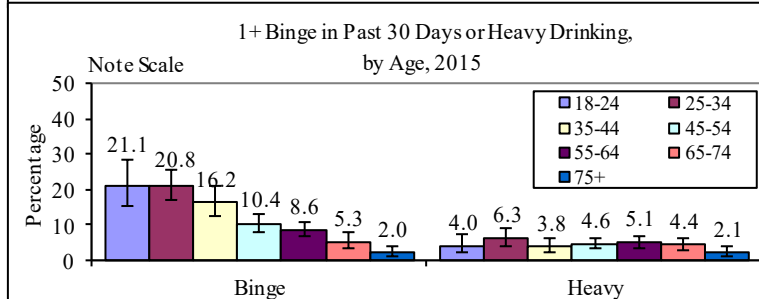
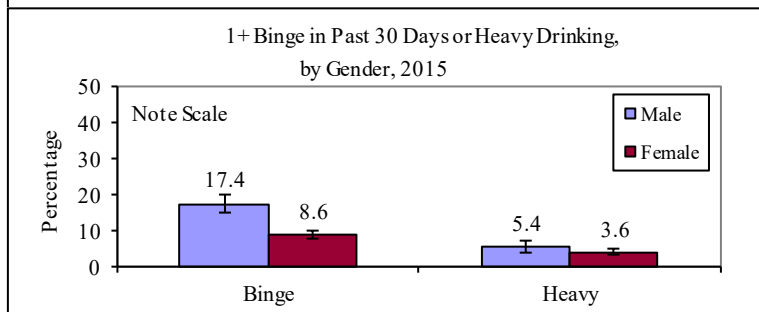
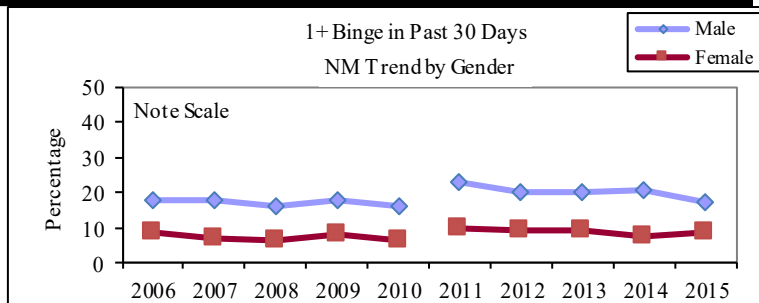
“During the past 30 days, what is the largest number of drinks you had on any occasion? ”

Excessive alcohol consumption is a contributing factor to morbidity and mortality from many causes.¹⁷ Acute binge drinking (defined as 5 or more drinks for males and 4 or more drinks for females on at least one occasion during the past month) is strongly associated with injuries and death from motor vehicle crashes, homicide, suicide, falls and drug overdose. Chronic ‘heavy’ drinking (defined as > 2 drinks per day for men and > 1 drink per day for women on average during the past month) is strongly associated with numerous alcohol-related diseases, most notably alcohol-related chronic liver disease.¹⁸

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

IN NEW MEXICO:

- ◆ 12.9% of NM adults were binge drinkers which was lower than the U.S. rate of 16.3%. 4.5% were heavy drinkers which was also lower than that of the U.S. at 5.9%.
- ◆ The prevalence of both binge drinking and heavy drinking were lower among older adults than younger adults.
- ◆ Binge drinking was higher among men (17.4%) than women (8.6%). Heavy drinking was also higher among men (5.4%) than women (3.6%).
- ◆ Hispanic adults were less likely to be heavy drinkers (2.9%) than White adults (6.4%).
- ◆ College graduates and those with less than a High School education had the lowest rates of binge drinking, however college graduates had a higher rate of heavy drinking, as did those with higher annual household income.
- ◆ The Southeast Region and the central Metropolitan Region had a higher prevalence of binge drinking, 15.4% and 14.1% respectively.



- ◆ 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.

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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,365	563	12.9	11.5	14.4
SEXUAL ORIENTATION					
Heterosexual	5,868	513	12.8	11.4	14.5
LGBT	182	19	14.7	8.4	24.3
AGE					
18-24	302	56	21.1	15.4	28.2
25-34	550	114	20.8	16.9	25.5
35-44	691	92	16.2	12.5	20.8
45-54	980	107	10.4	8.2	13.1
55-64	1,511	117	8.6	6.8	10.9
65-74	1,351	60	5.3	3.5	7.7
75+	923	15	2.0	1.0	4.0
RACE/ETHNICITY					
American Indian	559	53	12.0	8.3	17.2
Asian NHOPI**	41	-	-	-	-
Black/AA**	75	9	16.1	7.5	31.1
Hispanic	2,017	205	13.9	11.5	16.6
White	3,515	279	12.2	10.4	14.2
EDUCATION					
Less than High School Graduate	732	62	10.9	8.0	14.7
High School Graduate or G.E.D.	1,718	179	15.3	12.3	18.8
Some College	1,766	148	13.5	11.0	16.4
College Graduate	2,133	173	10.7	8.8	13.0
INCOME					
Less than \$10,000	409	40	13.8	9.2	20.2
\$10-19,999	951	69	10.5	7.6	14.3
\$20-49,999	2,052	186	13.1	10.7	15.8
\$50,000 or more	2,110	224	15.3	12.9	18.0
EMPLOYMENT					
Employed	2,789	359	16.4	14.4	18.7
Unemployed/Unable to Work	893	65	11.6	7.8	16.9
Homemaker/Student	640	52	11.7	8.3	16.2
Retired	2,013	85	4.8	3.5	6.7
Geographic Region ⊛					
Northwest	1,493	108	10.1	8.1	12.6
Northeast	1,217	103	10.0	7.8	12.7
Metro	1,388	142	14.1	11.5	17.1
Southeast	1,118	103	15.4	12.3	19.1
Southwest	1,149	107	11.9	9.5	14.8

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

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

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

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

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

ALCOHOL CONSUMPTION — HEAVY

Table 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Heavy Drinking			
		Total Number Who Reported Heavy Drinking	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	6,355	283	4.5	3.8	5.3
SEXUAL ORIENTATION					
Heterosexual	5,858	265	4.6	3.9	5.5
LGBT	182	9	5.0	1.9	12.6
AGE					
18-24	302	13	4.0	2.1	7.6
25-34	549	32	6.3	4.2	9.3
35-44	689	27	3.8	2.4	6.0
45-54	982	54	4.6	3.2	6.5
55-64	1,509	77	5.1	3.6	7.0
65-74	1,349	61	4.4	3.1	6.1
75+	917	19	2.1	1.0	4.1
RACE/ETHNICITY					
American Indian	557	18	3.9	2.1	7.0
Asian NHOPI**	41	-	-	-	-
Black/AA**	74	3	3.1	0.7	12.6
Hispanic	2,011	57	2.9	2.0	4.1
White	3,510	198	6.4	5.2	7.8
EDUCATION					
Less than High School Graduate	729	22	3.0	1.7	5.0
High School Graduate or G.E.D.	1,714	77	4.8	3.6	6.5
Some College	1,764	72	4.6	3.3	6.3
College Graduate	2,133	112	5.2	4.0	6.8
INCOME					
Less than \$10,000	410	17	3.5	1.9	6.2
\$10-19,999	952	30	3.6	2.0	6.2
\$20-49,999	2,049	87	4.2	3.1	5.6
\$50,000 or more	2,105	129	6.2	4.9	7.9
EMPLOYMENT					
Employed	2,785	149	5.5	4.5	6.8
Unemployed/Unable to Work	895	29	3.6	2.1	6.0
Homemaker/Student	639	19	2.7	1.3	5.7
Retired	2,005	85	3.8	2.9	5.1
Geographic Region[⊛]					
Northwest	1,486	52	4.0	2.8	5.6
Northeast	1,216	68	5.0	3.5	7.1
Metro	1,386	65	4.3	3.2	5.9
Southeast	1,114	50	5.1	3.5	7.3
Southwest	1,153	48	4.3	3.0	6.2

