

CHRONIC DISEASE PREVALENCE AMONG NEW MEXICAN ADULTS

Results from the 2023 New Mexico Behavioral Risk Factor Surveillance System

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BRFSS data and supporting documentation are available at:

www.cdc.gov/brfss

Or [HTTPS://NMHEALTH.ORG/ABOUT/ERD/IBEB/BRFSS/](https://nmhealth.org/about/erd/ibeb/brfss/)

The BRFSS is supported and coordinated by the Population Health Surveillance Branch, Division of Population Health, National Center for Chronic Disease Prevention and Health Promotion of the Centers for Disease Control and Prevention.

Additionally, BRFSS data and copies of this report and the 2023 questionnaire can be obtained by contacting: Dr. Stephanie Lashway at (505) 231-4030 or STEPHANIE.LASHWAY@DOH.NM.GOV

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Executive Summary

Chronic Disease

Chronic health conditions are the leading causes of illness, disability, and death in the United States. They impact quality of life, job productivity, and healthcare costs.¹ These conditions are also more common among adults 65 and older. Ongoing public health surveillance of such conditions is important to aid public health interventions.

Behavioral Risk Factor Surveillance System (BRFSS)

The New Mexico Behavioral Risk Factor Survey (NM BRFSS) is an annual, statewide telephone health survey of New Mexico adults that is conducted through a collaborative effort between the Population Health Surveillance Branch of the Centers for Disease Control and Prevention (CDC) and the New Mexico Department of Health. NM BRFSS data contribute to the CDC's national BRFSS dataset. This ongoing, nationwide surveillance system collects data on how common health conditions and behaviors that affect risk for disease and injury are in the population. New Mexico has participated in the BRFSS since 1986.

The methods of the BRFSS ensure the data is representative of the non-institutionalized adult population. Individuals who are 18 years of age or older, have a cell phone or landline telephone, and live in a private residence or college dormitory can participate in the survey. Participation in the survey is voluntary, and all individual information collected is confidential. Identifying information such as name, date of birth, or address, is not collected. In 2023, New Mexico had a response rate of 47.9% and a sample size of 3,220 respondents.

The data presented in this report are the estimated population percentages of adults with a particular health condition, risk factor, or behavior. By BRFSS convention and the New Mexico Department of Health's Small Numbers Rule, when a particular estimate is based on less than 50 respondents, the estimate is not presented because estimates based on small sample sizes are considered unreliable.² This impacts reporting for the two smallest race/ethnic populations in NM (Asian/Native Hawaiian or Pacific Islander and Black/African American) when reporting for a single year.

Chronic Disease in New Mexico

Among the conditions in this report, the most common are high cholesterol, hypertension (high blood pressure), and arthritis. 85% of NM adults have had their cholesterol tested, and 35% have been told their cholesterol is high by a healthcare provider. About one third of NM adults have been told by a healthcare provider that their blood pressure is high. 1 in 4 NM adults have been diagnosed with some form of arthritis (including rheumatoid arthritis, gout, lupus, or fibromyalgia).

¹ Fast Facts: Health and Economic Costs of Chronic Conditions. Centers for Disease Control and Prevention. July 2024. <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.html>

² New Mexico Rule for Small Numbers and Public Data Release. <https://ibis.doh.nm.gov/contentfile/docs/Standards/NMSmallNumbersRule2006.pdf>

Definitions of Frequently Used Terms

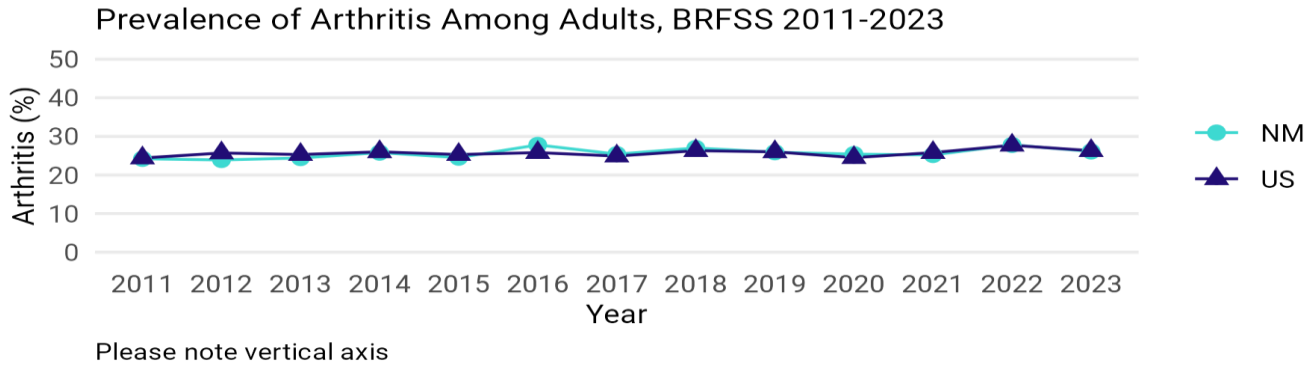
- **chronic:** continuing for a long time, ongoing
- **prevalence:** percentage of people with a sickness or condition
- **sample size:** the number of people who answered the survey questions
- **confidence interval:** the range of uncertainty around an estimate
- **independent living disability:** one or more of the following conditions - serious difficulty concentrating, remembering, or making decisions; difficulty dressing or bathing; difficulty doing errands alone such as visiting a doctor's office or shopping
- **physical disability:** one or more of the following conditions - serious difficulty hearing or deaf; serious difficulty seeing or blind; serious difficulty walking or climbing stairs

Arthritis

Survey Question:

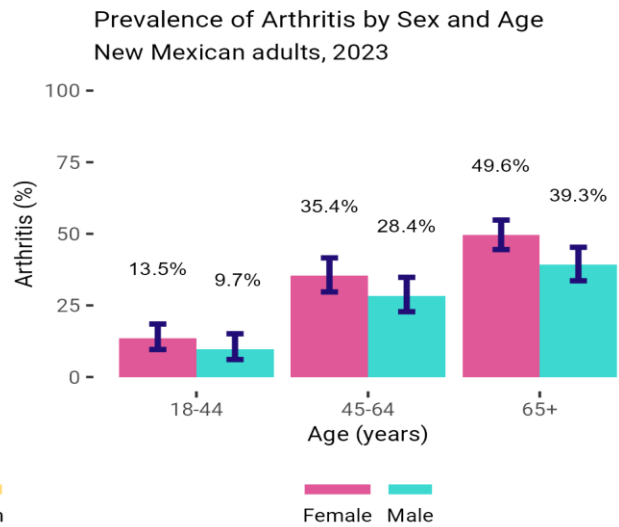
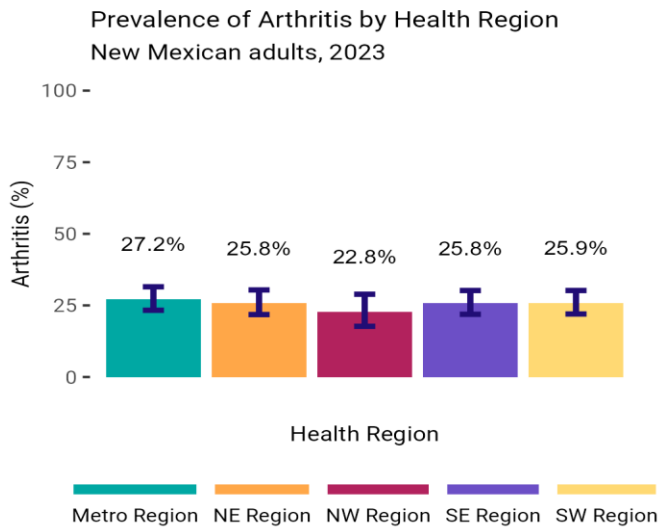
Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?



Among New Mexican adults:

- 26% have been diagnosed with some form of arthritis.
- Those aged 45-64 have 2.8 times higher prevalence of arthritis than those aged 18-44.



		Arthritis (%)[*]	95% Confidence Interval[†]
Total	State	26.1	[24.0 - 28.4]
Age	18-44	11.5	[8.8 - 15.0]
	45-64	32.0	[27.9 - 36.5]
	65+	44.9	[41.0 - 48.9]
Sex	Male	22.4	[19.5 - 25.6]
	Female	29.7	[26.7 - 32.9]
Race/Ethnicity[‡]	AIAN	18.1	[12.4 - 25.5]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	22.6	[19.2 - 26.3]
	White	33.6	[30.4 - 36.9]
Sexual Orientation[§]	Heterosexual	27.7	[25.4 - 30.2]
	LGB, other	25.4	[17.3 - 35.6]
Disability Status	No Disability	17.8	[15.7 - 20.1]
	Physical Disability Alone	40.2	[33.6 - 47.1]
	Independent Living Disability Alone	23.2	[16.8 - 31.1]
	Both Physical and Independent Living Disability	63.0	[55.3 - 70.0]
Household Income	<\$15,000	27.4	[20.6 - 35.4]
	\$15,000-\$24,999	35.8	[27.7 - 44.7]
	\$25,000-\$49,999	26.4	[22.6 - 30.7]
	\$50,000-\$74,999	27.5	[21.9 - 33.9]
	\$75,000	24.2	[20.2 - 28.8]
Education Level	<High School	24.5	[18.6 - 31.7]
	Highschool Grad/GED	25.7	[22.8 - 28.8]
	College Graduate	28.1	[24.8 - 31.7]
Employment Status	Employed	18.4	[15.6 - 21.6]
	Unemployed/Unable to work	39.0	[32.5 - 46.0]
	Homemaker/Student	12.2	[8.4 - 17.4]
	Retired	45.3	[41.0 - 49.8]
Urban/Rural	Metropolitan (Metro)	29.5	[25.1 - 34.3]
	Small Metro	26.5	[22.8 - 30.5]
	Mixed Urban/Rural	26.6	[23.3 - 30.1]
	Rural	28.4	[21.6 - 36.2]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health professional that they had arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

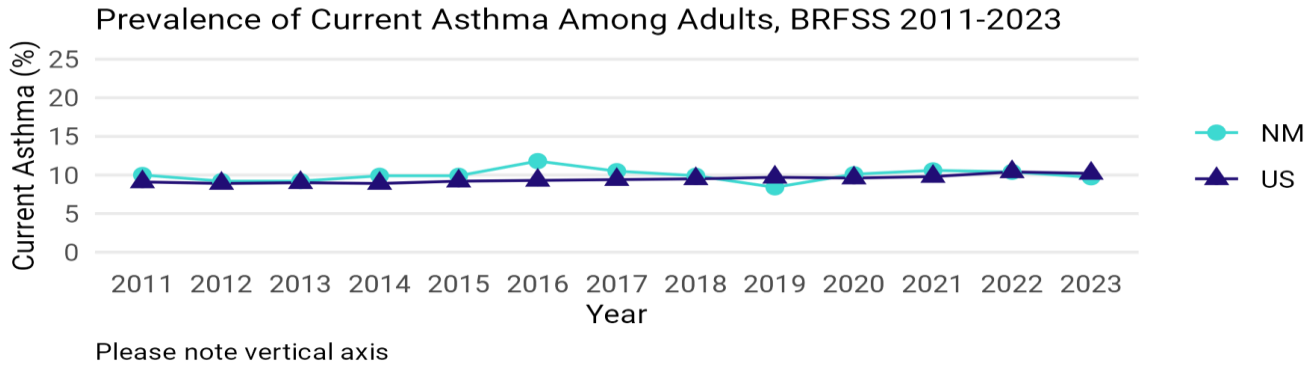
§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Current Asthma

Survey Question:

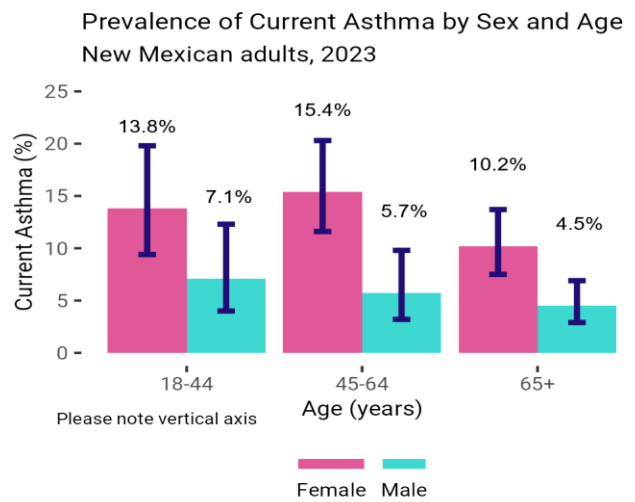
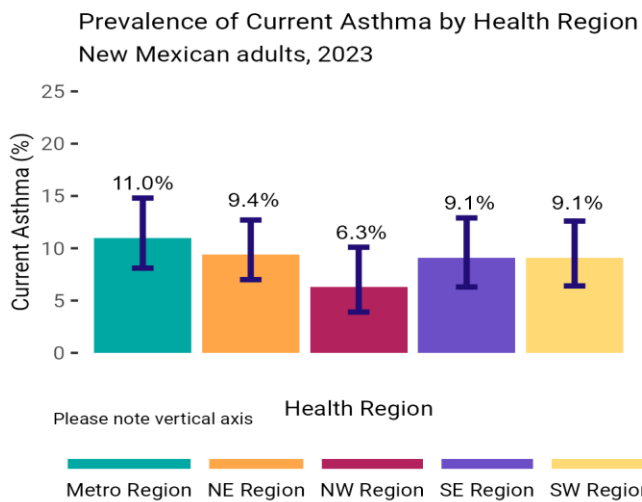
Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Asthma? (if yes) Do you still have asthma?



Among New Mexican adults:

- 12.6% have ever been diagnosed with asthma.
- 9.7% currently have asthma.
- Females have 2.2 times higher prevalence of current asthma than males.
- Those living in a metropolitan area have 2.6 times higher prevalence of current asthma than those living in rural areas.



