

Injury Hurts New Mexico



NEW MEXICO
DEPARTMENT OF
HEALTH

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For further information or a copy of this report, please call the Office of Injury Prevention at 505-476-7701.

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February, 2005

Dear Citizens of New Mexico,

New Mexico ranks Number 1 in the nation in injury death rates. Injuries are the leading cause of deaths in children and young adults and a great burden to the elderly in our state. Even more tragic is the fact that injuries can often be prevented.

Former Surgeon General C. Everett Koop said in 1989 that “if some infectious disease came along that affected children [in the same proportion that injuries do], there would be a huge public outcry and we would be told to spare no expense to find a cure and to be quick about it.” Little has changed in the intervening years.

The Department of Health’s Office of Injury Prevention has taken a close look at this issue in [Injury Hurts New Mexico](#), a comprehensive look at the scope of injury as a public health issue in our state. It considers the impact of injuries on our state and suggests what can be done to prevent injuries and reduce costs. It documents how we can help to improve the health of our citizens.

The purpose of this report is to give health care providers, policymakers, state planners and our communities up-to-date information on injuries in New Mexico based on the most recently available research and surveillance data. I hope you find this information useful.

Sincerely,



Michelle Lujan Grisham, J. D.
Secretary

Introduction

Everyone gets injured. Each year, one in four New Mexicans needs medical care for an injury. Injuries generate an estimated 781,000 medical visits, and just in New Mexico cost over \$1.6 billion annually. In 2002, New Mexico ranked 1st nationally in total injury death rates and in unintentional (accidental) injury deaths, and was tied at the top for violent deaths with Nevada.

The big success story of the last 20 years in injury prevention has been the reduction in deaths and injuries from motor vehicle crashes. The state has invested in well-enforced seat belt and child safety seat laws, tighter standards against driving while drunk, and improved roadway design. By 2003, crash deaths were down by about 20%, even as our population grew. The state's seat belt-use rate is nearly 90% and alcohol-involved crash deaths have decreased.

For decades, deaths have been the only consistent source of injury statistics. As a result, these data have been used to direct policy, focus prevention programs and are cited most often in the media.

People survive the vast majority of their injuries, though many injuries temporarily disrupt regular routines, and some cause permanent disability. Just imagine having a broken arm and not being able to write or drive a car for several weeks.

Injuries that lead to permanent disability have serious impacts on all parts of a person's life—daily activities, work and income, education, family and relationships. Injuries such as brain or spinal cord damage, major burns, amputations, or hip fractures in the elderly can lead to loss of independence and create the need for often-costly caregiver and support services. Families, friends and co-workers must adjust to the changed capacities of the injured individual.

Definitions

INJURIES are caused by physical forces we encounter in our daily lives.

Intentional injury (violence) includes both assaults on one's self or on other persons

- **Domestic violence:** Physical and verbal abuse carried out by one person in a home on or against another to control their behaviors
- **Homicide or assault:** Physical trauma inflicted intentionally by one person on or against another leading to injury or death
- **Sexual assault:** Actual and threatened sexual or indecent acts by one person on or against another resulting in physical and/or mental trauma
- **Suicide:** Trauma intentionally inflicted by a person on himself or herself that leads to death

Unintentional injury: Injury occurring without conscious attempt to inflict harm to self or another person. These are sometimes called "accidents" though most are preventable

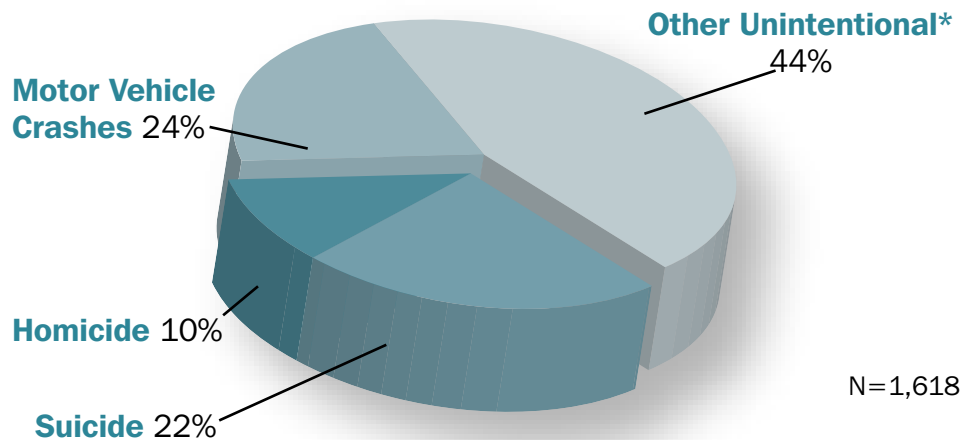
Did you know:

- One in four New Mexicans seek medical treatment for an injury each year
- Injuries in New Mexico cause an estimated 781,000 medical contacts each year
- For every injury death, there are 10 hospitalizations and about 141 emergency department visits

Overview of injury in New Mexico

- Two-thirds of all injury deaths are unintentional. These are often called “accidents” although most are predictable and often preventable
- The remaining one-third of injury deaths result from violence