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

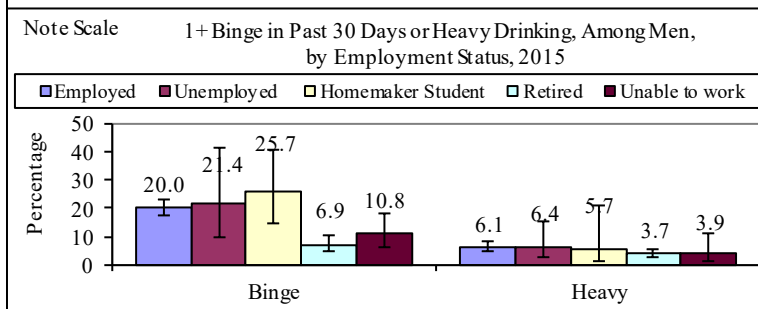
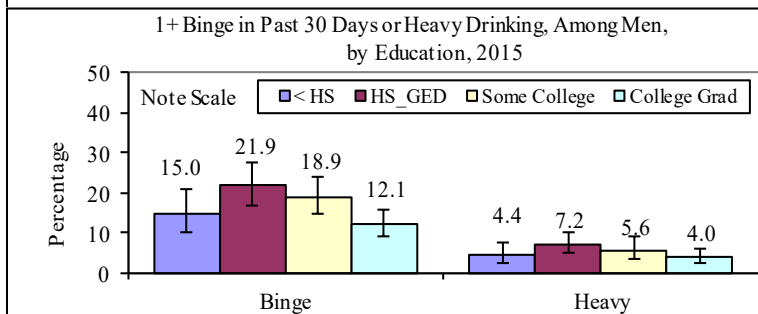
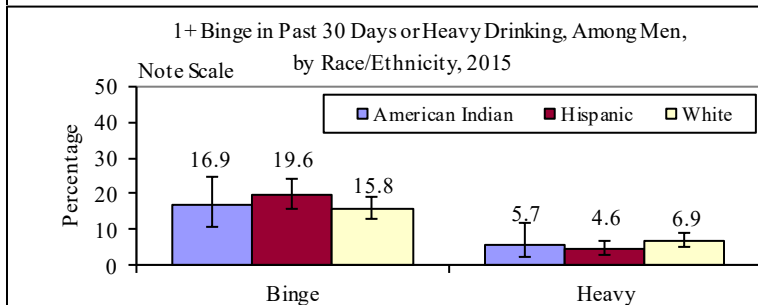
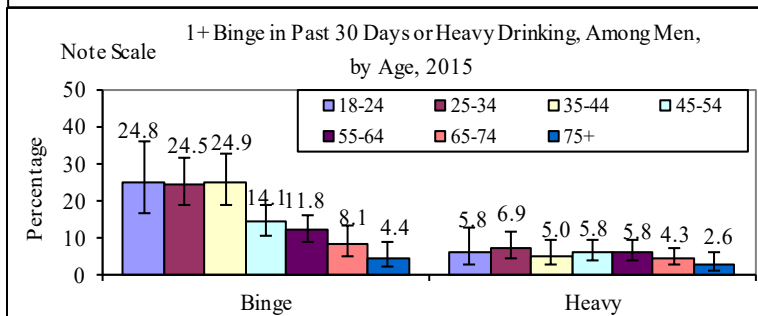
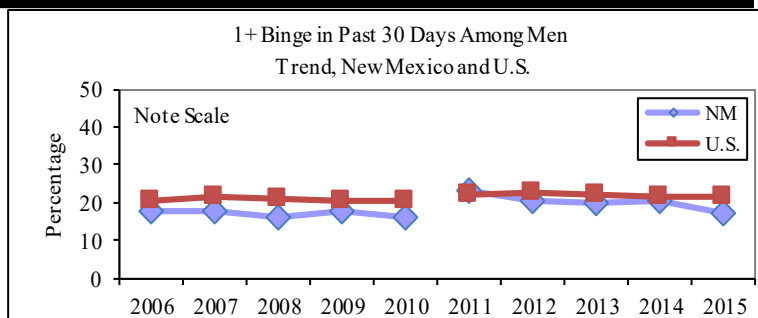
** Estimates based on small sample size may not be reliable and may change significantly from year to year.

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.¹⁸

IN NEW MEXICO,

- ◆ 17.4% of adult males reported binge drinking in the past 30 days which was lower than that of the U.S. (21.7%).
- ◆ Binge drinking among men has declined from 23.0% in 2011 to 17.4% in 2015.
- ◆ 5.4% of adult males reported heavy drinking, which was lower than that of the U.S. (6.4%).
- ◆ Among adult males, there was no difference in binge or heavy drinking by sexual orientation.
- ◆ Among males, binge drinking was highest among those age 18-44 and was much lower among older adult males. For heavy drinking, the prevalence declined among men in the oldest age groups.
- ◆ Apparent differences in binge and heavy drinking by race/ethnicity were not statistically significant. Small sample size prevented reporting of all racial/ethnic groups.
- ◆ Men with a college degree were less likely to binge drink (12.1%) than those with a High School degree (21.9%) or some college courses (18.9%). Similarly for heavy drinking, those with a High School diploma (7.2%) had a higher prevalence of heavy drinking than those with a college degree (4.0%).
- ◆ 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 DRINKING — MALES

Table 84. Percentage of adult males who binged (≥ 5 drinks on an occasion) at least once in the past 30 days, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days Among Adult Men			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%) [§]	95% Confidence Interval [‡] Lower Upper	
TOTAL	2,672	350	17.4	15.1	19.9
SEXUAL ORIENTATION					
Heterosexual	2,460	322	17.5	15.1	20.2
LGBT**	76	7	12.9	5.3	28.3
AGE					
18-24	139	33	24.8	16.4	35.7
25-34	261	67	24.5	18.6	31.6
35-44	305	65	24.9	18.6	32.5
45-54	390	62	14.1	10.5	18.7
55-64	636	69	11.8	8.8	15.8
65-74	564	40	8.1	4.9	13.1
75+	360	13	4.4	2.1	8.9
RACE/ETHNICITY					
American Indian	233	35	16.9	11.0	24.9
Asian NHOPI**	18	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	836	141	19.6	15.7	24.2
White	1,476	162	15.8	13.0	19.2
EDUCATION					
Less than High School Graduate	315	46	15.0	10.4	21.1
High School Graduate or G.E.D.	735	121	21.9	17.0	27.8
Some College	664	89	18.9	14.8	24.0
College Graduate	950	93	12.1	9.3	15.7
INCOME					
Less than \$10,000**	142	21	17.9	10.2	29.5
\$10-19,999	345	43	16.5	11.0	24.1
\$20-49,999	831	118	17.1	13.6	21.3
\$50,000 or more	1,056	142	19.6	16.0	23.8
EMPLOYMENT					
Employed	1,366	237	20.0	17.1	23.2
Unemployed/Unable to Work	362	38	15.4	8.9	25.3
Homemaker/Student** [¶]	68	18	25.7	14.8	40.8
Retired	868	55	6.9	4.6	10.2
Geographic Region[⊙]					
Northwest	604	75	15.9	12.3	20.3
Northeast	527	57	12.2	8.9	16.6
Metro	585	86	18.5	14.4	23.6
Southeast	463	67	22.7	17.5	28.9
Southwest	493	65	15.5	11.6	20.4

* 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 the total 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.