		Current Asthma (%)[*]	95% Confidence Interval[†]
Total	State	9.7	[8.1 - 11.6]
Age	18-44	10.4	[7.6 - 14.2]
	45-64	10.7	[8.3 - 13.8]
	65+	7.6	[5.9 - 9.8]
Sex	Male	6.0	[4.2 - 8.5]
	Female	13.2	[10.8 - 16.1]
Race/Ethnicity[‡]	AIAN	6.7	[3.7 - 11.8]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	9.4	[6.7 - 12.9]
	White	10.2	[8.3 - 12.4]
Sexual Orientation[§]	Heterosexual	8.6	[7.1 - 10.5]
	LGB, other	16.2	[10.2 - 24.9]
Disability Status	No Disability	7.9	[6.2 - 10.1]
	Physical Disability Alone	5.8	[3.5 - 9.3]
	Independent Living Disability Alone	11.3	[7.2 - 17.4]
	Both Physical and Independent Living Disability	18.7	[13.6 - 25.2]
Household Income	<\$15,000	12.6	[8.1 - 19.0]
	\$15,000-\$24,999	12.9	[7.4 - 21.6]
	\$25,000-\$49,999	7.8	[5.5 - 11.0]
	\$50,000-\$74,999	9.1	[5.9 - 13.7]
	\$75,000	10.2	[6.9 - 15.0]
Education Level	<High School	9.5	[5.5 - 16.1]
	Highschool Grad/GED	9.7	[7.5 - 12.4]
	College Graduate	10.1	[8.0 - 12.7]
Employment Status	Employed	9.3	[6.9 - 12.5]
	Unemployed/Unable to work	14.3	[10.2 - 19.6]
	Homemaker/Student	9.1	[5.6 - 14.4]
	Retired	8.3	[6.3 - 10.8]
Urban/Rural	Metropolitan (Metro)	11.0	[7.8 - 15.2]
	Small Metro	9.8	[7.2 - 13.1]
	Mixed Urban/Rural	8.6	[6.6 - 11.0]
	Rural	4.2	[2.1 - 8.2]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have asthma.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Cancer

Non-Melanoma Skin Cancer

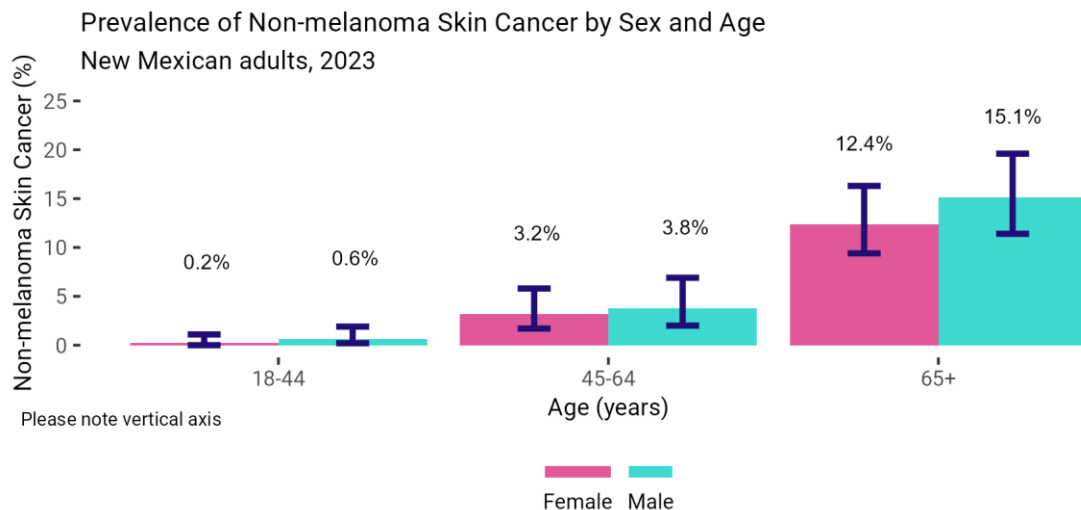
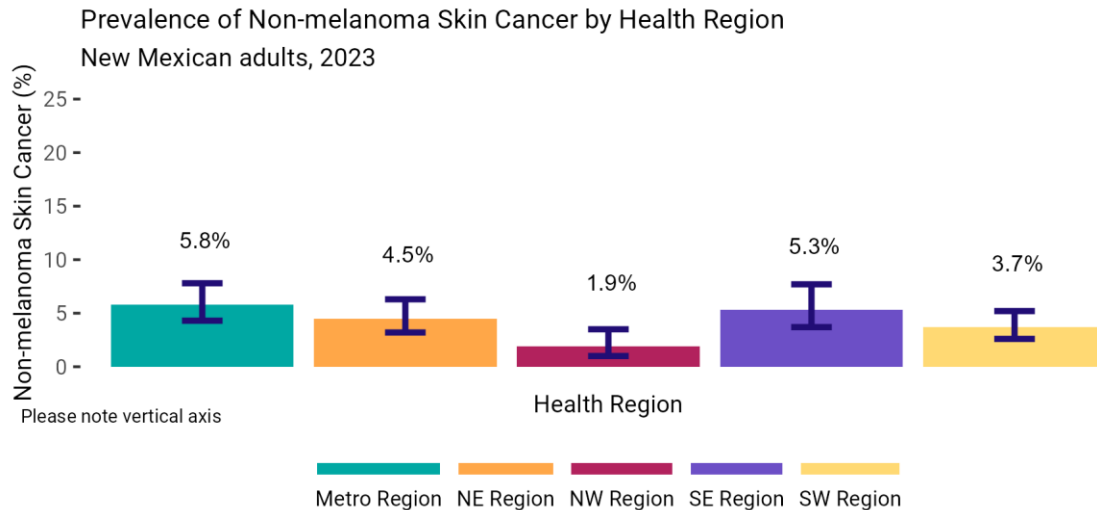
Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Skin cancer that is not melanoma?

Among New Mexican adults:

- 4.8% have a history of non-melanoma skin cancer.
- Those aged 65 years or older have 3.9 times higher prevalence of non-melanoma skin cancer than those aged 45 to 64 years.
- White adults have 6.4 times higher prevalence of non-melanoma skin cancer than American Indian/Alaska Native adults and 9.4 times higher prevalence than Hispanic adults.



		Non-Melanoma Skin Cancer(%)[*]	95% Confidence Interval[†]
Total	State	4.8	[4.0 - 5.7]
Age	18-44	0.4	[0.1 - 1.0]
	45-64	3.5	[2.2 - 5.3]
	65+	13.6	[11.2 - 16.5]
Sex	Male	5.2	[4.0 - 6.7]
	Female	4.4	[3.4 - 5.7]
Race/Ethnicity[‡]	AIAN	1.6	[0.2 - 8.9]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	1.1	[0.6 - 2.3]
	White	10.3	[8.6 - 12.4]
Sexual Orientation[§]	Heterosexual	5.0	[4.1 - 6.1]
	LGB, other	4.2	[2.0 - 8.9]
Disability Status	No Disability	3.9	[3.1 - 5.0]
	Physical Disability Alone	9.4	[6.4 - 13.6]
	Independent Living Disability Alone	2.0	[0.9 - 4.4]
	Both Physical and Independent Living Disability	7.8	[4.7 - 12.5]
Household Income	<\$15,000	1.8	[0.7 - 4.4]
	\$15,000-\$24,999	3.2	[1.7 - 5.9]
	\$25,000-\$49,999	3.7	[2.6 - 5.3]
	\$50,000-\$74,999	4.6	[2.7 - 7.7]
	\$75,000	5.9	[4.3 - 8.1]
Education Level	<High School	1.0	[0.3 - 3.0]
	Highschool Grad/GED	3.5	[2.5 - 4.8]
	College Graduate	9.5	[7.7 - 11.7]
Employment Status	Employed	2.0	[1.4 - 2.9]
	Unemployed/Unable to work	1.4	[0.7 - 2.9]
	Homemaker/Student	1.4	[0.4 - 5.4]
	Retired	14.9	[12.0 - 18.2]
Urban/Rural	Metropolitan (Metro)	5.7	[4.2 - 7.9]
	Small Metro	3.8	[2.8 - 5.3]
	Mixed Urban/Rural	4.1	[3.1 - 5.5]
	Rural	7.4	[4.3 - 12.4]

~ Estimate suppressed because sample size <50.

^{*} Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have skin cancer that is not melanoma.

[†] 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

[‡] Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

All Other Cancers

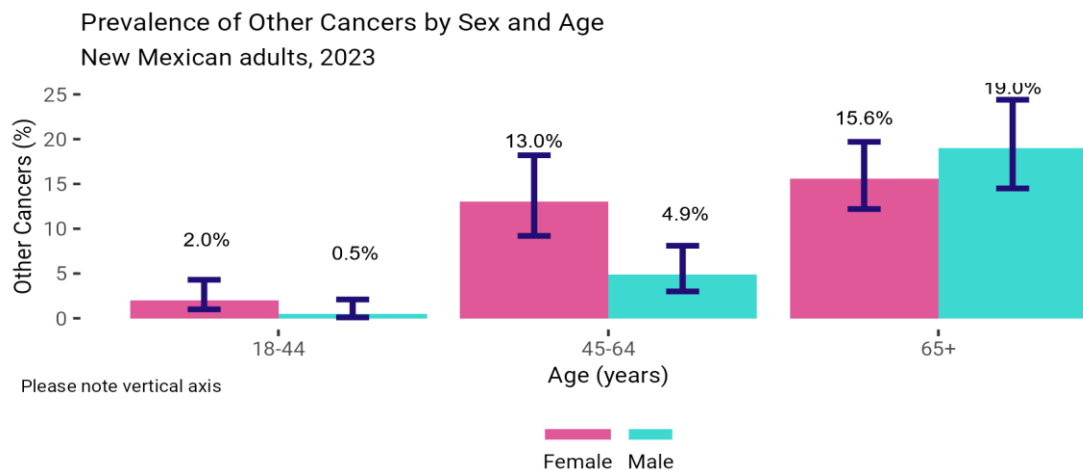
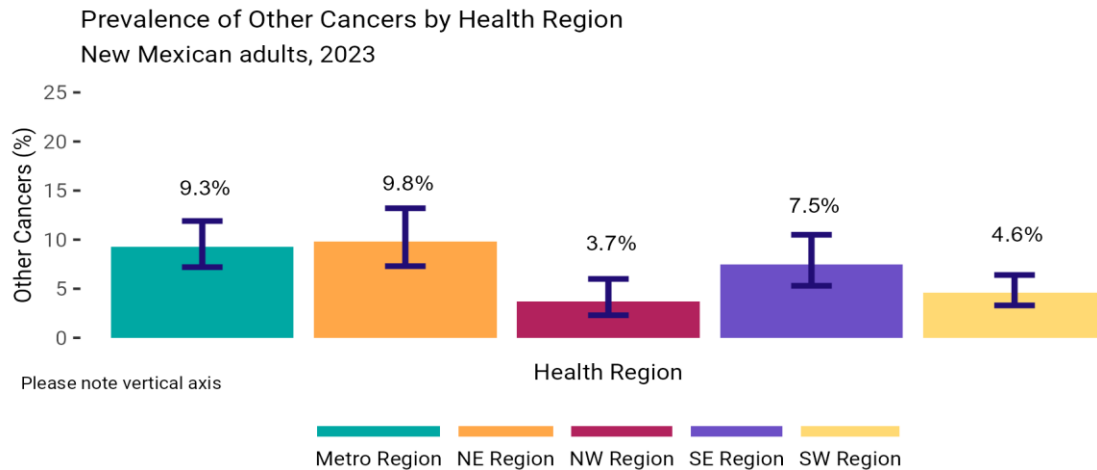
Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Melanoma or any other types of cancer?

Among New Mexican adults:

- 7.7% have a history of cancer other than non-melanoma skin cancer.
- Ages 65+ have 1.9 times higher cancer prevalence than adults ages 45-64. Ages 45-64 have 7 times higher cancer prevalence than adults 18-44 years old.
- Ages 45-64, females have 2.7 times higher prevalence of other cancers than males. However, there is no difference in prevalence between females and males aged 18-44 or 65 years or older.
- White adults have 2.8 and 2.2 times higher prevalence of diagnosed cancer than American Indian/Alaska Natives and Hispanic adults, respectively.



		Other Cancer (Including Melanoma) (%)*	95% Confidence Interval[†]
Total	State	7.7	[6.6 - 9.1]
Age	18-44	1.3	[0.7 - 2.5]
	45-64	9.1	[6.8 - 12.2]
	65+	17.1	[14.3 - 20.4]
Sex	Male	6.3	[4.9 - 8.0]
	Female	9.1	[7.4 - 11.2]
Race/Ethnicity[‡]	AIAN	4.1	[1.8 - 8.7]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	5.2	[3.8 - 7.3]
	White	11.5	[9.6 - 13.7]
Sexual Orientation[§]	Heterosexual	8.4	[7.2 - 9.9]
	LGB, other	2.5	[0.9 - 6.6]
Disability Status	No Disability	6.4	[5.1 - 8.0]
	Physical Disability Alone	11.8	[8.3 - 16.6]
	Independent Living Disability Alone	5.9	[3.3 - 10.5]
	Both Physical and Independent Living Disability	13.3	[9.1 - 19.1]
Household Income	<\$15,000	8.4	[4.3 - 16.0]
	\$15,000-\$24,999	7.5	[4.0 - 13.6]
	\$25,000-\$49,999	6.4	[4.8 - 8.4]
	\$50,000-\$74,999	9.2	[6.0 - 13.8]
	\$75,000	8.5	[6.4 - 11.2]
Education Level	<High School	7.0	[3.8 - 12.4]
	Highschool Grad/GED	6.2	[4.9 - 7.8]
	College Graduate	11.8	[9.5 - 14.5]
Employment Status	Employed	4.2	[3.0 - 5.8]
	Unemployed/Unable to work	8.1	[5.4 - 12.1]
	Homemaker/Student	3.5	[1.7 - 7.3]
	Retired	18.5	[15.3 - 22.2]
Urban/Rural	Metropolitan (Metro)	8.8	[6.7 - 11.5]
	Small Metro	7.9	[6.1 - 10.2]
	Mixed Urban/Rural	6.2	[4.7 - 8.2]
	Rural	8.0	[4.8 - 12.9]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have any type of cancer other than non-melanoma skin cancer.