Injury Deaths in New Mexico, 2002



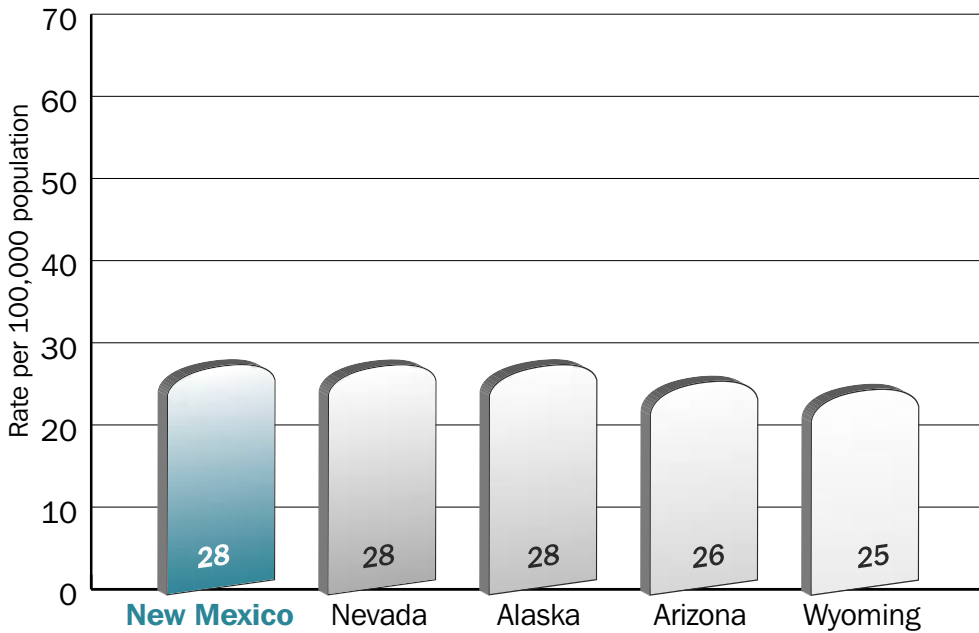
* Other unintentional injury includes poisoning, falls, drowning, and burns.

Source: Bureau of New Mexico Vital Records and Health Statistics, NMDOH

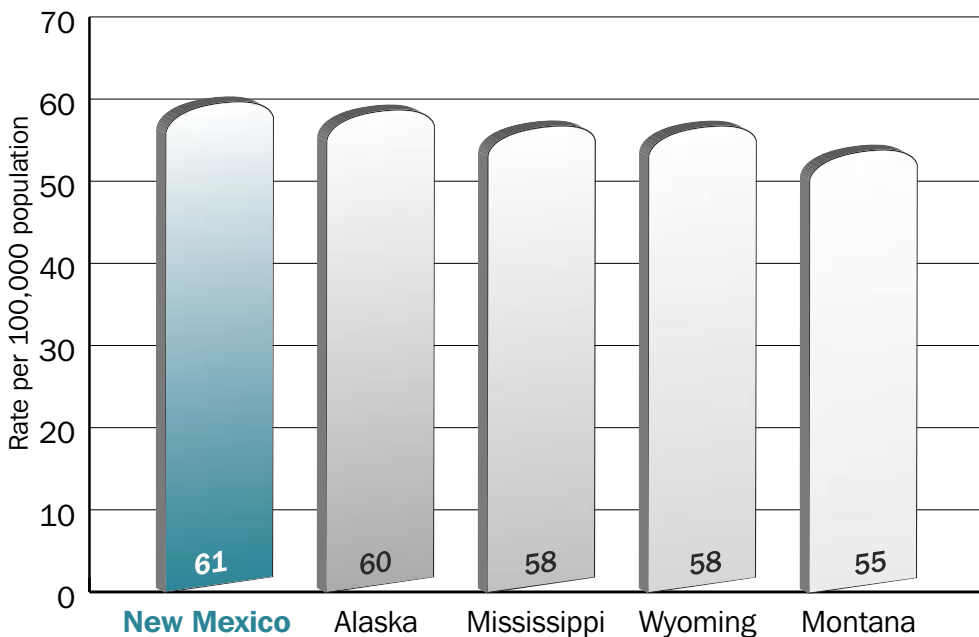
- Injuries are the leading cause of death in children and young adults, who are our healthiest population
- After age 40 most people die from heart disease, cancer, stroke, and pneumonia, but injuries still claim lives
- New Mexico has about:
 - 3 accidental injury deaths per day, of which 1 is a motor vehicle crash death
 - 1 suicide per day
 - 1 homicide every 2 days
- Falls and poisoning (including drug overdose) deaths in New Mexico are increasing
- While males have two and a half times more injury deaths than females, almost equal numbers of females and males sustain serious injuries that require hospitalization
- Firearm injury death rates are decreasing
- With the success in reducing motor vehicle crash injuries (through engineering, seatbelt and carseat use, airbags, safer vehicle and roadway design; education: safety promotion; and enforcing policies, e.g., occupant protection laws); these now cause less than half of unintentional injury deaths.

New Mexico had the highest injury death rates in the U.S. in 2002

Violence-Related Death Rates*, 2002



Unintentional Injury Death Rates*, 2002



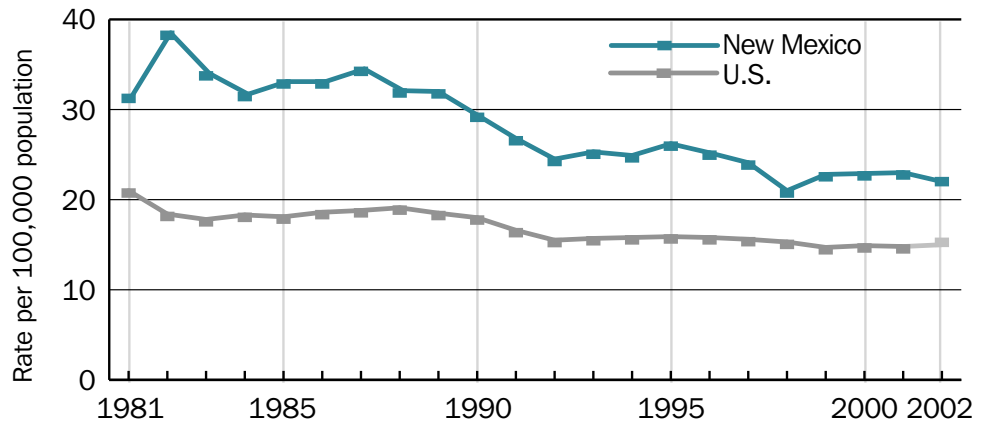
* Age adjusted to the standard US 2000 population
Source: CDC, WISQARS