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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,661	134	5.4	4.3	6.9
SEXUAL ORIENTATION					
Heterosexual	2,449	126	5.5	4.3	7.0
LGBT**	76	2	7.6	1.9	25.8
AGE					
18-24	139	8	5.8	2.6	12.4
25-34	259	18	6.9	4.0	11.7
35-44	304	15	5.0	2.7	9.2
45-54	388	24	5.8	3.5	9.4
55-64	636	31	5.8	3.5	9.3
65-74	564	28	4.3	2.5	7.3
75+	355	10	2.6	1.1	6.2
RACE/ETHNICITY					
American Indian	232	11	5.7	2.6	11.8
Asian NHOPI**	18	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	829	38	4.6	3.0	7.0
White	1,472	83	6.9	5.1	9.3
EDUCATION					
Less than High School Graduate	310	16	4.4	2.4	7.8
High School Graduate or G.E.D.	732	51	7.2	5.0	10.3
Some College	661	30	5.6	3.5	9.1
College Graduate	951	37	4.0	2.5	6.4
INCOME					
Less than \$10,000**	143	9	5.4	2.4	11.7
\$10-19,999	343	18	5.3	2.4	11.2
\$20-49,999	827	37	4.8	3.1	7.4
\$50,000 or more	1,052	60	6.7	4.8	9.2
EMPLOYMENT					
Employed	1,360	77	6.1	4.6	8.0
Unemployed/Unable to Work	363	14	5.0	2.5	9.8
Homemaker/Student**	67	3	5.7	1.3	20.9
Retired	862	40	3.7	2.4	5.6
Geographic Region [⊙]					
Northwest	598	27	4.7	2.9	7.5
Northeast	528	22	3.9	2.0	7.5
Metro	583	35	5.4	3.6	8.2
Southeast	459	24	7.4	4.6	11.7
Southwest	493	26	5.6	3.5	8.9

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

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

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

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

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

‡ Among Males, 90% were students.

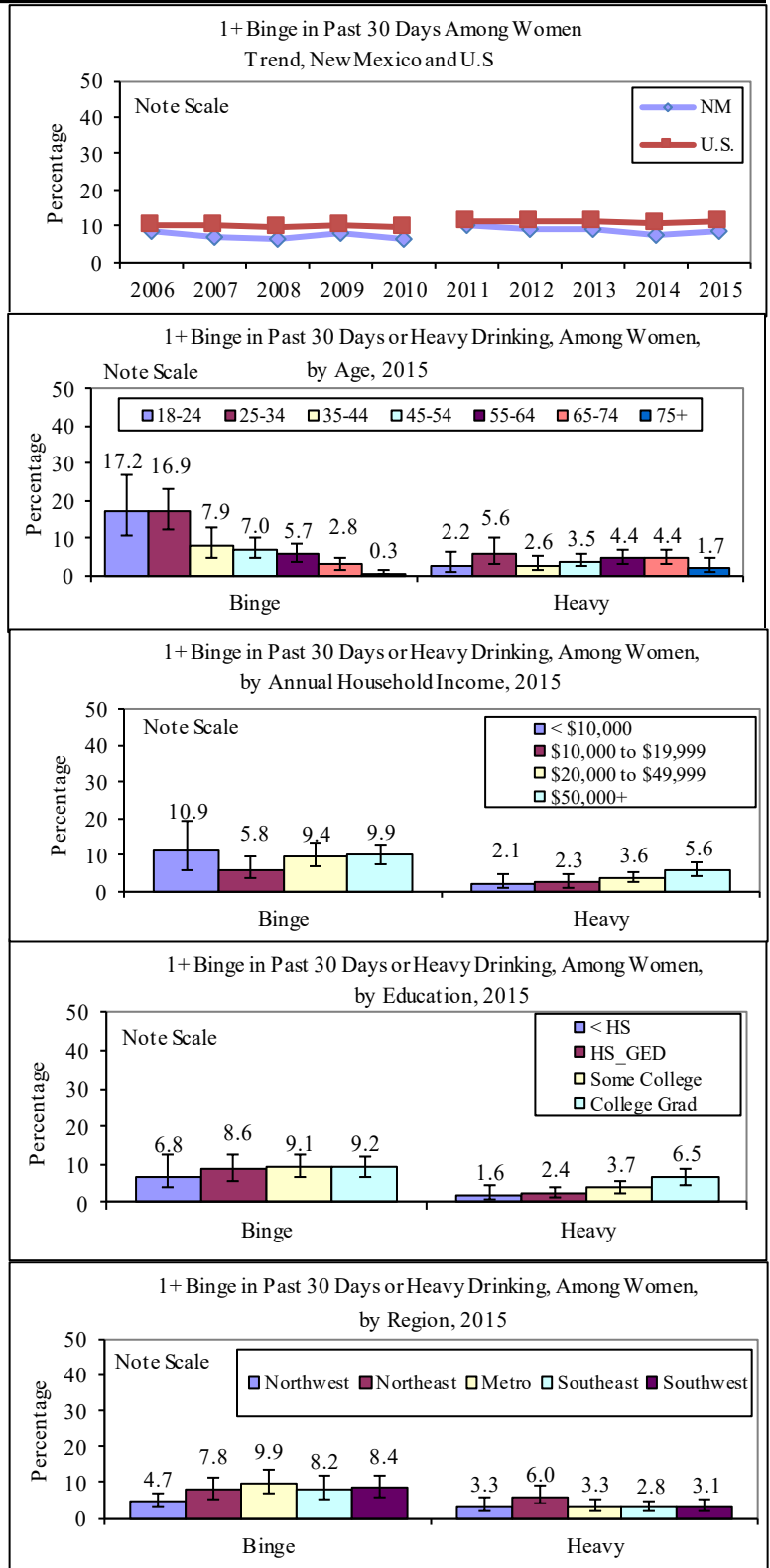
ALCOHOL CONSUMPTION — FEMALES

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

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

IN NEW MEXICO,

- ◆ Binge drinking among women has declined in recent years from 10.1% in 2011 to 8.6% in 2015, and has remained lower than that of the U.S. (11.2% in 2015).
- ◆ 3.6% of adult females reported heavy drinking, which was lower than that of the U.S. (5.2%).
- ◆ Binge drinking was higher among LGBT women than heterosexual women, but it was not statistically significant because of small sample size.
- ◆ Prevalence of binge drinking among women declined with age.
- ◆ White women were more likely to be heavy drinkers than American Indian or Hispanic women. Small sample sizes made comparison between other racial/ethnic groups difficult.
- ◆ Heavy drinking was more prevalent among women with a college education (6.5%) compared to those with less education.
- ◆ By employment status, retired women were less likely to binge than other women, and employed women were more likely to be heavy drinkers.
- ◆ Women residing in the Northwest Region of the state had a lower prevalence of binge drinking than the other regions. Women residing in the Northeast Region of the state had a higher prevalence of heavy drinking.