[†] 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

[‡] Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Cardiovascular Disease

Angina or Coronary Heart Disease (CHD)

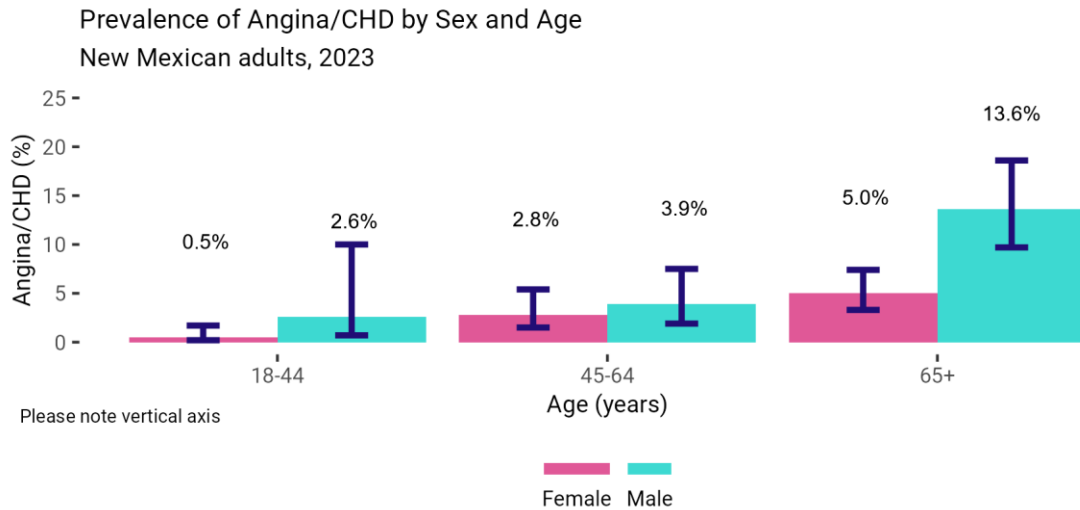
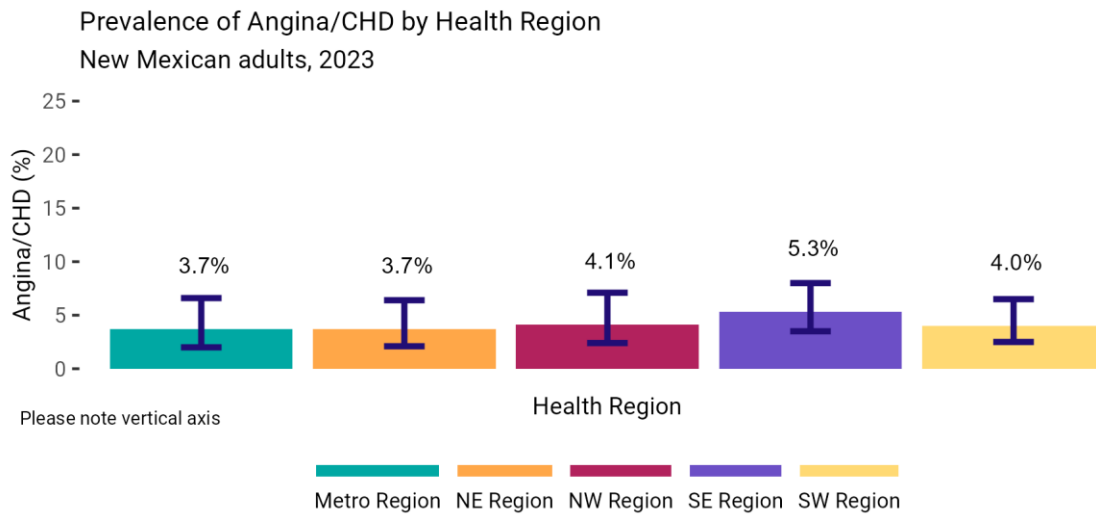
Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Angina or coronary heart disease?

Among New Mexican adults:

- 4.0% have a history of angina or coronary heart disease (CHD).
- Those aged 65 years or older have 2.7 times higher prevalence of angina/CHD than those aged 45 to 64 years.
- Males have 2.4 times higher prevalence of angina/CHD than females.



		Angina/CHD (%)[*]	95% Confidence Interval[†]
Total	State	4.0	[3.0 - 5.3]
Age	18-44	1.6	[0.5 - 5.1]
	45-64	3.3	[2.1 - 5.3]
	65+	8.9	[6.8 - 11.5]
Sex	Male	5.7	[3.9 - 8.2]
	Female	2.4	[1.7 - 3.4]
Race/Ethnicity[‡]	AIAN	2.2	[0.7 - 6.6]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	3.7	[2.1 - 6.5]
	White	4.7	[3.7 - 6.1]
Sexual Orientation[§]	Heterosexual	3.9	[3.0 - 5.0]
	LGB, other	2.0	[0.7 - 5.9]
Disability Status	No Disability	1.7	[1.1 - 2.4]
	Physical Disability Alone	6.3	[3.8 - 10.3]
	Independent Living Disability Alone	3.5	[1.5 - 7.7]
	Both Physical and Independent Living Disability	11.7	[7.9 - 17.0]
Household Income	<\$15,000	5.0	[2.2 - 10.9]
	\$15,000-\$24,999	6.6	[3.8 - 11.1]
	\$25,000-\$49,999	3.8	[2.4 - 6.0]
	\$50,000-\$74,999	3.0	[1.8 - 4.9]
	\$75,000	2.8	[1.0 - 7.2]
Education Level	<High School	3.6	[1.7 - 7.6]
	Highschool Grad/GED	4.1	[2.8 - 6.2]
	College Graduate	3.9	[2.8 - 5.5]
Employment Status	Employed	1.9	[0.8 - 4.3]
	Unemployed/Unable to work	8.2	[5.1 - 12.7]
	Homemaker/Student	1.1	[0.4 - 3.0]
	Retired	8.7	[6.4 - 11.6]
Urban/Rural	Metropolitan (Metro)	3.8	[1.9 - 7.2]
	Small Metro	3.5	[2.2 - 5.5]
	Mixed Urban/Rural	5.0	[3.5 - 7.0]
	Rural	3.8	[1.7 - 8.1]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have angina or coronary heart disease (CHD).

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Heart Attack (Myocardial Infarction)

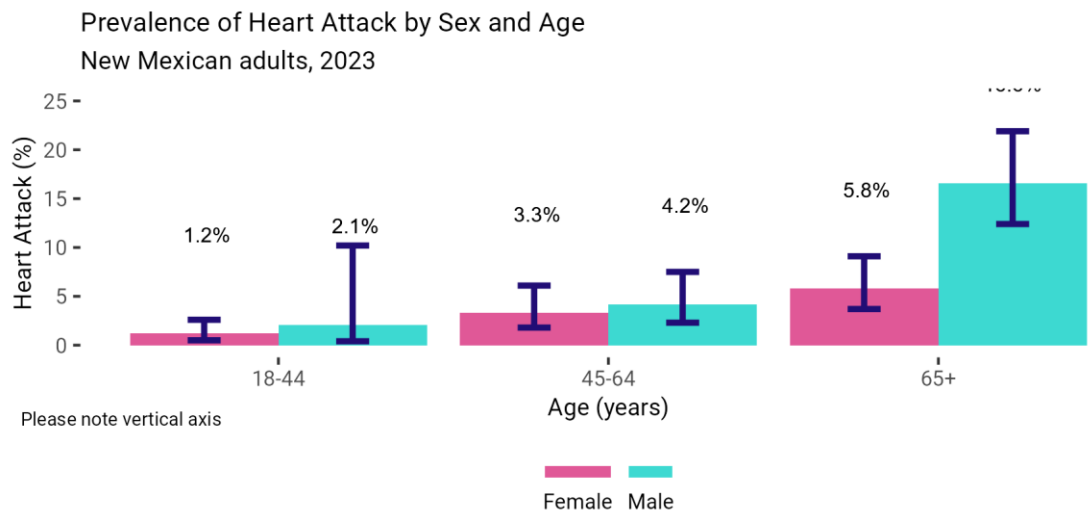
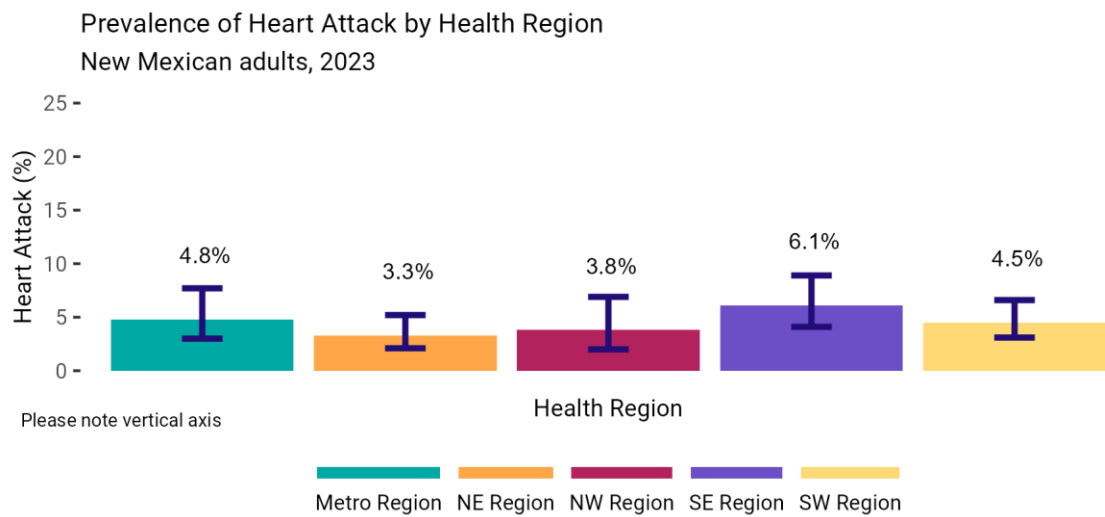
Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- A heart attack also called a myocardial infarction?

Among New Mexican adults:

- 4.6% have had a heart attack.
- Males have 2 times higher prevalence of heart attack than females.
- Those aged 65 years or older have 2.9 times higher prevalence of heart attack than adults aged 45 to 64 years.



		Heart Attack (%) [*]	95% Confidence Interval [†]
Total	State	4.6	[3.6 - 5.9]
Age	18-44	1.7	[0.6 - 4.9]
	45-64	3.7	[2.4 - 5.7]
	65+	10.7	[8.4 - 13.6]
Sex	Male	6.2	[4.4 - 8.6]
	Female	3.1	[2.2 - 4.3]
Race/Ethnicity[‡]	AIAN	3.9	[1.5 - 9.4]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	4.0	[2.4 - 6.6]
	White	5.5	[4.2 - 7.2]
Sexual Orientation[§]	Heterosexual	4.5	[3.6 - 5.6]
	LGB, other	2.4	[1.0 - 5.7]
Disability Status	No Disability	2.4	[1.6 - 3.4]
	Physical Disability Alone	6.9	[4.6 - 10.1]
	Independent Living Disability Alone	3.3	[1.6 - 6.6]
	Both Physical and Independent Living Disability	12.5	[8.7 - 17.7]
Household Income	<\$15,000	7.5	[4.3 - 12.8]
	\$15,000-\$24,999	6.3	[3.7 - 10.5]
	\$25,000-\$49,999	5.2	[3.6 - 7.6]
	\$50,000-\$74,999	3.2	[1.7 - 5.8]
	\$75,000	3.4	[1.5 - 7.7]
Education Level	<High School	5.9	[3.6 - 9.5]
	Highschool Grad/GED	4.3	[2.9 - 6.3]
	College Graduate	4.6	[3.3 - 6.5]
Employment Status	Employed	2.1	[0.9 - 4.4]
	Unemployed/Unable to work	8.8	[5.9 - 13.0]
	Homemaker/Student	1.3	[0.5 - 3.2]
	Retired	10.3	[7.8 - 13.5]
Urban/Rural	Metropolitan (Metro)	5.0	[2.9 - 8.4]
	Small Metro	3.6	[2.4 - 5.4]
	Mixed Urban/Rural	4.9	[3.7 - 6.7]
	Rural	5.5	[2.8 - 10.4]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have had a heart attack (myocardial infarction).