- **New Mexico has the highest unintentional injury (“accidental”) death rate in the nation, and is tied for first in violence-related deaths**
- U.S. death rates were 17/100,000 population for violence and 37/100,000 population for unintentional injury
- Unintentional injury death rates in New Mexico have consistently been 66% higher than U.S. rates

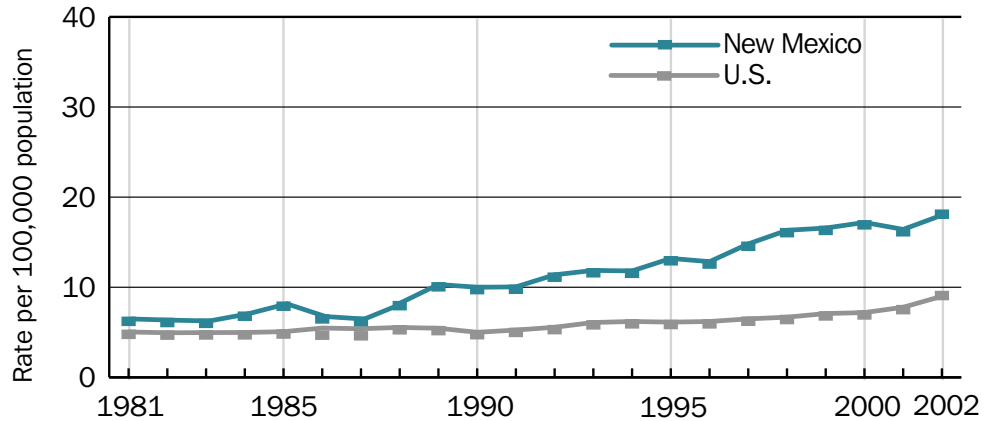
Leading causes of unintentional injury death in New Mexico & U.S.

- Motor vehicle crash death rates have been decreasing in the U.S and New Mexico. Since 1981 the N.M. rates dropped by 29%
- From 1987 to 2002, poisoning death rates increased by 171% in New Mexico and 70% in the U.S., due primarily to illegal drug overdoses
- In 1998 poisoning surpassed firearms to become the 2nd leading cause of injury death in N.M. (See page 29)
- Fall death rates increased by 144% in New Mexico from 1989 to 2002, compared to the U.S. with a 31% increase

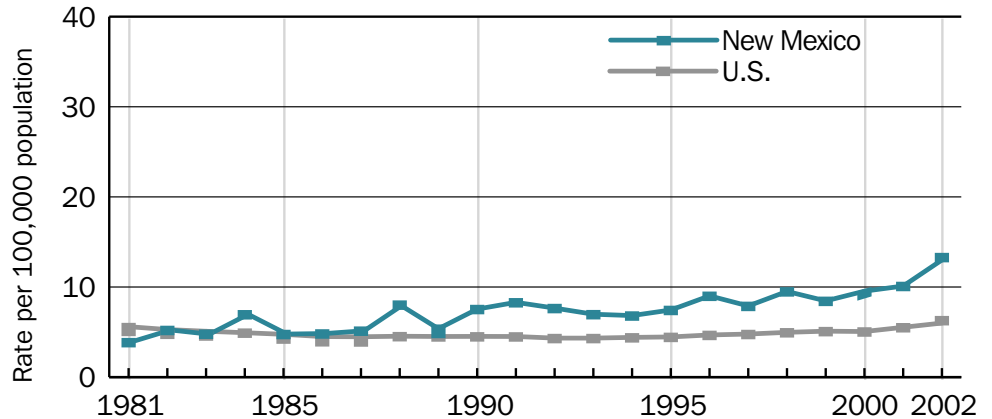
Motor Vehicle Crash Death Rates* 1981-2002