BINGE DRINKING — FEMALES

Table 86. Percentage of adult females who binged (≥ 4 drinks on an occasion) at least once in the past 30 days, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	At Least One Binge Occasion in Past 30 Days Among Adult Women			
		Total Number Reporting 1+ Binge in Past 30 Days	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,693	213	8.6	7.1	10.4
SEXUAL ORIENTATION					
Heterosexual	3,408	191	8.4	6.8	10.3
LGBT**	106	12	16.0	7.8	30.0
AGE					
18-24	163	23	17.2	10.6	26.8
25-34	289	47	16.9	12.1	22.9
35-44	386	27	7.9	4.7	12.9
45-54	590	45	7.0	4.7	10.3
55-64	875	48	5.7	3.7	8.6
65-74	787	20	2.8	1.6	4.7
75+	563	2	0.3	0.1	1.2
RACE/ETHNICITY					
American Indian	326	18	7.5	3.5	15.3
Asian NHOPI**	23	-	-	-	-
Black/AA**	46	-	-	-	-
Hispanic	1,181	64	8.4	6.0	11.5
White	2,039	117	8.8	6.7	11.3
EDUCATION					
Less than High School Graduate	417	16	6.8	3.7	12.3
High School Graduate or G.E.D.	983	58	8.6	5.8	12.5
Some College	1,102	59	9.1	6.5	12.6
College Graduate	1,183	80	9.2	6.9	12.1
INCOME					
Less than \$10,000	267	19	10.9	5.9	19.1
\$10-19,999	606	26	5.8	3.6	9.4
\$20-49,999	1,221	68	9.4	6.6	13.4
\$50,000 or more	1,054	82	9.9	7.4	13.0
EMPLOYMENT					
Employed	1,423	122	11.7	9.0	14.9
Unemployed/Unable to Work	531	27	8.2	4.8	13.7
Homemaker/Student ^ψ	572	34	7.9	5.1	12.0
Retired	1,145	30	3.0	1.7	5.1
Geographic Region[⊙]					
Northwest	889	33	4.7	3.0	7.2
Northeast	690	46	7.8	5.3	11.5
Metro	803	56	9.9	7.2	13.6
Southeast	655	36	8.2	5.5	12.1
Southwest	656	42	8.4	5.8	12.0

* 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 the total across some categories for some variables.

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

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

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

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

^ψ Among Females, 87% were homemakers.

HEAVY DRINKING — FEMALES

Table 87. Percentage of adult females who reported heavy drinking (more than 1 drink per day, on average, in past month), New Mexico, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,694	149	3.6	2.9	4.6
SEXUAL ORIENTATION					
Heterosexual	3,409	139	3.8	3.0	4.8
LGBT**	106	7	3.0	1.2	7.6
AGE					
18-24	163	5	2.2	0.7	6.2
25-34	290	14	5.6	3.2	9.9
35-44	385	12	2.6	1.3	5.0
45-54	594	30	3.5	2.2	5.5
55-64	873	46	4.4	2.9	6.8
65-74	785	33	4.4	2.9	6.8
75+	562	9	1.7	0.6	4.8
RACE/ETHNICITY					
American Indian	325	7	2.1	0.9	5.1
Asian NHOPI**	23	-	-	-	-
Black/AA**	45	-	-	-	-
Hispanic	1,182	19	1.3	0.7	2.2
White	2,038	115	6.0	4.5	7.8
EDUCATION					
Less than High School Graduate	419	6	1.6	0.5	4.7
High School Graduate or G.E.D.	982	26	2.4	1.4	4.1
Some College	1,103	42	3.7	2.5	5.5
College Graduate	1,182	75	6.5	4.7	9.0
INCOME					
Less than \$10,000	267	8	2.1	1.0	4.5
\$10-19,999	609	12	2.3	1.0	4.9
\$20-49,999	1,222	50	3.6	2.4	5.4
\$50,000 or more	1,053	69	5.6	4.0	7.8
EMPLOYMENT					
Employed	1,425	72	4.8	3.5	6.6
Unemployed/Unable to Work	532	15	2.3	1.1	4.8
Homemaker/Student	572	16	2.0	1.0	3.9
Retired	1,143	45	4.0	2.7	5.8
Geographic Region[⊙]					
Northwest	888	25	3.3	2.0	5.6
Northeast	688	46	6.0	4.0	8.9
Metro	803	30	3.3	2.2	5.1
Southeast	655	26	2.8	1.7	4.6
Southwest	660	22	3.1	1.8	5.4

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

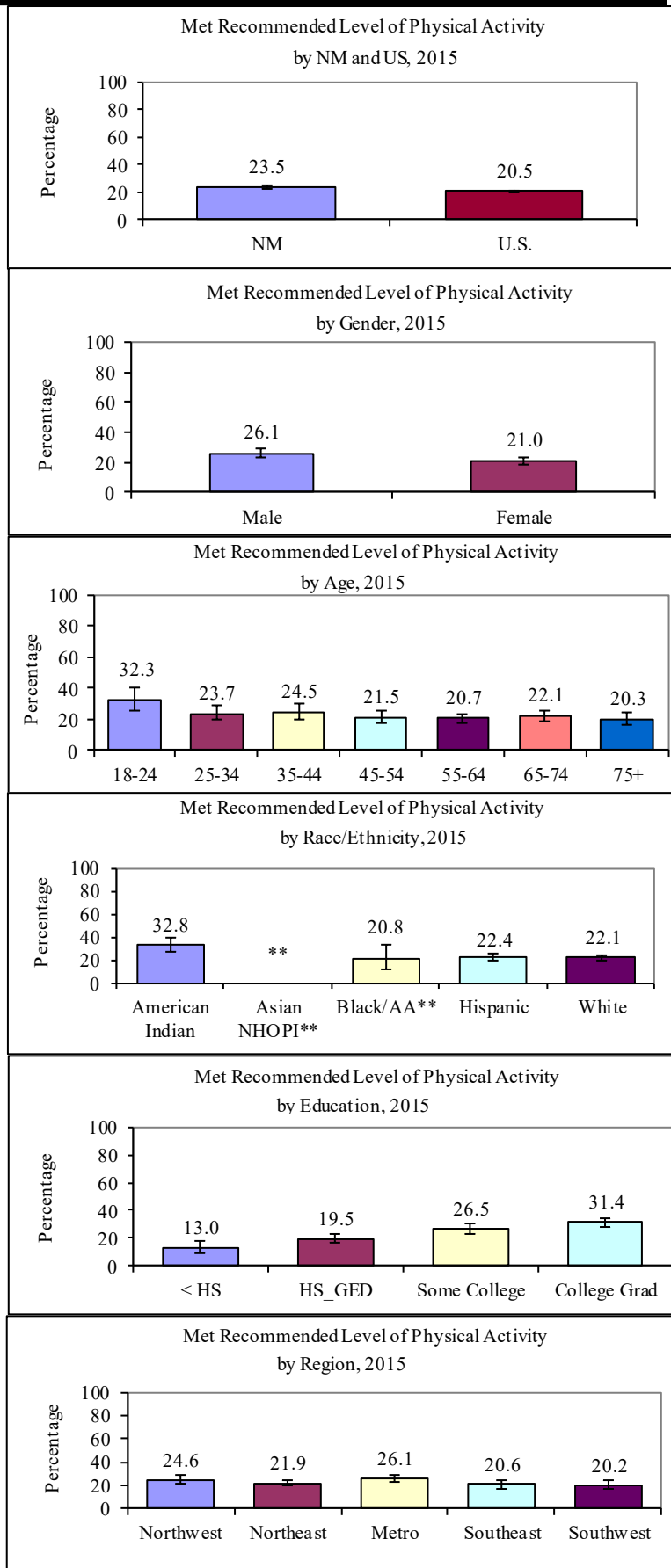
“And when you took part in this activity, for how many minutes or hours did you usually keep at it?”