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Hypertension

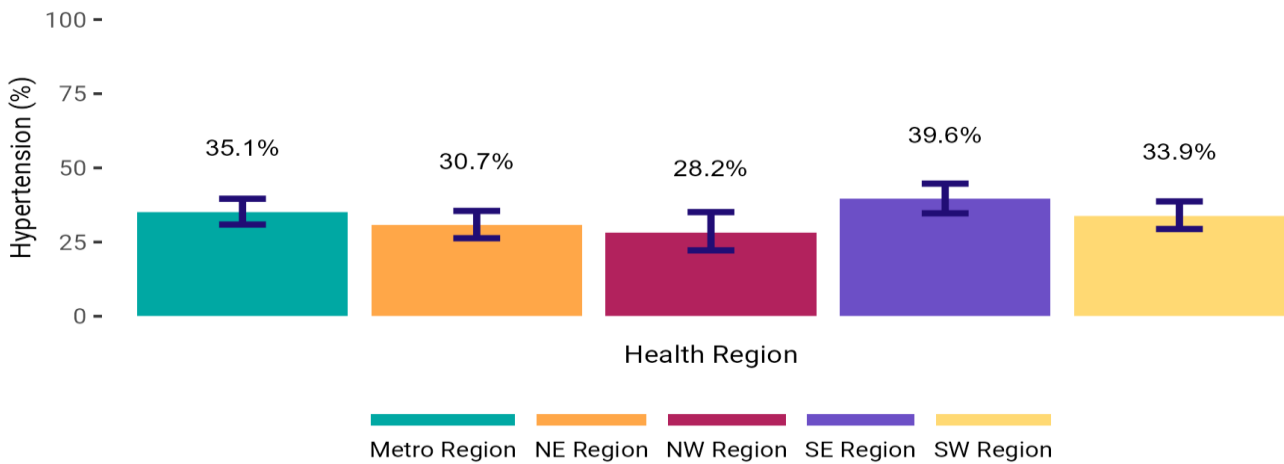
Survey Question:

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

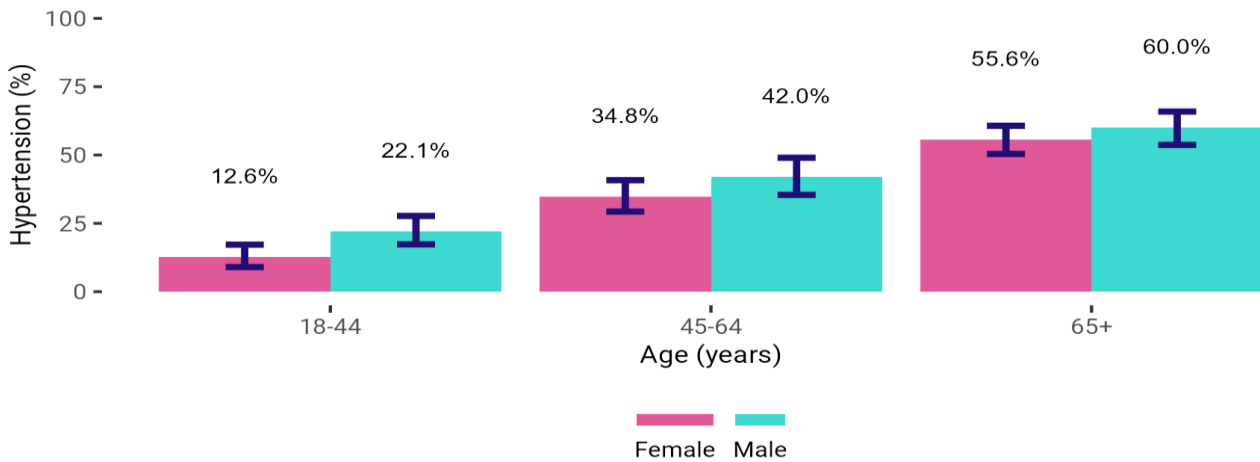
Among New Mexican adults:

- 34.1% have been told by a health care provider that they have high blood pressure.
- The prevalence of high blood pressure is 3.3 times higher among those 65 years or older than those age 18 to 44 years.
- The prevalence of high blood pressure is 1.8 times higher among adults who are unemployed or unable to work than those who are employed.

Prevalence of Hypertension by Health Region
New Mexican adults, 2023



Prevalence of Hypertension by Sex and Age
New Mexican adults, 2023



		Hypertension (%) [*]	95% Confidence Interval [†]
Total	State	34.1	[31.8 - 36.6]
Age	18-44	17.4	[14.3 - 21.0]
	45-64	38.3	[34.0 - 42.8]
	65+	57.6	[53.6 - 61.5]
Sex	Male	37.3	[33.7 - 41.0]
	Female	31.2	[28.2 - 34.4]
Race/Ethnicity[‡]	AIAN	30.1	[22.3 - 39.4]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	28.2	[24.7 - 31.9]
	White	40.1	[36.8 - 43.6]
Sexual Orientation[§]	Heterosexual	35.1	[32.5 - 37.8]
	LGB, other	26.8	[18.1 - 37.9]
Disability Status	No Disability	29.5	[26.7 - 32.5]
	Physical Disability Alone	44.2	[37.6 - 51.0]
	Independent Living Disability Alone	27.2	[19.9 - 36.1]
	Both Physical and Independent Living Disability	60.3	[52.9 - 67.3]
Household Income	<\$15,000	43.4	[34.1 - 53.1]
	\$15,000-\$24,999	34.8	[27.4 - 42.9]
	\$25,000-\$49,999	32.9	[28.6 - 37.5]
	\$50,000-\$74,999	37.1	[30.7 - 44.0]
	\$75,000	31.0	[26.7 - 35.7]
Education Level	<High School	34.2	[27.6 - 41.6]
	Highschool Grad/GED	33.7	[30.5 - 37.0]
	College Graduate	35.2	[31.5 - 39.1]
Employment Status	Employed	24.9	[21.8 - 28.4]
	Unemployed/Unable to work	45.6	[38.6 - 52.6]
	Homemaker/Student	19.6	[14.5 - 26.0]
	Retired	58.4	[54.0 - 62.8]
Urban/Rural	Metropolitan (Metro)	35.6	[30.9 - 40.5]
	Small Metro	29.2	[25.4 - 33.3]
	Mixed Urban/Rural	36.0	[32.1 - 40.0]
	Rural	43.9	[35.5 - 52.8]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have high blood pressure.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Stroke

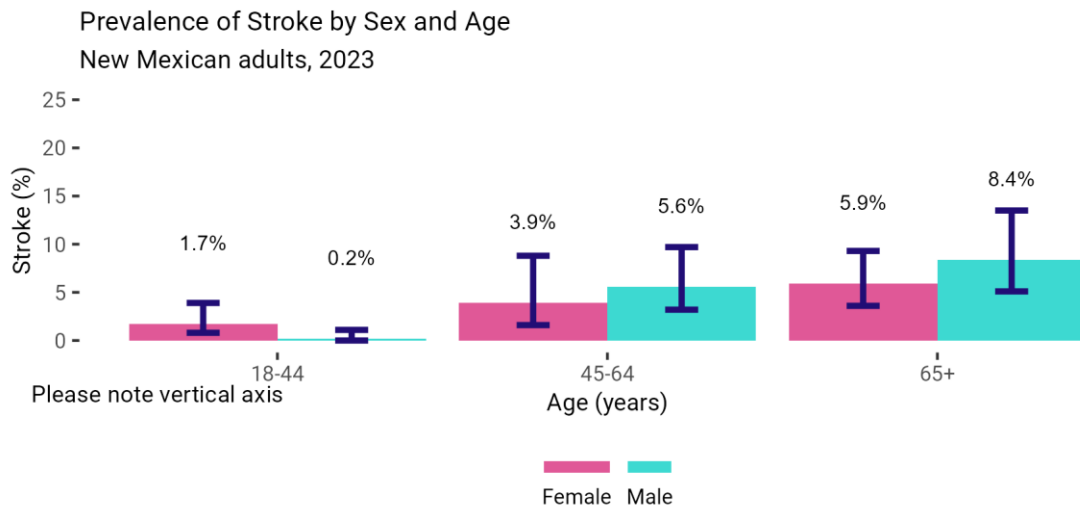
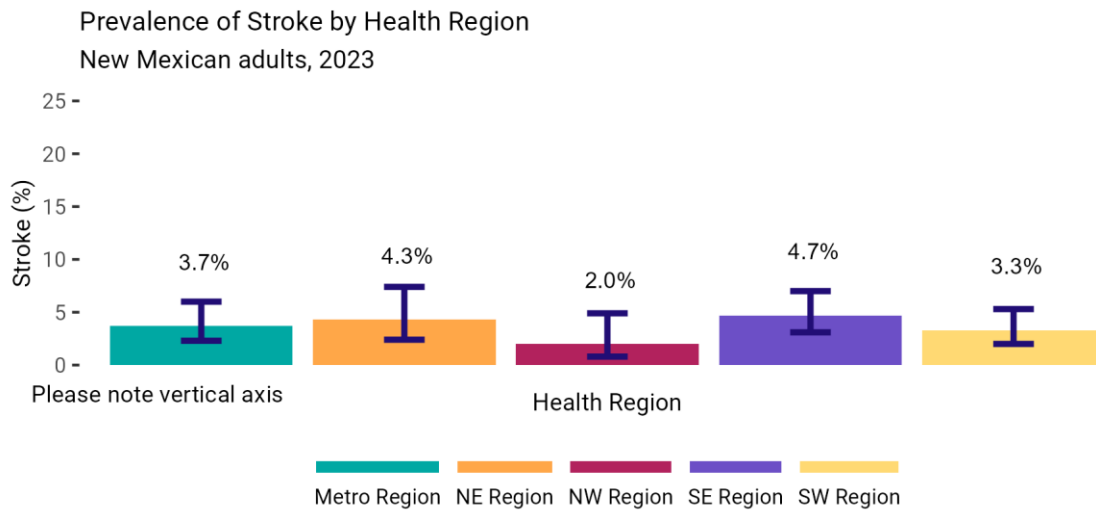
Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- A stroke?

Among New Mexican adults:

- 3.7% have had a stroke.
- Those aged 65 years or older have 7.8 times higher prevalence of stroke than those aged 18 to 44 years.
- Males and females have similar prevalence of stroke.
- Those who live in rural areas have 5.1 times higher prevalence of stroke than those living in a small metropolitan region.



		Stroke (%) [*]	95% Confidence Interval [†]
Total	State	3.7	[2.8 - 4.8]
Age	18-44	0.9	[0.4 - 2.0]
	45-64	4.7	[2.9 - 7.6]
	65+	7.0	[5.0 - 9.8]
Sex	Male	3.8	[2.6 - 5.4]
	Female	3.6	[2.5 - 5.3]
Race/Ethnicity[‡]	AIAN	5.3	[2.3 - 11.8]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	3.8	[2.4 - 5.8]
	White	3.5	[2.4 - 4.9]
Sexual Orientation[§]	Heterosexual	3.9	[2.9 - 5.2]
	LGB, other	0.3	[0.0 - 2.2]
Disability Status	No Disability	1.6	[1.0 - 2.5]
	Physical Disability Alone	8.0	[4.3 - 14.5]
	Independent Living Disability Alone	2.1	[0.9 - 4.8]
	Both Physical and Independent Living Disability	12.2	[8.4 - 17.4]
Household Income	<\$15,000	5.0	[2.6 - 9.2]
	\$15,000-\$24,999	5.5	[2.9 - 9.9]
	\$25,000-\$49,999	2.7	[1.7 - 4.3]
	\$50,000-\$74,999	2.9	[1.4 - 5.9]
	\$75,000	2.6	[1.2 - 5.5]
Education Level	<High School	3.4	[1.9 - 6.1]
	Highschool Grad/GED	4.4	[3.1 - 6.1]
	College Graduate	2.2	[1.3 - 3.8]
Employment Status	Employed	1.8	[1.0 - 3.1]
	Unemployed/Unable to work	5.3	[3.1 - 8.7]
	Homemaker/Student	0.8	[0.3 - 2.4]
	Retired	9.1	[6.3 - 12.9]
Urban/Rural	Metropolitan (Metro)	3.4	[2.0 - 6.0]
	Small Metro	1.7	[1.0 - 2.9]
	Mixed Urban/Rural	4.2	[2.9 - 6.0]
	Rural	8.7	[4.6 - 16.0]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have had a stroke.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

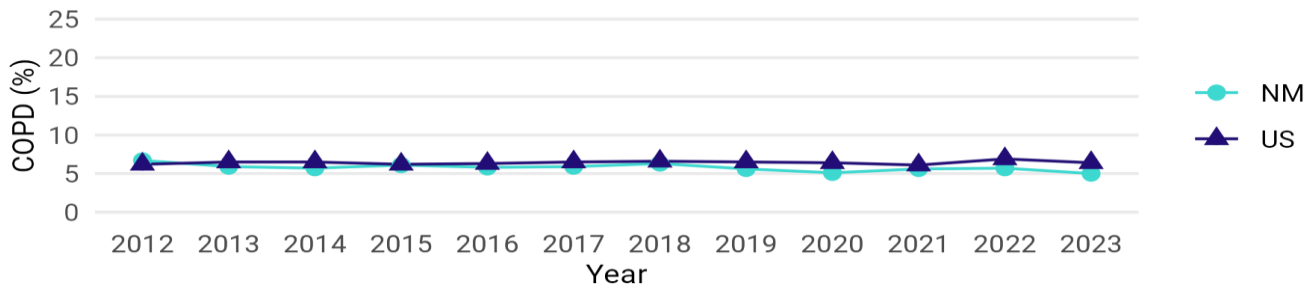
COPD, Emphysema, or Chronic Bronchitis

Survey Question:

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis?

Prevalence of COPD Among Adults, BRFSS 2011-2023

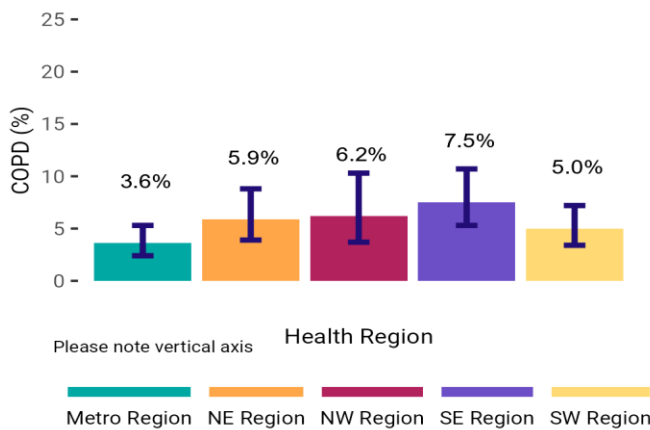


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Among New Mexican adults:

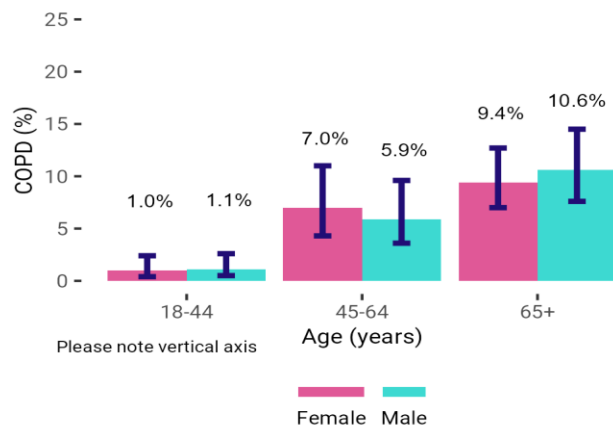
- **5.0%** have been told by a health care provider that they have chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis.
- Those aged 45 to 64 have 5.8 times higher prevalence of COPD, emphysema or chronic bronchitis than those aged 18 to 44.
- Males and females have similar prevalence of COPD, emphysema or chronic bronchitis.