Poisoning Death Rates*, 1981-2002



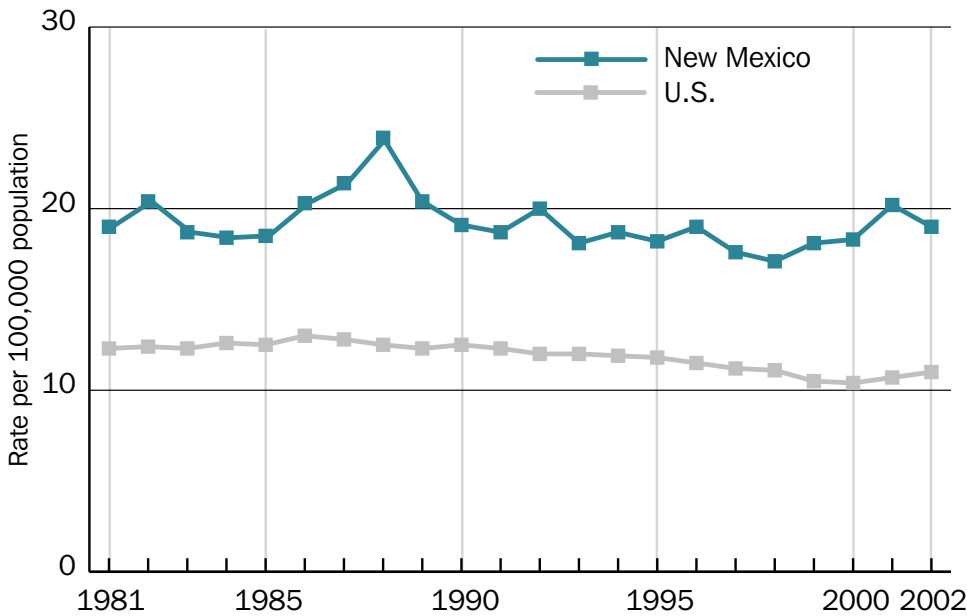
Fall Death Rates*, 1981-2002



* Age adjusted to the 2000 standard U.S. population.
Sources: CDC, WISQARS

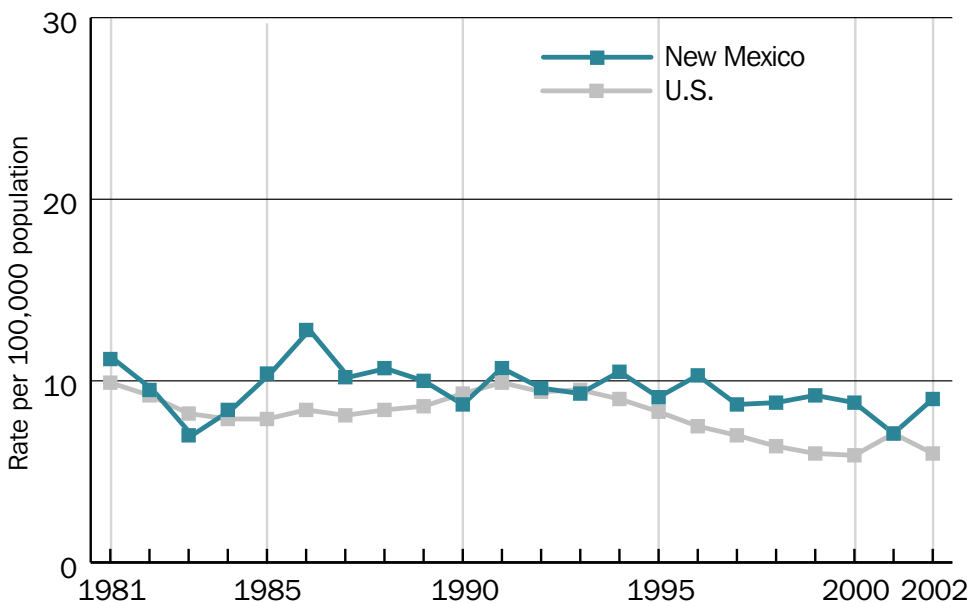
Suicide rate in New Mexico remains level as homicide rate decreases

Suicide Rates* in U.S. and New Mexico 1981-2002



- Suicide rates for New Mexico have been consistently higher than U.S. rates
- New Mexico's suicide rate, at 19.2 per 100,000 population, was nearly twice the U.S. rate of 11 in 2002
- Homicide rates for New Mexico and U.S. have been tracking closely with each other

Homicide Rates* in U.S. and New Mexico 1981-2002

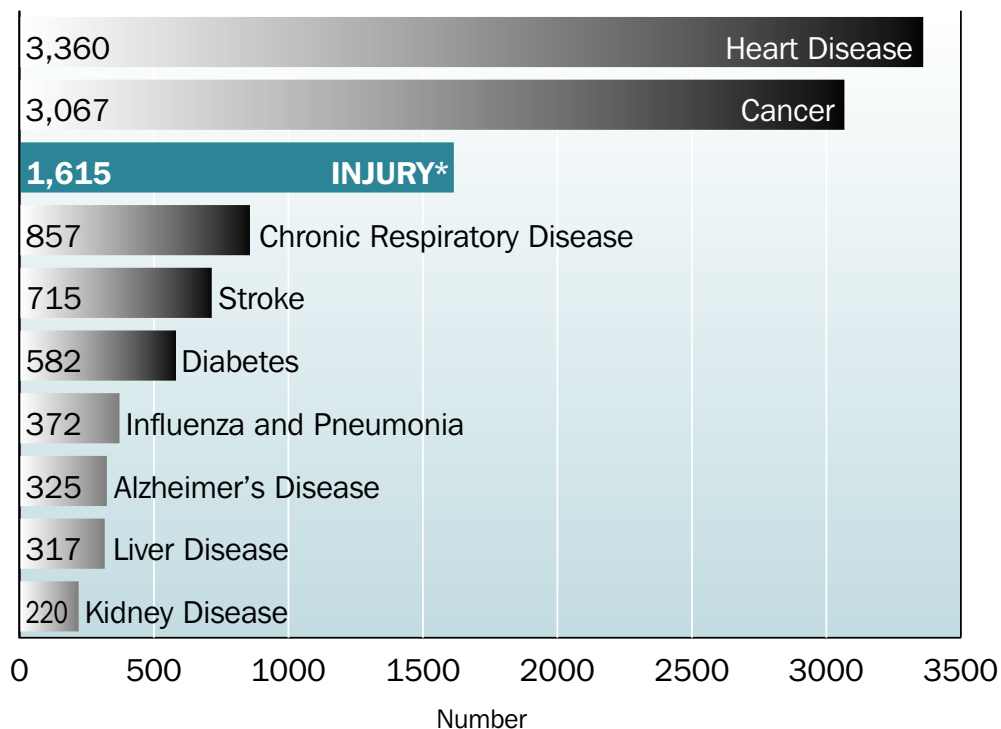


* Age adjusted to the standard US 2000 population
 Source: CDC, WISQARS

Injury is the third leading cause of death in New Mexico

■ Unintentional injury is the number one cause of death among New Mexicans 1-44 years of age