“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,

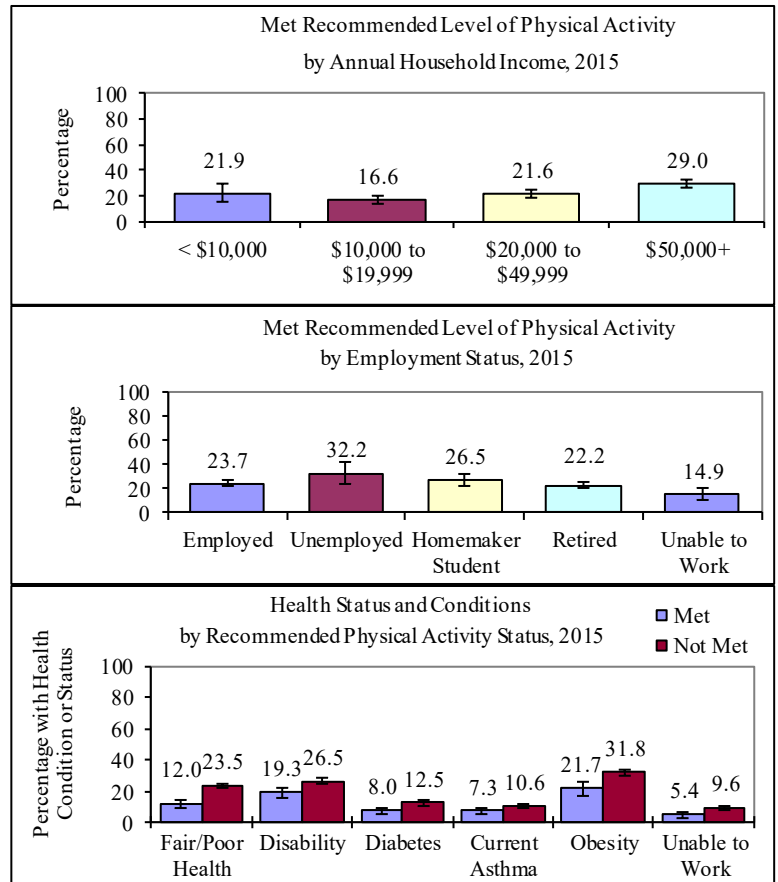
- ◆ 23.5% of adults met recommended level and intensity of physical activity. This percentage was higher than the U.S. (20.5%).
- ◆ Adult males (26.1%) were slightly more likely to have met recommended levels of physical activity than adult females (21.0%).
- ◆ The rate of recommended physical activity was fairly similar across age groups with the exception of the youngest group, age 18-24, which had a higher rate of 32.3%.
- ◆ A greater percentage of American Indian adults met recommendations than other racial/ethnic groups.
- ◆ The prevalence of having met the recommended level of physical activity increased with level of education, from 13.0% of those without a high school diploma to 31.4% of those with a college degree.
- ◆ The percentage of adults meeting physical activity recommendations was significantly higher in the Northwest and Metro regions compared to the Southeast and Southwest regions.



MET RECOMMENDED LEVEL OF PHYSICAL ACTIVITY

IN NEW MEXICO,

- ◆ Those adults in households with annual income of \$50,000 or more were more likely to meet physical activity recommendations (29.0%).
- ◆ Physical activity level was higher among those who were unemployed (32.2%) and lower among those adults who were unable to work (14.9%).
- ◆ 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, 2015.

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
TOTAL	5,915	1,285	23.5	21.9	25.3
SEXUAL ORIENTATION					
Heterosexual	5,472	1,187	23.7	21.9	25.5
LGBT	175	36	17.6	11.7	25.7
AGE					
18-24	267	84	32.3	25.5	40.0
25-34	503	130	23.7	19.4	28.5
35-44	638	147	24.5	20.0	29.6
45-54	927	201	21.5	17.8	25.8
55-64	1,430	292	20.7	17.9	23.8
65-74	1,287	270	22.1	18.9	25.6
75+	854	161	20.3	16.7	24.5
RACE/ETHNICITY					
American Indian	494	131	32.8	27.1	39.0
Asian NHOPI**	39	-	-	-	-
Black/AA**	71	18	20.8	12.2	33.2
Hispanic	1,856	362	22.4	19.6	25.4
White	3,318	727	22.1	20.1	24.3
EDUCATION					
Less than High School Graduate	669	79	13.0	9.3	17.9
High School Graduate or G.E.D.	1,553	269	19.5	16.6	22.7
Some College	1,653	369	26.5	23.3	30.1
College Graduate	2,030	566	31.4	28.4	34.6
INCOME					
Less than \$10,000	383	69	21.9	15.9	29.3
\$10-19,999	863	136	16.6	13.3	20.5
\$20-49,999	1,914	376	21.6	18.8	24.7
\$50,000 or more	2,025	552	29.0	26.0	32.1
EMPLOYMENT					
Employed	2,595	599	23.7	21.2	26.3
Unemployed/Unable to Work	823	137	21.8	17.4	26.9
Homemaker/Student	574	137	26.5	21.4	32.2
Retired	1,902	405	22.2	19.6	25.0
Geographic Region ⊛					
Northwest	1,363	273	24.6	21.4	28.2
Northeast	1,143	274	21.9	19.1	24.9
Metro	1,290	330	26.1	22.9	29.5
Southeast	1,038	177	20.6	17.2	24.5
Southwest	1,081	231	20.2	17.2	23.7

§ 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 the total across some categories 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,509	598	26.1	23.5	28.9
SEXUAL ORIENTATION					
Heterosexual	2,310	552	26.5	23.7	29.4
LGBT**	75	12	10.9	5.0	21.9
AGE					
18-24	128	48	38.0	27.9	49.3
25-34	238	65	27.4	21.0	34.9
35-44	284	73	26.5	20.0	34.3
45-54	373	91	23.3	18.0	29.6
55-64	605	124	21.3	17.2	26.1
65-74	538	120	23.2	18.1	29.2
75+	341	77	22.5	17.2	28.8
RACE/ETHNICITY					
American Indian	207	67	39.0	30.7	48.0
Asian NHOPI**	18	-	-	-	-
Black/AA**	27	-	-	-	-
Hispanic	777	166	24.7	20.4	29.7
White	1,407	326	23.3	20.2	26.6
EDUCATION					
Less than High School Graduate	288	34	15.0	9.1	24.0
High School Graduate or G.E.D.	683	139	22.1	17.8	27.1
Some College	625	164	30.7	25.6	36.4
College Graduate	907	259	32.4	28.0	37.2
INCOME					
Less than \$10,000	133	26	25.5	15.7	38.7
\$10-19,999	321	53	18.0	12.8	24.7
\$20-49,999	781	161	22.7	18.5	27.5
\$50,000 or more	1,020	302	31.7	27.6	36.2
EMPLOYMENT					
Employed	1,290	317	26.1	22.7	29.8
Unemployed/Unable to Work	327	61	24.1	17.8	31.6
Homemaker/Student**	61	26	42.6	27.7	59.0
Retired	826	191	21.8	18.3	25.9
Geographic Region[⊛]					
Northwest	556	127	30.5	25.3	36.2
Northeast	502	117	21.6	17.5	26.3
Metro	545	160	29.6	24.7	35.0
Southeast	435	86	23.0	17.8	29.2
Southwest	471	108	21.7	17.1	27.2

* 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 the total across some categories 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, 2015.