Prevalence of COPD by Health Region
New Mexican adults, 2023



Please note vertical axis

Prevalence of COPD by Sex and Age
New Mexican adults, 2023



Please note vertical axis

		COPD, Emphysema, or Chronic Bronchitis (%)[*]	95% Confidence Interval[†]
Total	State	5.0	[4.1 - 6.0]
Age	18-44	1.1	[0.6 - 2.0]
	45-64	6.4	[4.6 - 9.0]
	65+	10.0	[8.0 - 12.4]
Sex	Male	4.8	[3.7 - 6.3]
	Female	5.1	[3.9 - 6.6]
Race/Ethnicity[‡]	AIAN	2.8	[1.0 - 7.4]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	3.3	[2.2 - 4.8]
	White	7.6	[6.1 - 9.3]
Sexual Orientation[§]	Heterosexual	5.7	[4.7 - 6.9]
	LGB, other	1.6	[0.6 - 4.4]
Disability Status	No Disability	2.3	[1.6 - 3.1]
	Physical Disability Alone	7.3	[4.8 - 11.0]
	Independent Living Disability Alone	5.4	[3.1 - 9.1]
	Both Physical and Independent Living Disability	19.6	[14.4 - 25.9]
Household Income	<\$15,000	8.8	[5.0 - 15.2]
	\$15,000-\$24,999	6.8	[4.1 - 11.1]
	\$25,000-\$49,999	5.1	[3.6 - 7.0]
	\$50,000-\$74,999	4.7	[2.8 - 7.7]
	\$75,000	2.4	[1.5 - 3.7]
Education Level	<High School	5.6	[3.1 - 9.9]
	Highschool Grad/GED	5.2	[4.1 - 6.6]
	College Graduate	3.9	[2.9 - 5.4]
Employment Status	Employed	2.0	[1.3 - 3.1]
	Unemployed/Unable to work	12.4	[8.8 - 17.2]
	Homemaker/Student	1.0	[0.3 - 3.0]
	Retired	10.1	[7.8 - 13.0]
Urban/Rural	Metropolitan (Metro)	4.0	[2.7 - 6.0]
	Small Metro	5.5	[3.9 - 7.7]
	Mixed Urban/Rural	6.7	[4.9 - 9.0]
	Rural	7.9	[4.8 - 12.7]

~ Estimate suppressed because sample size <50.

^{*} Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis.

[†] 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

[‡] Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

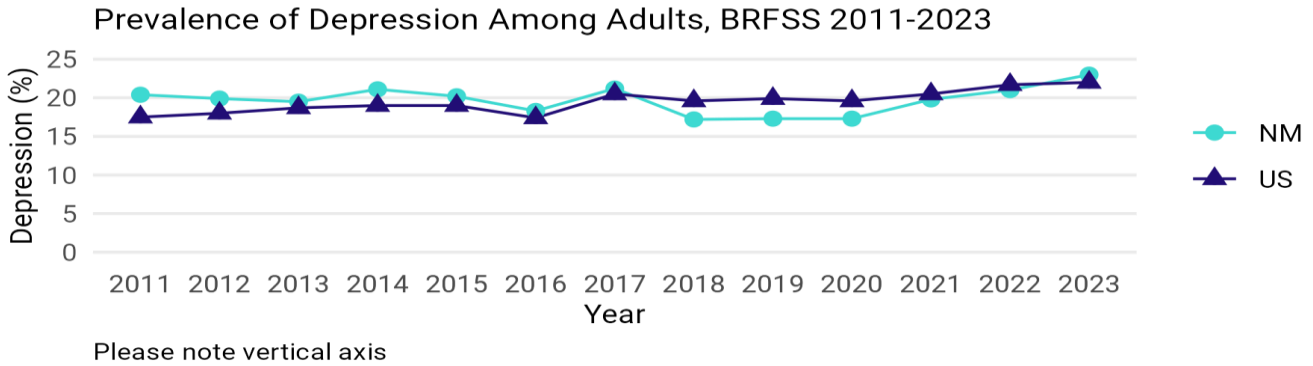
[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Depression

Survey Question:

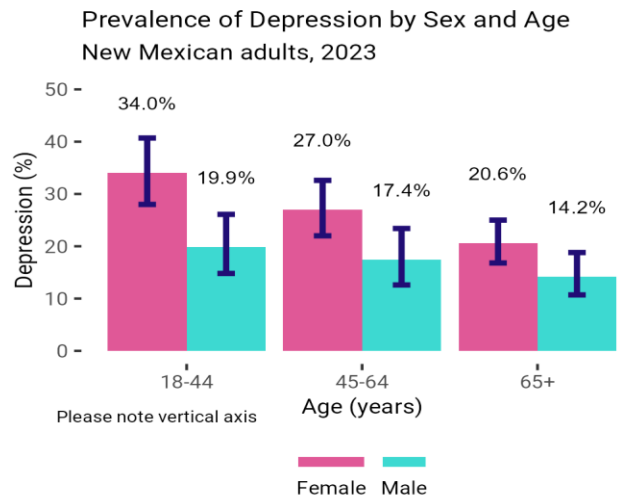
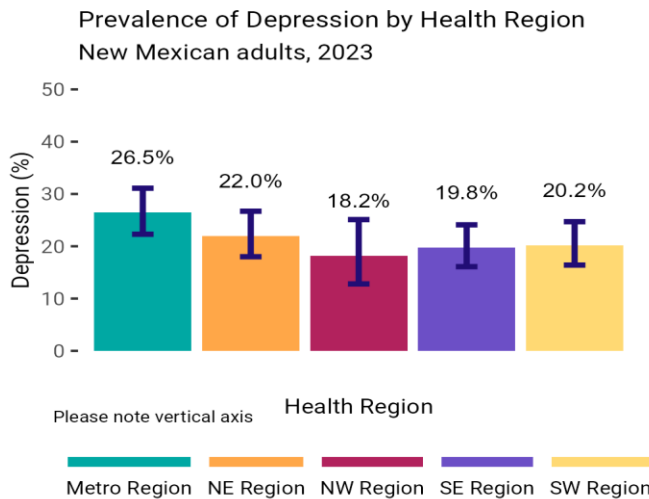
Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Depression?



Among New Mexican adults:

- **23.0%** have been told by a health care provider that they have depression.
- The prevalence of depression is 1.7 times higher among females than males aged 18-44 years.
- However, the prevalence of depression is similar between females and males aged 65 years or older.
- Those who identify as lesbian, gay, bisexual or another sexuality have 2.1 times higher prevalence of depression than heterosexual (straight) adults.
- **47.2%** of those who are unemployed or unable to work have been diagnosed with depression.



		Depression (%) [*]	95% Confidence Interval [†]
Total	State	23.0	[20.8 - 25.4]
Age	18-44	26.9	[22.8 - 31.4]
	45-64	22.3	[18.8 - 26.3]
	65+	17.7	[15.0 - 20.8]
Sex	Male	17.6	[14.6 - 21.0]
	Female	28.1	[24.9 - 31.6]
Race/Ethnicity[‡]	AIAN	15.7	[9.9 - 24.1]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	22.7	[19.0 - 26.8]
	White	26.1	[23.0 - 29.4]
Sexual Orientation[§]	Heterosexual	21.5	[19.1 - 24.1]
	LGB, other	44.4	[33.9 - 55.4]
Disability Status	No Disability	14.6	[12.4 - 17.0]
	Physical Disability Alone	22.7	[17.4 - 29.1]
	Independent Living Disability Alone	52.1	[42.3 - 61.7]
	Both Physical and Independent Living Disability	48.3	[40.9 - 55.8]
Household Income	<\$15,000	30.1	[22.3 - 39.4]
	\$15,000-\$24,999	30.9	[23.0 - 40.1]
	\$25,000-\$49,999	23.4	[19.5 - 27.8]
	\$50,000-\$74,999	24.6	[18.4 - 32.1]
	\$75,000	19.2	[15.1 - 24.2]
Education Level	<High School	23.6	[16.8 - 32.0]
	Highschool Grad/GED	24.6	[21.5 - 27.9]
	College Graduate	19.4	[16.4 - 22.8]
Employment Status	Employed	20.0	[16.7 - 23.7]
	Unemployed/Unable to work	47.2	[40.2 - 54.4]
	Homemaker/Student	21.2	[15.5 - 28.4]
	Retired	18.6	[15.4 - 22.1]
Urban/Rural	Metropolitan (Metro)	26.9	[22.3 - 32.1]
	Small Metro	22.4	[18.6 - 26.7]
	Mixed Urban/Rural	20.4	[17.2 - 23.9]
	Rural	14.8	[10.0 - 21.4]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have depression.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Diabetes and Pre-Diabetes

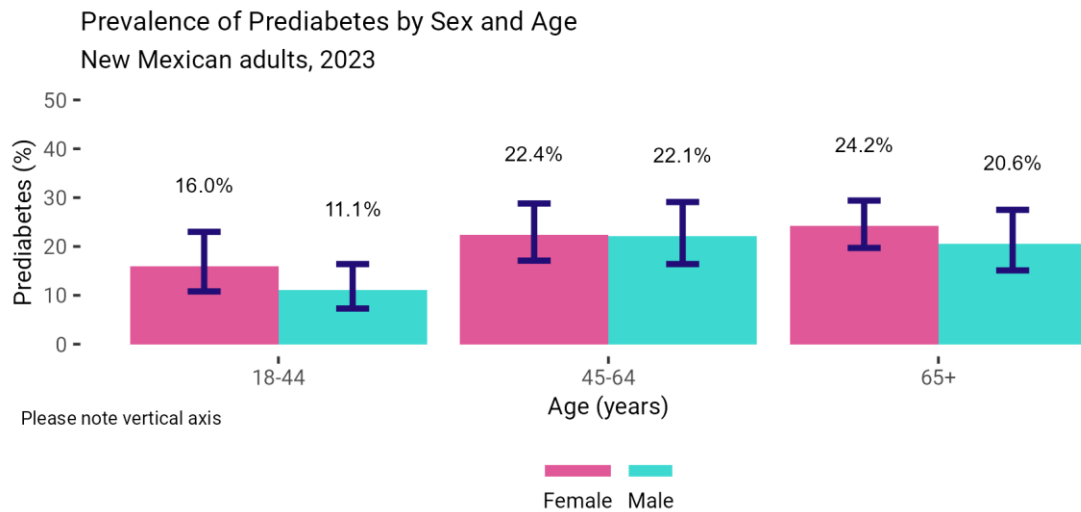
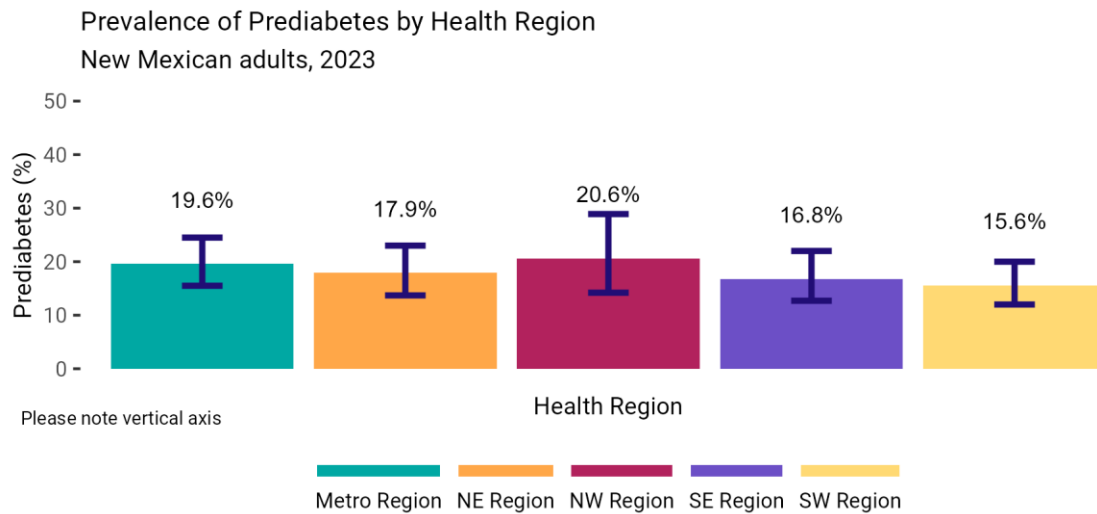
Pre-Diabetes

Survey Question:

Has a doctor or other health professional ever told you that you had prediabetes or borderline diabetes?

Among New Mexican adults never diagnosed with diabetes:

- 18.3% have been told by a health care professional that they have prediabetes (excluding gestational prediabetes).
- Those aged 18-44 have 0.6 times lower prevalence of prediabetes than those aged 45 or older.
- Those with both physical and independent living disability have 2.4 times higher prevalence of prediabetes than those with no disability.