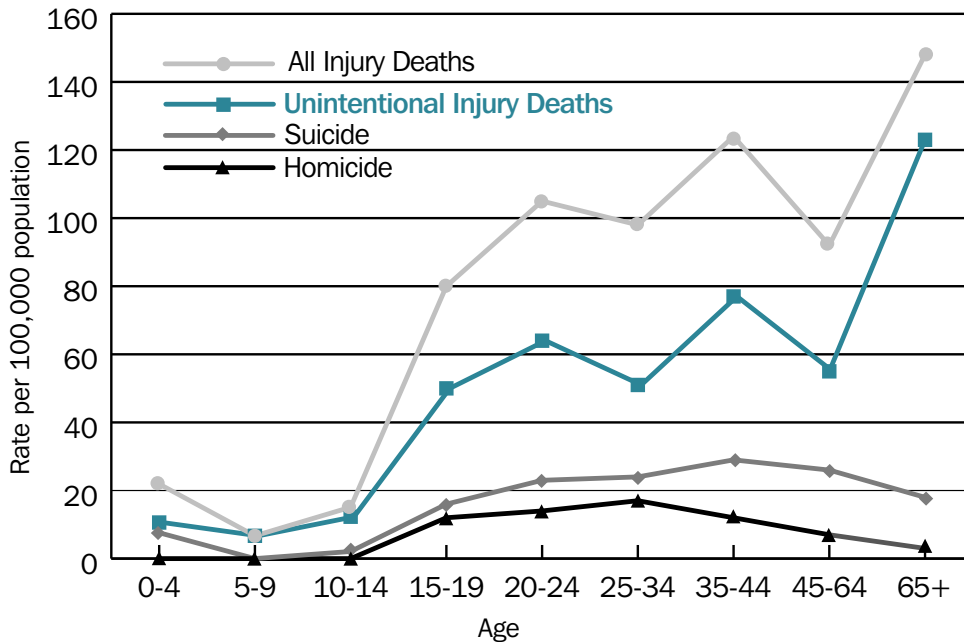
Leading Causes of Death, All Ages New Mexico, 2002



* Injuries, whether unintentional or from violence, are caused by physical forces we encounter in our daily lives and include unintentional injuries, suicide and homicide
Source: CDC, WISQARS

Unintentional injury death rate dramatically increases in the elderly

Injury Deaths by Intent and Age New Mexico, 2002



Source: Bureau of New Mexico Vital Records and Health Statistics, NMDOH

- Injury deaths increase with age
- Persons 65 years and older have the highest unintentional injury death rates 123/100,000 (2002)
- Suicide is the second leading cause of death among New Mexicans 15-44 years of age
- Homicide rates decrease after 34 years of age
- Nearly 1/4 (23%) of all suicides occurred among New Mexicans 35-44 years of age

Leading causes of injury death differed by age in New Mexico during 1999-2002

These six tables show how the key causes of injury death differ by age. Such data allow for targeting prevention efforts to the most vulnerable populations. Highlights include:

- Motor vehicle crash is a major cause of death for every age group, but in the 25-64 and 65+ age groups poisoning and falls, respectively, lead
- Firearm injury deaths are in the top five for all age groups older than 0-4
- Suffocation especially affects children 0-4 and 10-14 years
- Poisoning is the #1 injury death in adults (25-64 years), and is a leading cause for all age groups except children 5-9 years

0-4 Years

Cause of Death	No.	%
Motor vehicle crash	30	27.0
Suffocation	20	18.0
Poisoning	6	5.4
Drowning	9	8.1
Pedestrian	3	2.7
Other ¹	43	38.7
TOTAL	111	100.0

¹ Includes cut/pierce, fall, fire/burn, firearm, natural/environmental, etc.

5-9 Years

Cause of Death	No.	%
Motor vehicle crash	27	56.3
Drowning	3	6.3
Natural/Environmental ¹	3	6.3
Firearm	2	4.2
Other ²	13	27.1
TOTAL	48	100.0

¹ Includes excessive heat and cold, animal bites, storm damage, etc.

² Includes fall, fire/burn, other land transport, struck by/against, etc.

10-14 Years

Cause of Death	No.	%
Motor vehicle crash	47	54.0
Firearm	14	16.1
Suffocation	10	11.5
Other land transport	8	9.2
Poisoning	3	3.4
Other ¹	3	5.7
TOTAL	87	100.0

¹ Includes drowning, pedestrian, etc.

15-24 Years

Cause of Death	No.	%
Motor vehicle crash	413	41.9
Firearm	275	27.9
Poisoning ¹	86	8.7
Suffocation	73	7.4
Cut/Pierce	23	2.3
Other ²	116	11.8
TOTAL	986	100.0

¹ Primarily drug overdose

² Includes fall, drowning, fire/burn, machinery, other land transport, pedestrian, etc.

25-64 Years

Cause of Death	No.	%
Poisoning ¹	1,046	29.6
Motor vehicle crash	899	25.5
Firearm	677	19.2
Suffocation	212	6.0
Fall	114	3.2
Other ²	584	16.5
TOTAL	3,532	100.0

¹ Primarily drug overdose

² Includes cut/pierce, drowning, fire/brands, natural/environmental, other transport, pedestrian, etc.

65+ Years

Cause of Death	No.	%
Fall	543	42.2
Motor vehicle crash	228	17.7
Firearm	152	11.8
Suffocation	88	6.8
Poisoning ¹	51	4.0
Other ²	225	17.5
TOTAL	1,287	100.0

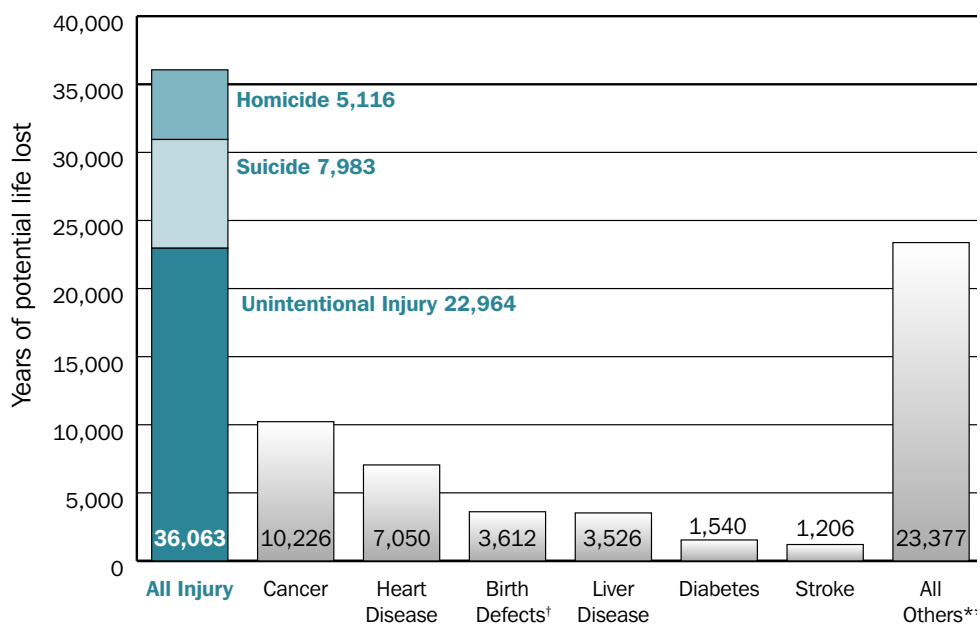
¹ Primarily drug overdose

² Includes cut/pierce, drowning, fire/brands, other transport, pedestrian, poisoning, etc.