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 (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,406	687	21.0	18.9	23.3
SEXUAL ORIENTATION					
Heterosexual	3,162	635	21.0	18.8	23.4
LGBT**	100	24	23.8	14.9	35.8
AGE					
18-24	139	36	25.9	17.7	36.2
25-34	265	65	19.8	14.8	25.9
35-44	354	74	22.5	16.8	29.5
45-54	554	110	19.9	15.0	25.8
55-64	825	168	20.2	16.5	24.3
65-74	749	150	21.1	17.4	25.3
75+	513	84	18.7	14.0	24.5
RACE/ETHNICITY					
American Indian	287	64	26.7	19.3	35.7
Asian NHOPI**	21	-	-	-	75.0
Black/AA**	44	-	-	-	-
Hispanic	1,079	196	20.1	16.8	23.8
White	1,911	401	21.0	18.4	24.0
EDUCATION					
Less than High School Graduate	381	45	11.0	7.4	16.0
High School Graduate or G.E.D.	870	130	16.7	13.2	21.0
Some College	1,028	205	23.1	19.1	27.6
College Graduate	1,123	307	30.4	26.5	34.6
INCOME					
Less than \$10,000	250	43	19.3	12.6	28.3
\$10-19,999	542	83	15.5	11.5	20.5
\$20-49,999	1,133	215	20.7	17.0	24.8
\$50,000 or more	1,005	250	25.5	21.5	29.9
EMPLOYMENT					
Employed	1,305	282	20.3	17.2	23.8
Unemployed/Unable to Work	496	76	19.8	14.1	27.2
Homemaker/Student	513	111	22.1	17.5	27.7
Retired	1,076	214	22.5	19.0	26.4
Geographic Region[⊛]					
Northwest	807	146	18.9	15.4	23.0
Northeast	641	157	22.2	18.6	26.2
Metro	745	170	22.9	19.0	27.3
Southeast	603	91	18.2	14.1	23.2
Southwest	610	123	18.8	15.2	23.1

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

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

QUESTIONS:

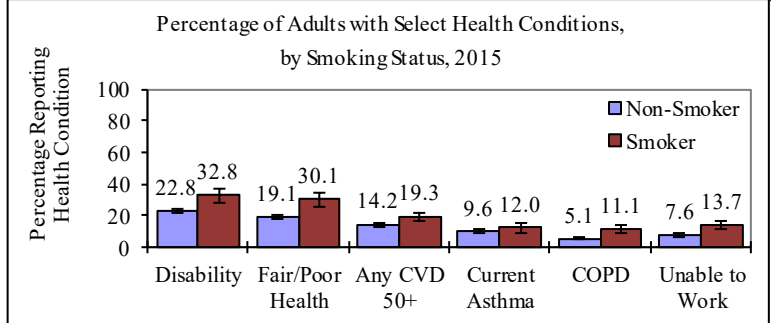
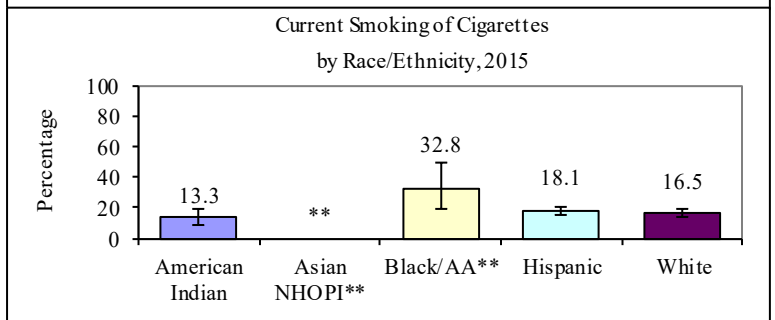
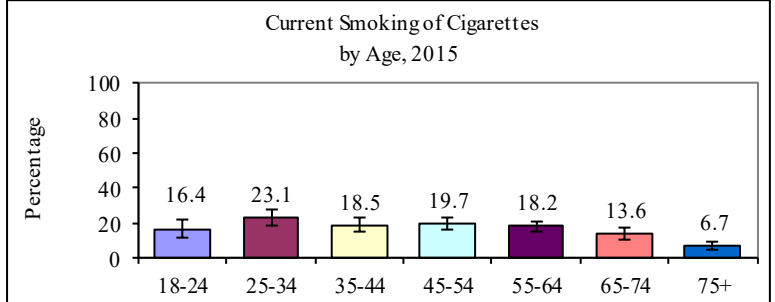
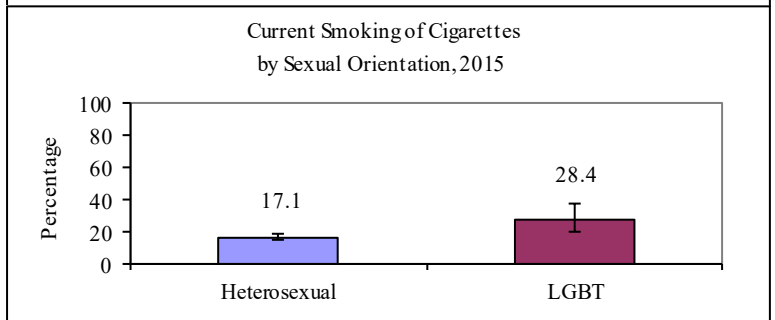
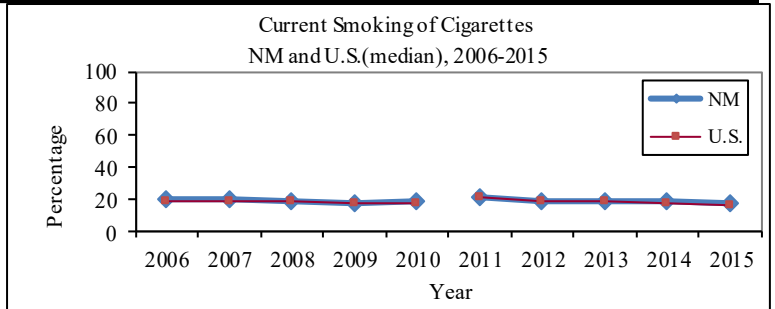
“Have you smoked at least 100 cigarettes in your entire life?”

“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.³⁵ An estimated 42,000 New Mexicans suffer from chronic smoking-related illnesses and about 2,100 die every year.^{36, 37} Exposure to second-hand smoke can cause serious health effects, including sudden infant death syndrome, asthma in children, heart attacks, and lung cancer.^{16, 35} 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,

- ◆ 17.5% of adults were current smokers, which was not statistically different from the U.S. (16.8%).
- ◆ The prevalence of cigarette smoking declined from 21.5% in 2011 to 17.5% in 2015.
- ◆ Men (19.1%) were more likely to be current cigarette smokers than were women (16.0%).
- ◆ The prevalence of current smoking among Lesbian, Gay, Bisexual or Transgender adults was significantly higher than among heterosexual adults.
- ◆ The highest rate of cigarette smoking was in the 25-34 year-old age group (23.1%).
- ◆ Black/African Americans (32.8%) were significantly more likely to smoke cigarettes than other racial/ethnic groups.
- ◆ 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.



- ◆ The prevalence of smoking was highest among those with the lowest education and annual household income.
- ◆ 62.2% 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, 2015.