		Prediabetes (among adults without diabetes) (%)[*]	95% Confidence Interval[†]
Total	State	18.3	[16.0 - 20.8]
Age	18-44	13.5	[10.2 - 17.8]
	45-64	22.3	[18.3 - 26.9]
	65+	22.7	[19.1 - 26.8]
Sex	Male	16.5	[13.5 - 20.0]
	Female	19.9	[16.7 - 23.5]
Race/Ethnicity[‡]	AIAN	21.6	[14.0 - 32.0]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	17.9	[14.4 - 21.9]
	White	17.2	[14.3 - 20.4]
Sexual Orientation[§]	Heterosexual	18.4	[16.0 - 21.0]
	LGB, other	17.1	[9.7 - 28.6]
Disability Status	No Disability	15.5	[12.8 - 18.6]
	Physical Disability Alone	22.3	[16.5 - 29.4]
	Independent Living Disability Alone	14.3	[9.3 - 21.3]
	Both Physical and Independent Living Disability	37.0	[29.0 - 45.9]
Household Income	<\$15,000	22.3	[14.9 - 32.0]
	\$15,000-\$24,999	22.8	[15.6 - 32.2]
	\$25,000-\$49,999	21.2	[16.9 - 26.2]
	\$50,000-\$74,999	22.4	[16.2 - 29.9]
	\$75,000	15.2	[11.3 - 20.3]
Education Level	<High School	21.4	[15.0 - 29.6]
	Highschool Grad/GED	17.6	[14.7 - 21.0]
	College Graduate	18.5	[14.9 - 22.7]
Employment Status	Employed	15.0	[11.9 - 18.7]
	Unemployed/Unable to work	24.5	[18.2 - 32.1]
	Homemaker/Student	16.9	[11.1 - 24.9]
	Retired	24.7	[20.6 - 29.3]
Urban/Rural	Metropolitan (Metro)	19.3	[15.2 - 24.2]
	Small Metro	16.4	[12.8 - 20.7]
	Mixed Urban/Rural	18.6	[15.3 - 22.4]
	Rural	15.7	[10.3 - 23.1]

~ Estimate suppressed because sample size <50.

^{*} Among NM adults who have never been diagnosed with diabetes, the proportion of each demographic who have ever been told by a health care professional that they have pre-diabetes or borderline diabetes, excluding gestational pre-diabetes.

[†] 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

[‡] Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

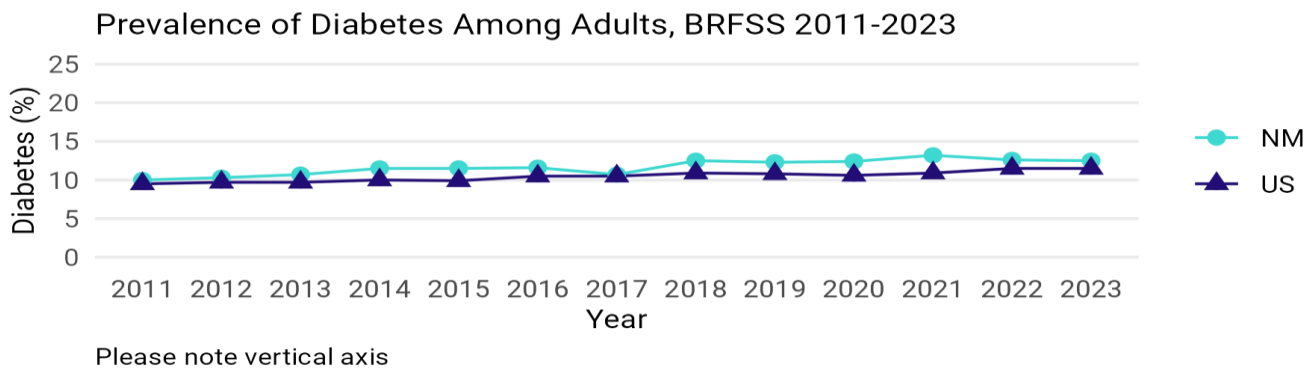
[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Diabetes

Survey Question:

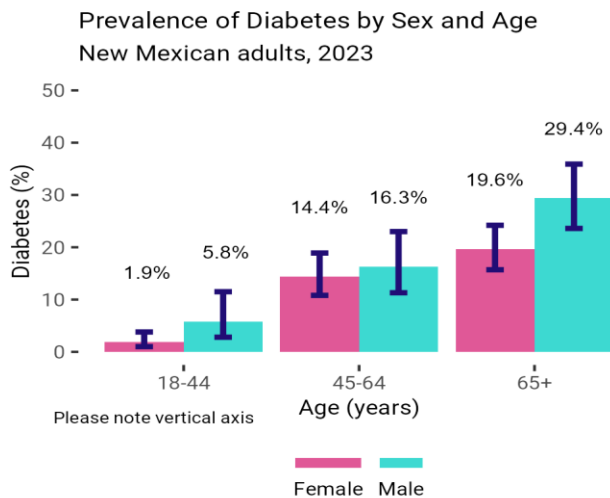
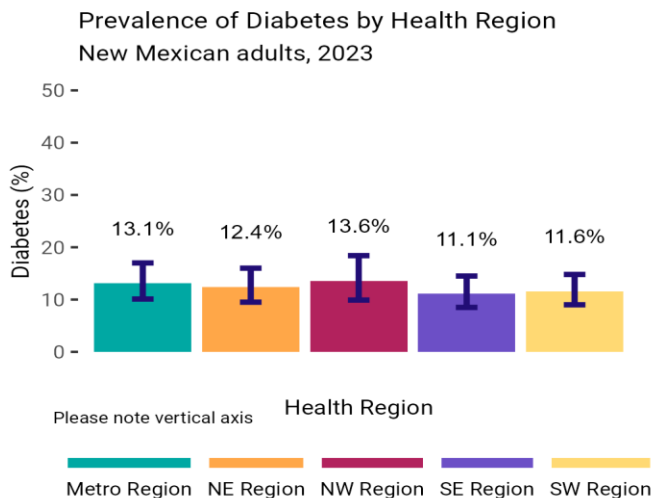
Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me Yes, No, or You're Not Sure.

- Diabetes? (If yes and respondent is female, ask: was this only when you were pregnant?)



Among New Mexican adults:

- 12.5% have been told by a health care provider that they have diabetes (excluding gestational diabetes).
- The prevalence of diabetes is 6.2 times higher among those 65 years or older than those age 18 to 44 years.
- However, the prevalence of diabetes is similar between females and males aged 65 years or older.
- Prevalence of diabetes is 1.6 times higher among Hispanic adults than White adults.
- Prevalence of diabetes is about 2 times higher among adults who did not graduate high school or get a GED than adults who graduated high school.
- Prevalence of diabetes is similar between high school graduates and adults who graduated college.



		Diabetes (excluding gestational) (%) [*]	95% Confidence Interval [†]
Total	State	12.5	[10.9 - 14.4]
Age	18-44	3.9	[2.2 - 6.8]
	45-64	15.3	[12.1 - 19.2]
	65+	24.0	[20.6 - 28.0]
Sex	Male	14.7	[11.9 - 18.0]
	Female	10.4	[8.8 - 12.4]
Race/Ethnicity[‡]	AIAN	13.9	[8.8 - 21.2]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	14.9	[12.1 - 18.3]
	White	9.3	[7.4 - 11.5]
Sexual Orientation[§]	Heterosexual	12.2	[10.6 - 14.1]
	LGB, other	11.0	[5.8 - 20.0]
Disability Status	No Disability	9.5	[7.8 - 11.6]
	Physical Disability Alone	21.5	[16.4 - 27.7]
	Independent Living Disability Alone	7.2	[3.9 - 12.9]
	Both Physical and Independent Living Disability	22.9	[17.3 - 29.5]
Household Income	<\$15,000	15.2	[9.7 - 22.8]
	\$15,000-\$24,999	18.2	[12.5 - 25.9]
	\$25,000-\$49,999	12.9	[10.1 - 16.2]
	\$50,000-\$74,999	11.5	[7.7 - 16.9]
	\$75,000	8.8	[6.0 - 12.7]
Education Level	<High School	22.3	[16.6 - 29.1]
	Highschool Grad/GED	11.4	[9.2 - 13.9]
	College Graduate	10.2	[8.0 - 12.8]
Employment Status	Employed	8.7	[6.6 - 11.6]
	Unemployed/Unable to work	22.5	[16.9 - 29.5]
	Homemaker/Student	7.6	[4.8 - 11.8]
	Retired	19.1	[15.8 - 22.8]
Urban/Rural	Metropolitan (Metro)	13.9	[10.5 - 18.2]
	Small Metro	11.6	[9.3 - 14.5]
	Mixed Urban/Rural	12.7	[10.4 - 15.3]
	Rural	10.1	[5.7 - 17.2]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have diabetes, excluding gestational diabetes

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

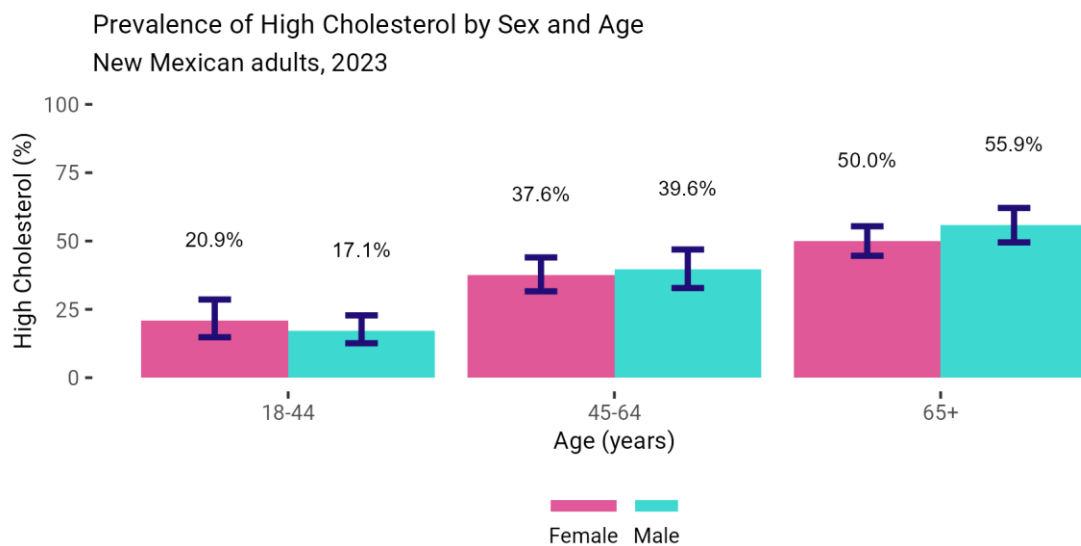
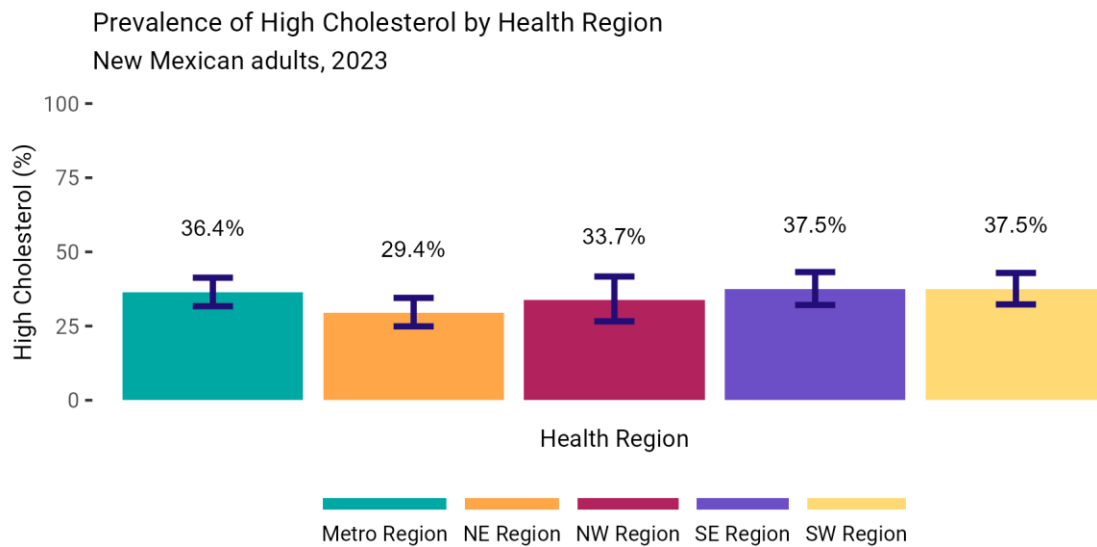
High Cholesterol

Survey Question:

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

Among New Mexican adults:

- 89.0% have had their cholesterol tested.
- 35.4% have been told by a health care professional that they have high cholesterol.
- 52.7% of those age 65 years or older have high cholesterol.
- Those aged 45 to 64 years or older have 2 times higher prevalence of high cholesterol than those aged 18 to 44 years.
- Males and females have similar prevalence of high cholesterol.