Source for all charts: CDC, WISQARS

Injury is the leading cause of premature death

Premature Death before Age 65 Years (measured by YPLL), New Mexico, 2002



† Relating to a condition that is present at birth, as a result of either hereditary or environmental influences

* Includes such conditions as stroke, other respiratory diseases, vascular diseases, and kidney infections.

Source: CDC, WISQARS

- Premature death is measured by years of potential life lost (YPLL), which is the estimated number of years lost when someone dies before age 65
- Injury ranks number one for YPLL compared to all other causes of death
- All causes of death have a total of 86,600 YPLL (2002)
- About 27% of all YPLL in New Mexico are due to unintentional injuries

The cost of injury in New Mexico

- Treatment of injuries and their long-term effects account for 12% of medical care spending nationally
- In 1995*, the estimated minimum cost of injuries in New Mexico was over \$1.6 billion. The cost in today's dollars would be much higher
- Only about 4% of Centers of Disease Control and Prevention (CDC) funding to New Mexico for health promotion and disease prevention is directed toward injury prevention, though injuries are the 3rd leading cause of death in the state

Minimum Cost of All Injuries in New Mexico, 1995*

Cause of Injury	Injury Cost in 1995 Dollars based on the 1988 estimated volume of treated injuries
Motor Vehicle Crashes	\$496,000,000
Falls	384,000,000
Firearm Injuries	144,000,000
Poisonings	80,000,000
Burns	32,000,000
Drowning/Near Drowning	32,000,000
Other	432,000,000
TOTAL	\$1,600,000,000

* This minimum estimate, using the most recently available data, was computed from the number of injury cases receiving medical services in New Mexico in 1988, and the cost of those services, lost wages and productivity in 1995 dollars. Source: *Injury Fact Book 2001-2002*, National Center for Injury Prevention and Control, Center for Disease Control and Prevention

Cost of Violence (Intentional Injury) in New Mexico, 1997†

Category	Violent Crime	Alcohol-Involved Violent Crime ²	Drug-Involved Violent Crime ²
Rape	\$79,000,000	\$30,600,000	\$19,500,000
Assault	135,700,000	59,200,000	27,200,000
Robbery	7,100,000	2,300,000	2,900,000
Murder	136,800,000	62,000,000	39,300,000
TOTAL	\$358,600,000	\$154,100,000	\$88,900,000

† This minimum estimate, using the most recently available data (1995), was computed from the number of cases injured in a violent crime who received medical and/or mental health services in New Mexico and the cost of those services and lost income in 1997 dollars.

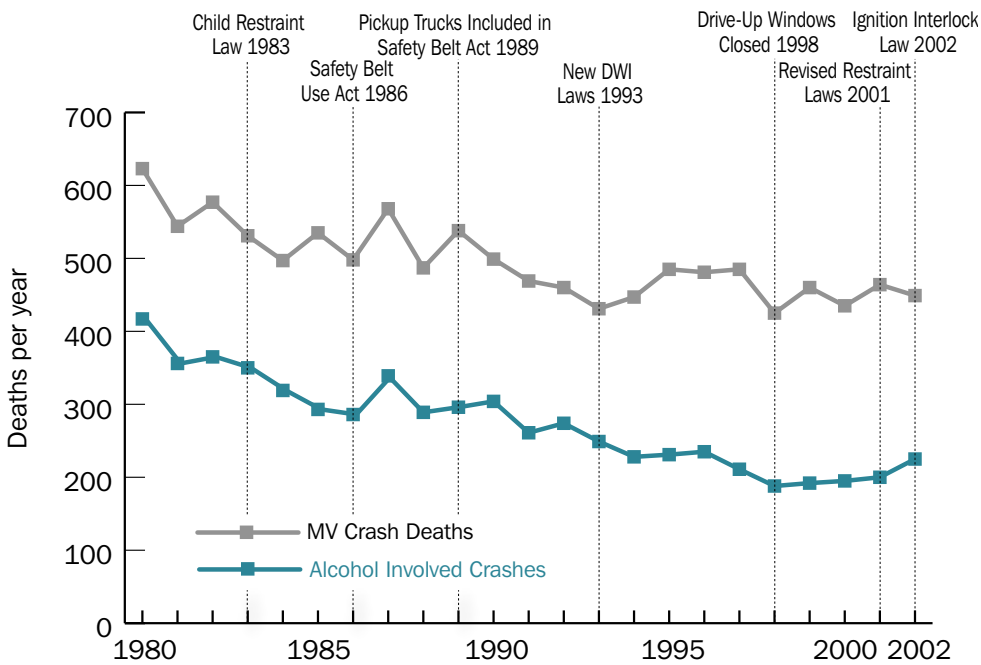
² Alcohol-Involved Violent Crime and Drug-Involved Violent Crime are part of the Violent Crime total in the first column

Sources: *Children's Safety Network Economics and Insurance Resource Center*, at the National Public Services Research Institute, Landover, MD, 1998.