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
TOTAL	6,447	956	17.5	16.1	19.1
SEXUAL ORIENTATION					
Heterosexual	5,938	869	17.1	15.6	18.8
LGBT	186	45	28.4	20.4	38.1
AGE					
18-24	305	52	16.4	11.6	22.6
25-34	550	120	23.1	18.9	27.9
35-44	700	117	18.5	14.8	23.0
45-54	995	183	19.7	16.3	23.7
55-64	1,534	250	18.2	15.6	21.1
65-74	1,372	177	13.6	10.7	17.1
75+	930	49	6.7	4.5	9.8
RACE/ETHNICITY					
American Indian	562	53	13.3	9.2	18.7
Asian NHOPI**	40	-	-	-	-
Black/AA**	75	20	32.8	19.4	49.9
Hispanic	2,047	340	18.1	15.8	20.7
White	3,557	508	16.5	14.5	18.7
EDUCATION					
Less than High School Graduate	754	171	23.7	19.7	28.3
High School Graduate or G.E.D.	1,737	319	21.0	18.1	24.2
Some College	1,786	266	17.1	14.5	20.1
College Graduate	2,153	200	9.5	7.8	11.5
INCOME					
Less than \$10,000	417	101	25.6	19.8	32.5
\$10-19,999	971	213	23.6	19.8	27.8
\$20-49,999	2,067	326	19.4	16.7	22.3
\$50,000 or more	2,118	219	13.1	10.9	15.7
EMPLOYMENT					
Employed	2,820	419	18.5	16.3	21.0
Unemployed/Unable to Work	903	242	26.9	22.9	31.3
Homemaker/Student	648	82	12.8	9.7	16.8
Retired	2,043	210	11.6	9.5	14.0
Geographic Region ⊛					
Northwest	1,503	219	14.6	12.3	17.3
Northeast	1,235	169	17.3	14.4	20.5
Metro	1,406	214	18.3	15.6	21.3
Southeast	1,129	191	20.5	17.5	24.0
Southwest	1,174	163	15.2	12.6	18.2

§ 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 the total across some categories 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, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking of Cigarettes Among Adult Men			
		Total # Reporting Current Smoking of Cigarettes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	2,712	436	19.1	16.9	21.5
SEXUAL ORIENTATION					
Heterosexual	2,496	392	18.2	16.0	20.7
LGBT**	77	17	28.3	16.1	44.9
AGE					
18-24	140	24	14.2	8.7	22.3
25-34	260	71	27.2	20.9	34.6
35-44	313	51	17.8	12.6	24.5
45-54	396	70	21.1	15.6	27.9
55-64	645	121	21.9	17.8	26.7
65-74	575	76	16.1	11.1	22.7
75+	365	19	4.9	2.9	8.2
RACE/ETHNICITY					
American Indian	234	33	18.0	11.6	26.9
Asian NHOPI**	17	-	-	-	-
Black/AA**	29	-	-	-	-
Hispanic	856	174	20.5	16.9	24.5
White	1,496	202	16.0	13.4	19.1
EDUCATION					
Less than High School Graduate	328	91	27.4	21.2	34.7
High School Graduate or G.E.D.	747	161	23.0	18.6	28.0
Some College	674	97	18.4	14.4	23.3
College Graduate	955	87	9.6	7.1	12.7
INCOME					
Less than \$10,000	145	44	32.9	22.9	44.7
\$10-19,999	355	92	27.7	21.5	34.9
\$20-49,999	839	153	21.2	17.2	25.9
\$50,000 or more	1,060	100	13.1	10.0	17.0
EMPLOYMENT					
Employed	1,379	222	19.5	16.5	22.9
Unemployed/Unable to Work	368	107	28.0	22.0	34.8
Homemaker/Student**	68	13	15.8	8.2	28.5
Retired	889	93	12.6	9.4	16.7
Geographic Region[⊛]					
Northwest	611	98	16.1	12.5	20.5
Northeast	538	76	18.9	14.5	24.3
Metro	594	102	19.7	15.7	24.4
Southeast	467	85	22.9	18.1	28.4
Southwest	502	75	16.5	12.6	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 the total across some categories 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 CIGARETTE SMOKING — FEMALES

Table 93. Percentage of adult females who were current cigarette smokers, New Mexico, 2015.

Demographic Characteristics	Total Number Who Responded to the Question*	Current Smoking of Cigarettes Among Adult Women			
		Total # Reporting Current Smoking of Cigarettes	Weighted Percent (%) [§]	95% Confidence Interval [‡]	
				Lower	Upper
TOTAL	3,735	520	16.0	14.1	18.1
SEXUAL ORIENTATION					
Heterosexual	3,442	477	16.1	14.1	18.3
LGBT**	109	28	28.5	18.8	40.7
AGE					
18-24	165	28	18.6	11.5	28.7
25-34	290	49	18.6	13.6	25.1
35-44	387	66	19.3	14.1	25.7
45-54	599	113	18.4	14.6	23.1
55-64	889	129	14.8	11.7	18.5
65-74	797	101	11.5	8.7	14.9
75+	565	30	8.0	4.8	13.1
RACE/ETHNICITY					
American Indian	328	20	8.7	4.6	16.0
Asian NHOPI**	23	-	-	-	35.7
Black/AA**	46	-	-	-	-
Hispanic	1,191	166	15.9	13.0	19.2
White	2,061	306	17.0	14.2	20.2
EDUCATION					
Less than High School Graduate	426	80	20.0	15.1	26.1
High School Graduate or G.E.D.	990	158	19.0	15.2	23.3
Some College	1,112	169	16.1	12.8	20.1
College Graduate	1,198	113	9.4	7.3	12.1
INCOME					
Less than \$10,000	272	57	20.5	14.1	29.0
\$10-19,999	616	121	20.4	15.9	25.7
\$20-49,999	1,228	173	17.7	14.4	21.5
\$50,000 or more	1,058	119	13.0	10.2	16.5
EMPLOYMENT					
Employed	1,441	197	17.2	14.0	20.9
Unemployed/Unable to Work	535	135	25.9	20.7	31.9
Homemaker/Student	580	69	12.0	8.8	16.2
Retired	1,154	117	10.7	8.3	13.7
Geographic Region[⊛]					
Northwest	892	121	13.2	10.3	16.7
Northeast	697	93	15.7	12.4	19.7
Metro	812	112	16.9	13.4	21.1
Southeast	662	106	18.2	14.5	22.6
Southwest	672	88	14.0	10.8	17.8