		High Cholesterol (%) [*]	95% Confidence Interval [†]
Total	State	35.4	[32.8 - 38.1]
Age	18-44	18.9	[15.0 - 23.6]
	45-64	38.6	[34.0 - 43.4]
	65+	52.7	[48.5 - 56.8]
Sex	Male	35.2	[31.4 - 39.2]
	Female	35.6	[32.0 - 39.3]
Race/Ethnicity[‡]	AIAN	27.8	[18.8 - 39.0]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	31.1	[27.0 - 35.6]
	White	42.3	[38.6 - 46.0]
Sexual Orientation[§]	Heterosexual	37.8	[34.9 - 40.9]
	LGB, other	22.0	[14.4 - 32.3]
Disability Status	No Disability	31.5	[28.3 - 34.8]
	Physical Disability Alone	47.5	[40.2 - 55.0]
	Independent Living Disability Alone	33.2	[24.0 - 43.9]
	Both Physical and Independent Living Disability	50.8	[43.0 - 58.5]
Household Income	<\$15,000	32.6	[23.4 - 43.5]
	\$15,000-\$24,999	42.6	[34.0 - 51.7]
	\$25,000-\$49,999	34.4	[29.4 - 39.7]
	\$50,000-\$74,999	33.2	[26.7 - 40.4]
	\$75,000	37.0	[32.2 - 42.1]
Education Level	<High School	36.7	[29.0 - 45.1]
	Highschool Grad/GED	33.2	[29.7 - 37.0]
	College Graduate	39.2	[35.0 - 43.5]
Employment Status	Employed	28.6	[24.9 - 32.6]
	Unemployed/Unable to work	38.3	[31.1 - 46.1]
	Homemaker/Student	25.3	[18.5 - 33.6]
	Retired	51.2	[46.7 - 55.8]
Urban/Rural	Metropolitan (Metro)	36.8	[31.8 - 42.2]
	Small Metro	34.8	[30.1 - 39.8]
	Mixed Urban/Rural	37.4	[33.2 - 41.7]
	Rural	29.8	[21.9 - 39.2]

~ Estimate suppressed because sample size <50.

* Among NM adults who have had a cholesterol test, the proportion of each demographic who have ever been told by a health care professional that they have high cholesterol.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Kidney Disease

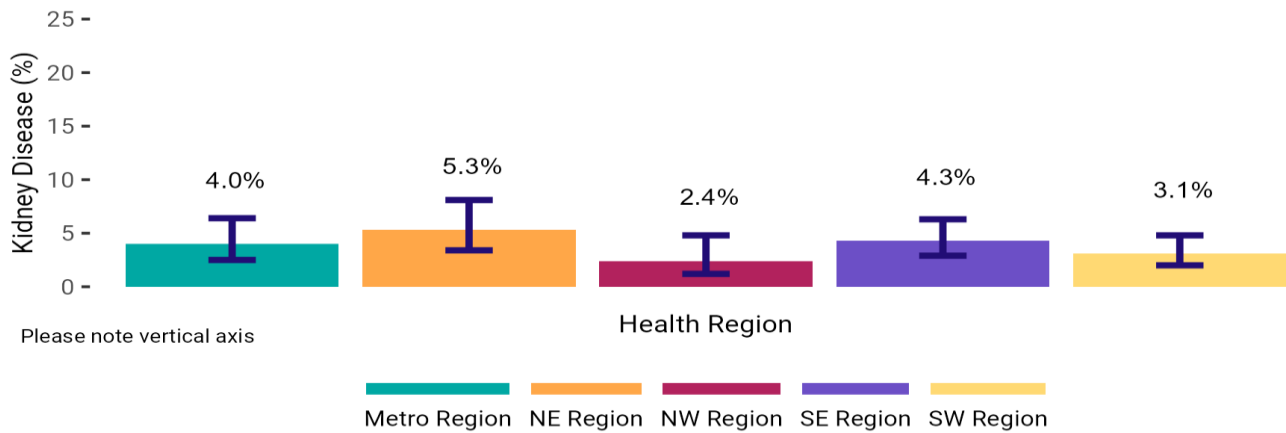
Survey Question:

Not including kidney stones, bladder infection or incontinence, were you ever told you had kidney disease?

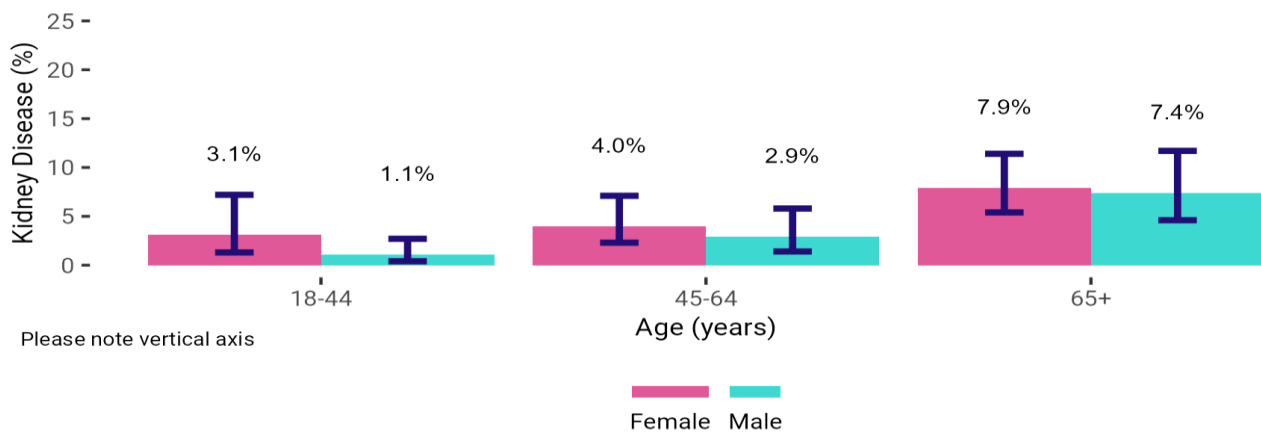
Among New Mexican adults:

- 3.9% have been told by a health care provider that they have kidney disease.
- The prevalence of kidney disease is 2.2 times higher among those 65 years or older than those age 45 to 65 years.
- The prevalence of kidney disease is similar between females and males.

Prevalence of Kidney Disease by Health Region
New Mexican adults, 2023



Prevalence of Kidney Disease by Sex and Age
New Mexican adults, 2023



		Kidney Disease (%)[*]	95% Confidence Interval[†]
Total	State	3.9	[3.1 - 5.0]
Age	18-44	2.1	[1.1 - 4.1]
	45-64	3.5	[2.2 - 5.4]
	65+	7.7	[5.7 - 10.2]
Sex	Male	3.1	[2.2 - 4.5]
	Female	4.7	[3.4 - 6.5]
Race/Ethnicity[‡]	AIAN	1.5	[0.7 - 3.6]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	4.0	[2.5 - 6.1]
	White	4.7	[3.6 - 6.2]
Sexual Orientation[§]	Heterosexual	4.2	[3.2 - 5.4]
	LGB, other	2.5	[0.9 - 7.1]
Disability Status	No Disability	2.3	[1.5 - 3.4]
	Physical Disability Alone	5.3	[3.5 - 8.0]
	Independent Living Disability Alone	5.0	[1.7 - 14.0]
	Both Physical and Independent Living Disability	11.4	[7.6 - 16.8]
Household Income	<\$15,000	6.2	[3.3 - 11.3]
	\$15,000-\$24,999	6.5	[3.4 - 12.0]
	\$25,000-\$49,999	4.1	[2.7 - 6.2]
	\$50,000-\$74,999	3.1	[1.8 - 5.4]
	\$75,000	2.8	[1.4 - 5.7]
Education Level	<High School	4.5	[2.2 - 9.3]
	Highschool Grad/GED	3.5	[2.4 - 5.0]
	College Graduate	4.6	[3.3 - 6.3]
Employment Status	Employed	2.1	[1.1 - 3.9]
	Unemployed/Unable to work	7.4	[4.8 - 11.3]
	Homemaker/Student	2.1	[1.0 - 4.5]
	Retired	7.3	[5.3 - 10.0]
Urban/Rural	Metropolitan (Metro)	4.3	[2.7 - 7.0]
	Small Metro	3.6	[2.4 - 5.3]
	Mixed Urban/Rural	3.8	[2.6 - 5.4]
	Rural	5.0	[2.5 - 9.8]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever been told by a health care professional that they have kidney disease.

† 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

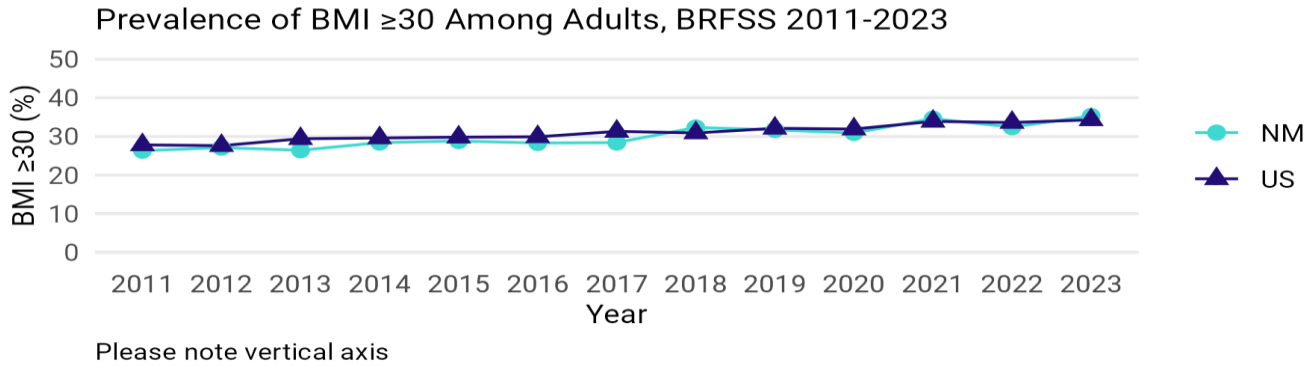
‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Weight Status

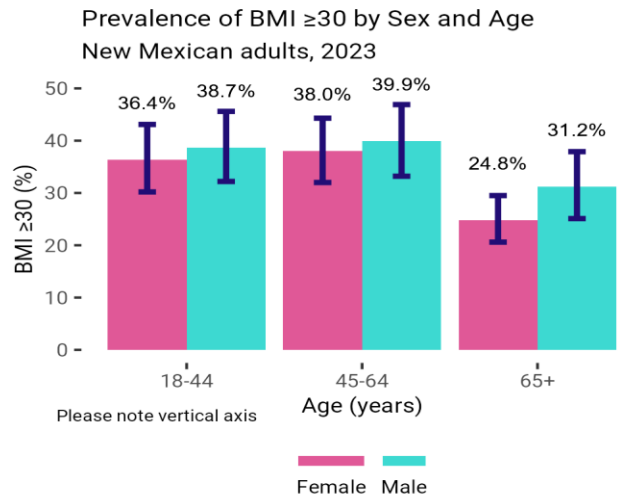
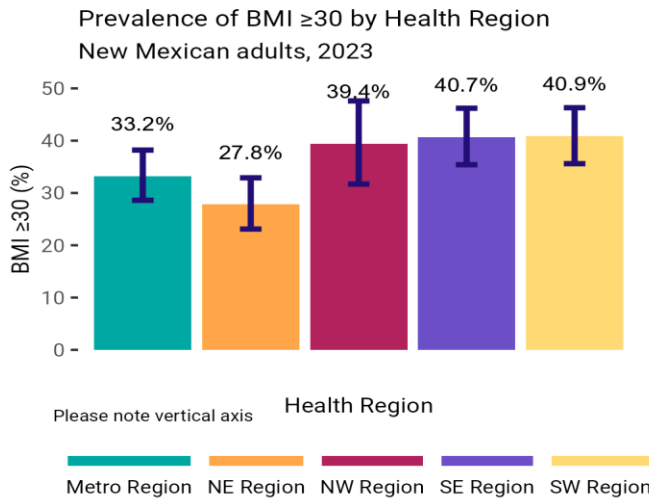
Survey Question:

BMI calculated from two questions: About how much do you weigh without shoes? & About how tall are you without shoes?



Among New Mexican adults:

- **35.3%** have a body mass index (BMI) ≥ 30 , which is classified as obese.
- The prevalence of BMI ≥ 30 is 30% lower among those 65 years or older than those age 45 to 64 years.
- The prevalence of BMI ≥ 30 is 40% lower among college graduates compared to adults who did not graduate high school.



		BMI ≥30 (%)*	95% Confidence Interval[†]
Total	State	35.3	[32.7 - 38.0]
Age	18-44	37.6	[33.0 - 42.4]
	45-64	38.9	[34.4 - 43.6]
	65+	27.7	[24.0 - 31.7]
Sex	Male	37.1	[33.3 - 41.2]
	Female	33.6	[30.2 - 37.2]
Race/Ethnicity[‡]	AIAN	34.6	[25.9 - 44.4]
	Asian/NHOPI	~	[~ - ~]
	Black/AA	~	[~ - ~]
	Hispanic	39.4	[35.1 - 44.0]
	White	30.2	[27.0 - 33.7]
Sexual Orientation[§]	Heterosexual	36.6	[33.8 - 39.6]
	LGB, other	32.1	[22.8 - 43.2]
Disability Status	No Disability	34.2	[31.0 - 37.5]
	Physical Disability Alone	40.0	[33.3 - 47.1]
	Independent Living Disability Alone	31.8	[23.2 - 41.9]
	Both Physical and Independent Living Disability	38.9	[31.9 - 46.4]
Household Income	<\$15,000	35.4	[26.4 - 45.5]
	\$15,000-\$24,999	36.3	[28.4 - 45.0]
	\$25,000-\$49,999	36.6	[31.8 - 41.7]
	\$50,000-\$74,999	39.5	[32.3 - 47.1]
	\$75,000	32.9	[28.1 - 38.0]
Education Level	<High School	45.5	[37.4 - 53.8]
	Highschool Grad/GED	35.6	[32.1 - 39.3]
	College Graduate	29.4	[25.6 - 33.6]
Employment Status	Employed	38.1	[34.2 - 42.2]
	Unemployed/Unable to work	36.7	[30.1 - 43.9]
	Homemaker/Student	36.9	[29.1 - 45.4]
	Retired	28.2	[24.2 - 32.5]
Urban/Rural	Metropolitan (Metro)	35.1	[30.0 - 40.6]
	Small Metro	35.2	[30.5 - 40.1]
	Mixed Urban/Rural	40.3	[36.0 - 44.8]
	Rural	30.3	[22.7 - 39.2]

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have a body mass index (BMI) equal to or greater than 30.