URL: www.edarc.org/pubs/violent/nm-viol.htm. Accessed on 6-14-2004

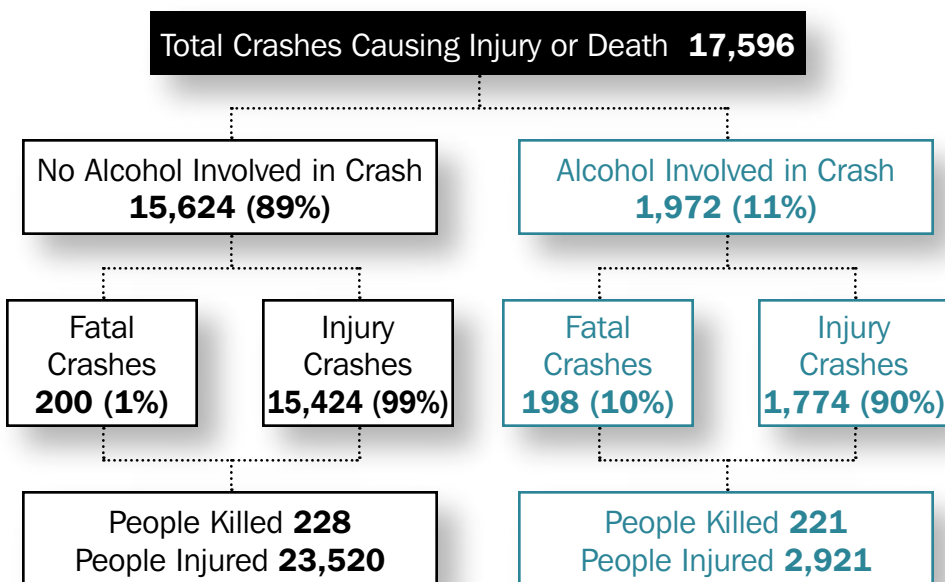
Policy changes in the last 20 years have helped reduce motor vehicle injury deaths

Motor Vehicle Crash and Alcohol-Involved Crash Deaths, New Mexico, 1980-2002



Source: Division of Government Research, University of New Mexico

Crashes in New Mexico and Alcohol Involvement, 2002

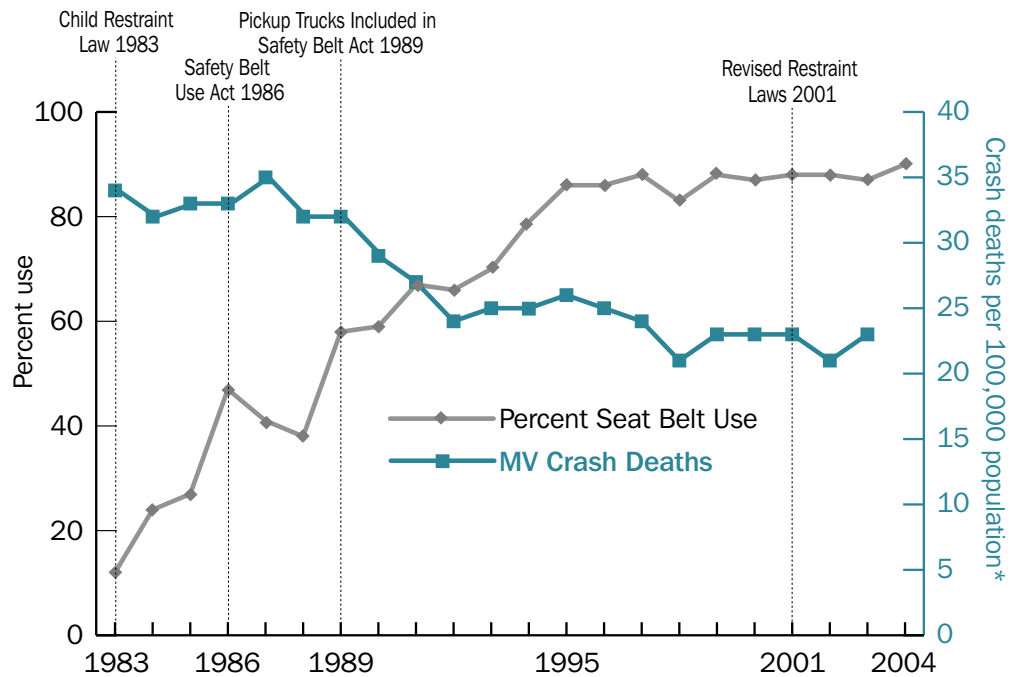


- Motor vehicle crash deaths and alcohol-involved motor vehicle crash deaths dropped by 28% and 46%, respectively, in 2002 compared to 1980
- Alcohol was involved in 11.2% of all motor vehicle crashes
- Almost fifty percent of motor vehicle injury deaths occurred in alcohol-involved crashes in 2002**
- Alcohol-involved crashes are more likely to cause death

Increased seat belt use saves lives

- New Mexico ranked 6th highest among the states in seatbelt use in 2003
- From 1983 to 2003, motor vehicle crash death rates dropped 31%, as seat belt use rose
- Since 1995 seatbelt use by New Mexico drivers and front seat passengers has ranged from 86% to 90%
- In 2003, nearly 77 percent of high school students reported wearing seatbelts (N.M. Youth Risk and Resiliency Survey)
- 91% of children under 5 years of age use car safety seats (Behavioral Risk Factor Surveillance System)

Observed Front Seatbelt Use and Motor Vehicle Crash Death Rates New Mexico, 1983-2004

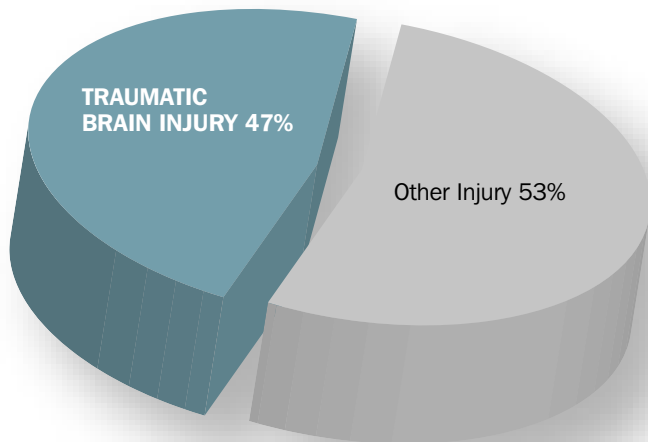


* Age-adjusted to 2000 standard U.S population

Sources: For seatbelt use: Office of Injury Prevention, NMDOH. For crash deaths: CDC, WISQARS, and Division of Government Research, University of New Mexico

Helmets save children's lives

Bicycle-Related Injury Hospitalizations Among Children 14 and Under U.S., 1994-2001*



* National Pediatric Trauma Registry data for children and adolescents treated at trauma centers across the nation.