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

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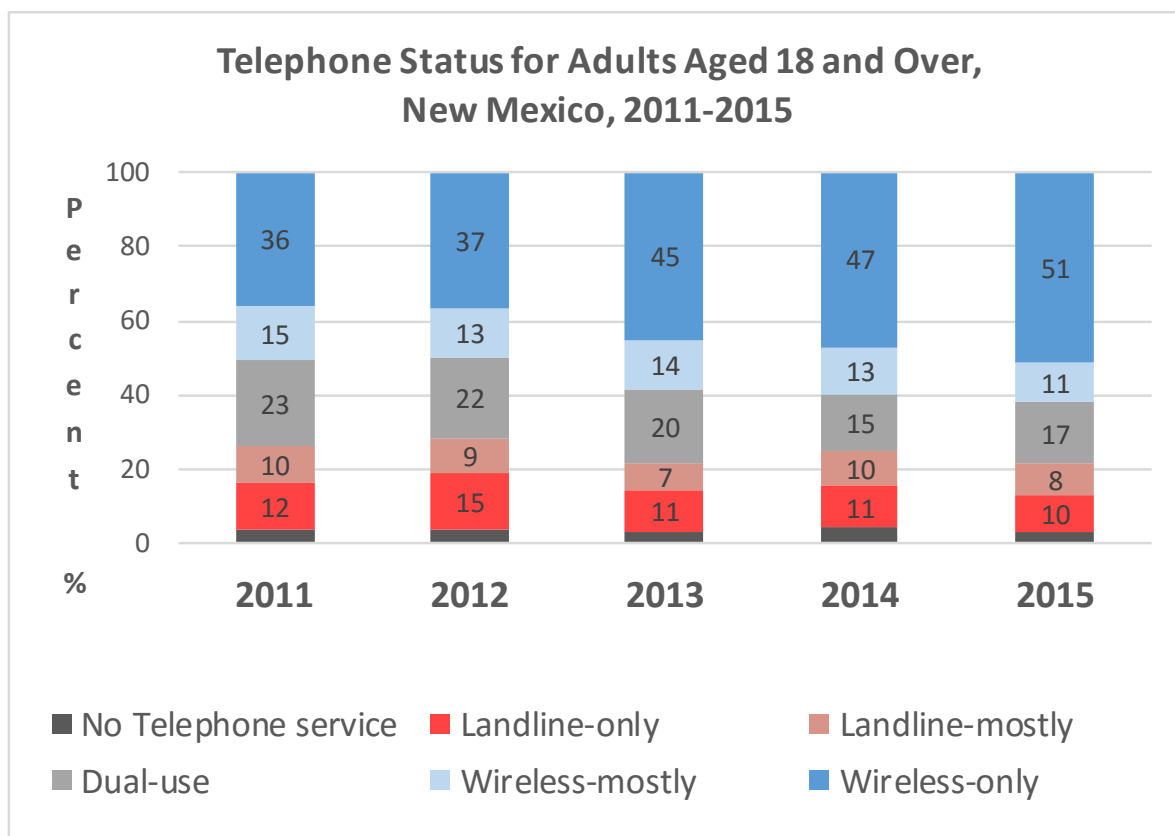
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APPENDICES

APPENDIX I—METHODS

The 2015 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 2015, only 3.2% of New Mexico adults were living in private residences without either form of telephone service.²³ Telephone coverage varies considerably from county to county within the state. For example, the 2000 U.S. Census showed the proportion of households without landline telephone coverage was 2.5% for Bernalillo County and 31.6% for McKinley County, respectively.⁴¹

Use of cellular telephones as the exclusive form of telephone service has been increasing dramatically in recent years, as demonstrated by the following chart presenting the distribution of telephone status for adults in New Mexico from 2011 to 2015.⁴⁰



Sam- lection

ple Se-

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

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 2015, 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 2015 was 6,734.

Sources of Error

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

Sampling error results because the estimates are based on a sample of the population rather than a census of the entire population. This type of error occurs in even the most sophisticated sampling design. However, since the estimates are based on a probability sample, the amount of sampling error in the estimates can be estimated and is reflected in the confidence intervals around the estimates.

Non-sampling error is not reflected in the confidence intervals of the estimates, and the direction and magnitude of this error is difficult to estimate accurately. Because of non-sampling error, the total error in the estimate is typically larger than the estimated confidence intervals shown in the report.

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

- ◆ **Non-coverage 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

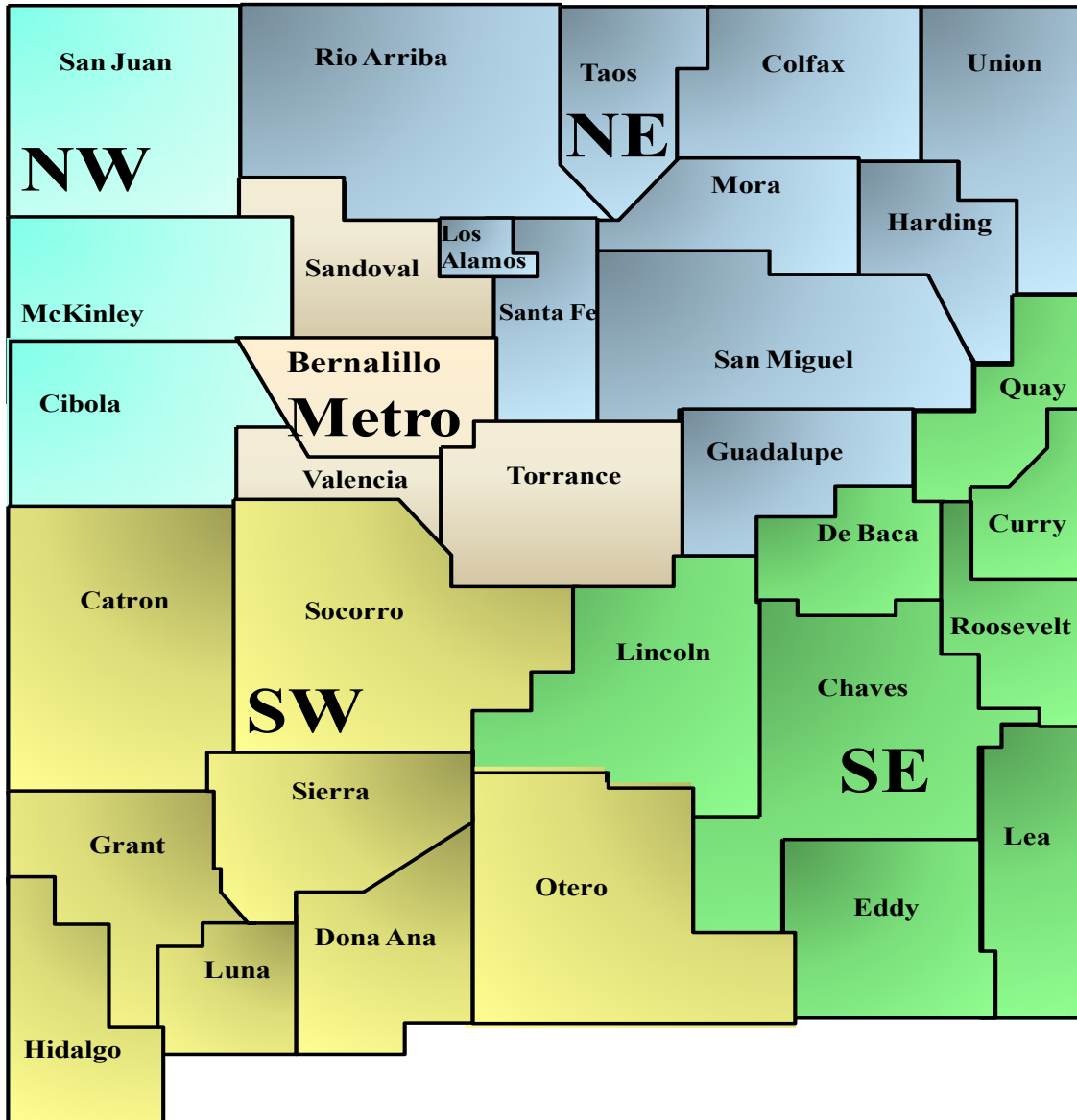
The estimates presented in this report are weighted percentages. Records of the sample were adjusted by a weighting factor to produce the prevalence estimates representative of the adult population as a whole. There are several components to the weight used to adjust the sample percentage.

- ◆ 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 2015 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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