[†] 95% confidence intervals indicate the range of uncertainty around an estimate. When confidence intervals of two or more estimates overlap, this indicates the estimates are not statistically different.

[‡] Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Technical Notes

Survey Methods

The New Mexico Behavioral Risk Factor Survey (BRFSS) is an annual, statewide telephone survey of New Mexico adults aged 18 years and older that is conducted through a collaborative effort between the Population Health Surveillance Branch (PHSB) of the Centers for Disease Control and Prevention (CDC) and the New Mexico Department of Health. New Mexico's Behavioral Risk Factor Surveillance System (BRFSS) data contribute to the CDC Behavioral Risk Factor Surveillance System (BRFSS) that is conducted within every state, the District of Columbia, and several U.S. territories. In 2023, the New Mexico BRFSS collected data from both landline and cell phone respondents. The sample of landline telephone numbers were selected using a list-assisted, random-digit-dialed methodology with a disproportionate stratification based on phone bank density, and whether or not the phone numbers were directory listed. The sample of cell phone numbers was randomly selected from dedicated cellular telephone banks sorted on the basis of area code and exchange. The sample phone numbers were provided to the Survey Section through the CDC and their contractor.

Individuals who are 18 years of age or older, use a cell phone, or live in a private residential household with landline telephone service are eligible for the survey. Adults who do not have a cell phone for personal use and do not have access to a landline telephone are not eligible for the survey. Additionally, adults who live in nursing homes, group homes or institutions, such as prisons, are not eligible for the survey. 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. Participation in the survey is voluntary, and all individual information collected is confidential. Identifying information such as name, date of birth, or address, is not collected.

The CDC has developed a core set of questions that is included in the questionnaire of every state. The core has questions that are included annually and biennially. 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. Such questions are referred to as 'state-added' questions.

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 errors 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 each month, prior to submission of the data to the CDC.
- Monitoring interviewers at least once a month, new interviewers are monitored closely until the CDC BRFSS protocol is followed consistently.

Strengths and Limitations

Adults without cellular telephones for personal use and who do not belong to a household with a landline telephone are not eligible to participate in the BRFSS survey. Data collected by the Bureau of the Census under contract with the Federal Communications Commission (FCC) indicate that unemployed persons and lower income households are less likely than other residents 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.

The BRFSS relies on adults to provide information on their own health behaviors and conditions. Respondents may be reluctant to report behaviors that are considered undesirable such as drinking and driving. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly. Consequently, the prevalence of behaviors may be underestimated or overestimated 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. Telephone interviews are administered by a trained interviewer while self-administered mail-out surveys may be affected by the literacy of the selected respondents and could be completed by family members other than the one selected, which may affect the accuracy of the information collected and the relative estimates.

Response Rates

Response rates are meant to provide an overall summary of survey administration and response. Response rates for BRFSS are calculated using standards set by the American Association for Public Opinion Research (AAPOR) Response Rate Formula #4 Standards-Definitions-10th-edition.pdf (aapor.org) (p86). The response rate is the number of respondents who completed the survey as a proportion of all eligible and likely-eligible people. The median survey response rate for all participating states, territories and Washington, DC, in 2023 was 44.7% and ranged from 21.7% to 63.1%. In 2023, New Mexico had a response rate of 47.9%. For detailed information see the 2023 BRFSS Summary Data Quality Report at:

[HTTPS://WWW.CDC.GOV/BRFSS/ANNUAL_DATA/2023/PDF/2023-SDQR-508.PDF](https://www.cdc.gov/brfss/annual_data/2023/pdf/2023-sdqr-508.pdf).

Survey Weighting

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 land-line telephone numbers in the low-density stratum had a lower probability of being selected than households with phone numbers in the high-density stratum.
- Households with more than one land-line telephone line had a greater chance of being selected.
- In land-line 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.

Another weighting component adjusts for differences between the distribution of the sample and that of the adult population. This weighting is done using a procedure known as iterative proportional fitting (“raking”). Factors adjusted for are sex, age, health region of residence, race/ethnicity, phone type (cell or landline), home ownership (rent or own), education, marital status, gender by race/ethnicity, age by gender, and age by race/ethnicity, as determined by the Bureau of the Census. This component of the weighting process attempts to adjust the estimates so that they better reflect the adult population of the state.

2023 NM BRFSS Sample Demographics

		Unweighted (%)	Weighted (%)	Sample Size (n)
Age	18-44	27.1	44.4	864
	45-64	29.8	29.6	949
	65+	43.1	26.0	1376
Sex	Male	43.5	48.6	1402
	Female	56.5	51.4	1818
Race/Ethnicity *	AIAN	12.9	9.1	406
	Asian/NHOPI	1.2	2.0	38
	Black/AA	1.5	2.5	46
	Hispanic	32.9	47.3	1032
	White	51.5	39.2	1617
Sexual Orientation †	Heterosexual	94.1	92.0	2669
	LGB, other	5.9	8.0	168
Disability Status	No Disability	63.3	66.3	1961
	Physical Disability Alone	15.9	13.2	493
	Independent Living Disability Alone	8.0	10.4	248
	Both Physical and Independent Living Disability	12.8	10.2	395
Household Income	<\$15,000	7.7	7.1	209
	\$15,000-\$24,999	10.7	11.1	292
	\$25,000-\$49,999	32.3	29.7	878
	\$50,000-\$74,999	17.0	17.4	464
	\$75,000	32.3	34.7	879
Education Level	<High School	9.4	13.6	302
	Highschool Grad/GED	53.3	60.2	1710
	College Graduate	37.3	26.2	1195
Employment Status	Employed	43.4	52.7	1386
	Unemployed/Unable to work	11.9	12.3	381
	Homemaker/Student	9.1	12.4	290
	Retired	35.5	22.6	1133
Urban/Rural	Metropolitan (Metro)	25.2	42.7	739
	Small Metro	30.8	23.3	904
	Mixed Urban/Rural	36.9	29.2	1083
	Rural	7.2	4.8	212
Health Region	NW Region	19.0	9.7	613
	NE Region	18.5	15.0	597
	Metro Region	26.0	44.1	836
	SE Region	16.9	13.2	544
	SW Region	19.6	18.0	630

* Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

† Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Analysis and 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. Two related measures of error are the standard error (SE) and the 95% confidence interval. The *survey*³ package in R version 4.3.3⁴ with RStudio⁵ was used to analyze the data. The *survey* package incorporates the complex sample design of the BRFSS to calculate appropriate SE and 95% confidence intervals (CI). Tables and plots were created using the *gt*⁶ and *ggplot2*⁷ packages respectively.

In the tables presented throughout this report, the weighted population estimates along with the 95% confidence intervals are shown. Bar graphs included in this report include the 95% confidence interval corresponding to the relevant point estimate. Statistical significance for the difference between prevalence estimates was determined by comparing the 95% confidence intervals. Throughout this report, we consider the difference between two estimates to be statistically significant when the 95% CI's do not overlap. When 95% CI's overlap, it is considered that there is no statistically significant difference between two estimates and in the text the word significant refers to statistical significance. Unless specifically stated all bulleted comparisons are statistically significant.

By BRFSS convention and the New Mexico Department of Health's Small Numbers Rule, when a particular estimate is based on less than 50 respondents, the weighted percentage, and associated 95% confidence intervals are not presented because estimates based on small sample sizes are considered unreliable.⁸ This often impacts reporting for the two smallest race/ethnic populations in NM (Asian/NHOPI and Black/African American) or other small populations. Reporting on smaller population groups is almost always possible by combining multiple years of data (contact BRFSS epidemiologist for additional information).

Five race/ethnicity categories are presented. American Indian /Alaskan Natives (presented as AIAN), Asian or Native Hawaiian or Other Pacific Islander (presented as Asian/NHOPI), Black or African American (presented as Black/AA), Hispanic, and White (which refers to non-Hispanic White). Asian and Native Hawaiian or Other Pacific Islander are grouped together, which is a common convention when the sample size of Asian and/or NHOPI respondents is too small to present as a distinct group. Respondents reporting Hispanic ethnicity were coded to Hispanic regardless of self-reported race.

³ T. Lumley (2024) *survey: analysis of complex survey samples*. R package version 4.4.

⁴ R Core Team (2024). *R: A Language and Environment for Statistical Computing*. R Foundation for Statistical Computing, Vienna, Austria. <<https://www.R-project.org/>>.

⁵ RStudio 2024.04.0+735 Chocolate Cosmos Release (a00d0e775dbc93e0d79a1bf474e3e8e8de677383, 2024-04-24) for windows Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) RStudio/2024.04.0+735 Chrome/120.0.6099.291 Electron/28.2.6 Safari/537.36, Quarto 1.4.553

⁶ Iannone R, Cheng J, Schloerke B, Hughes E, Lauer A, Seo J, Brevoort K, Roy O (2024). *_gt: Easily Create Presentation-Ready Display Tables_*. R package version 0.11.1, <<https://CRAN.R-project.org/package=gt>>.

⁷ H. Wickham. *ggplot2: Elegant Graphics for Data Analysis*. Springer-Verlag New York, 2016.

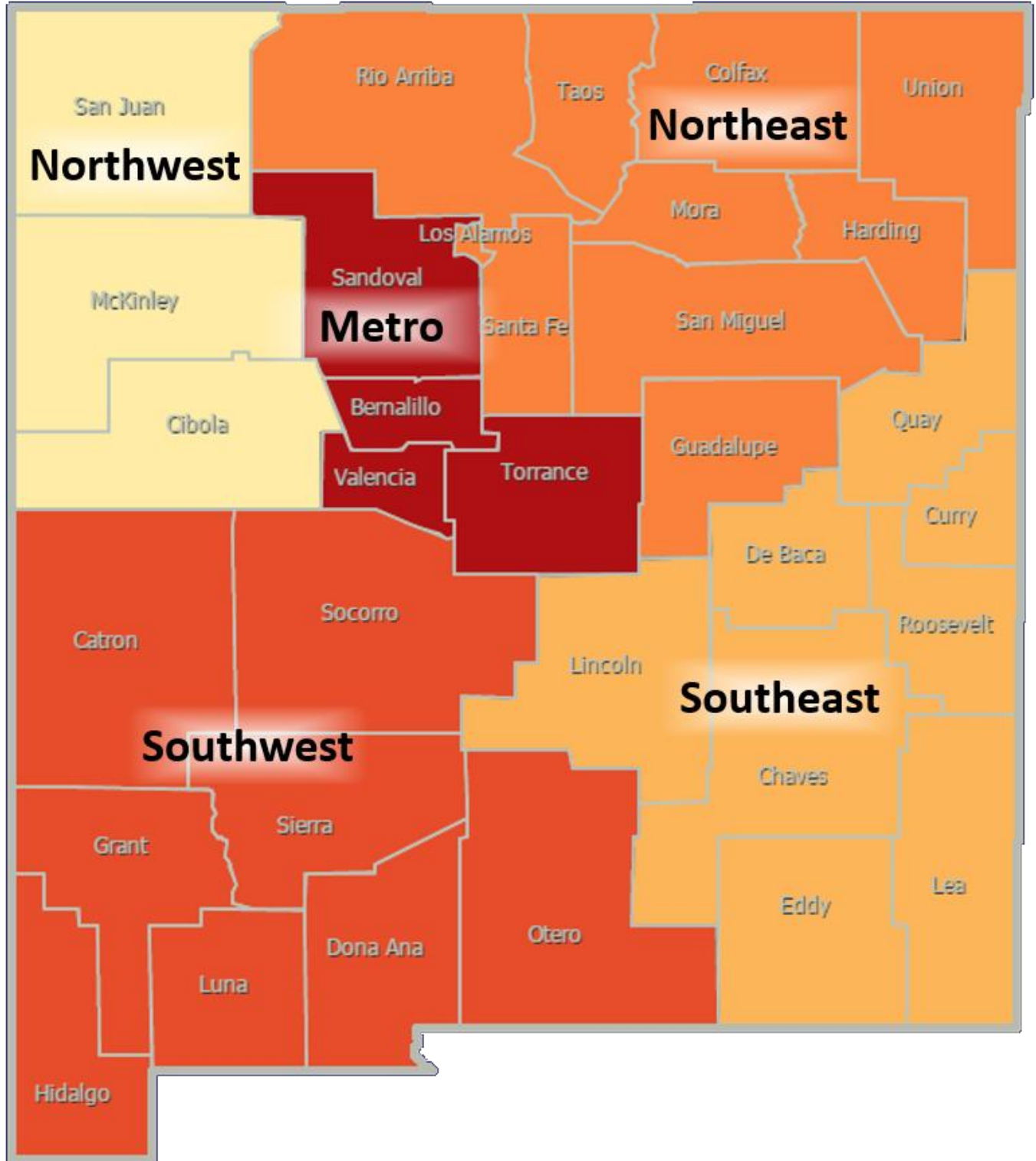
⁸ New Mexico Rule for Small Numbers and Public Data Release.
<https://ibis.doh.nm.gov/contentfile/docs/Standards/NMSmallNumbersRule2006.pdf>

In general, population estimates with smaller standard errors (SE) are more precise and reliable than population estimates with larger SE. Sample size influences the magnitude of an estimate's probability of error and so affects the likely precision of the estimate. This issue is particularly relevant to some estimates presented by race/ethnicity where the number of Black/AAs, and Asian/NHOPI sampled was small, resulting in large SE and estimates that were unreliable. Discerning possible differences between rates of conditions or risk factors in these smaller populations and the larger White, non-Hispanic, Hispanic, and AIAN 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 that were asked of respondents in every state, estimates for New Mexico (NM) were compared to estimates for the U.S. (U.S. = all 50 states, plus the District of Columbia). These data are presented in the form of a trend chart. When a difference is stated, the U.S. median is not within the 95% CI of the NM estimate.

Maps

New Mexico Health Regions



Metropolitan, Small Metro, Mixed, & Rural New Mexico Counties