Source: *A National Study of Traumatic Brain Injury and Wheel-Related Sports* (http://www.safekids.org/content_documents/ACF16A.pdf)

Helmet use by minors on bicycles, skateboards, scooters and skates prevents serious and fatal head injury

- Two-thirds of all bicycle crash deaths occur as a result of brain injury (TBI)
- Nearly half of hospitalizations from bicycle injuries were due to TBI
- For every \$10 helmet worn, \$395 is saved.[†] A 20% increase in helmet use in N.M. would protect an additional 90,000 children (2-17)

Oregon and Georgia helmet use rose 20% in the first year after legislation passed^{††}

There has been a 45% reduction in TBI in states where bicycle helmet legislation has been passed^{††}

[†] These costs include medical, family, and productivity costs reported by the National Highway Traffic Safety Administration

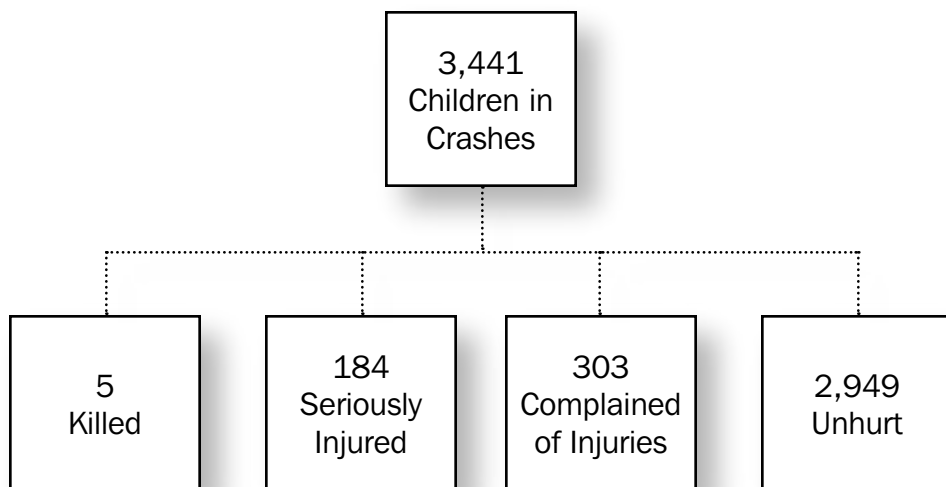
^{††} Source: (NHTSA) http://nhtsa.gov/people/outreach/safesobr/21qp/html/fact_sheets/Bicycle_Helmet.html, accessed on 11-02-04

Booster seats save lives

About children in NM crashes:

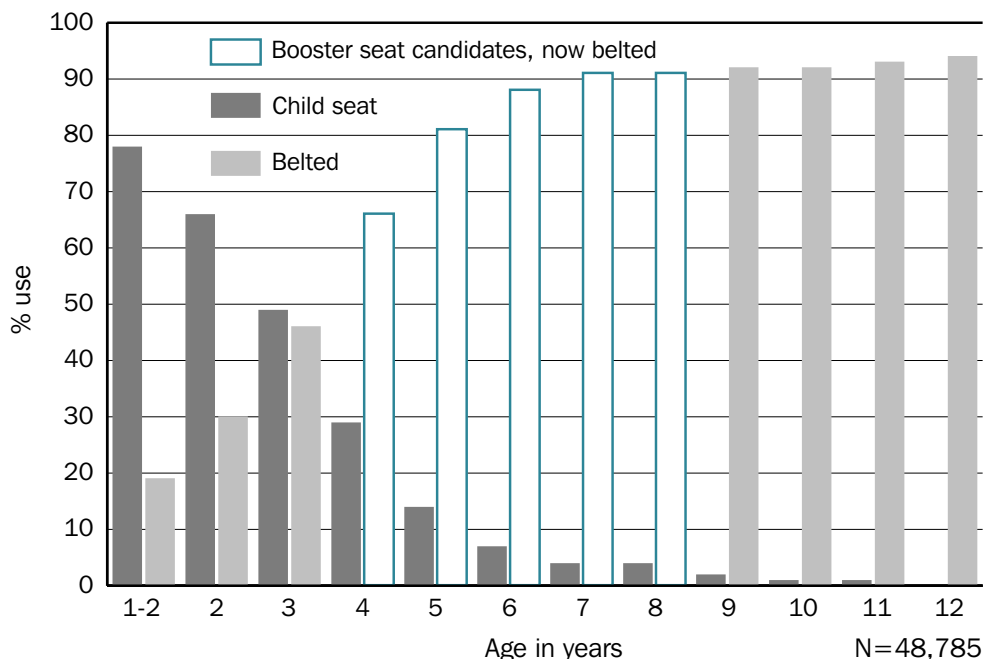
- Booster seats are preferred for children between 40 and 80 lbs. and ages 5-8 years because seatbelts:
 - Cut across the neck and abdomen and
 - Can injure children of this size
- Over 50% of 0-3 year-olds use child seats
- By age 4, seatbelt use increases to 66%, as toddlers reach the 40 lb. weight limit for child seats
- As NM has no booster seat law, over 80% of children in crashes are restrained with seatbelts
- Overall, 95% of children use some type of restraint

Motor Vehicle Crashes, Ages 5-8 Years New Mexico, 2003*



* 2003 data is preliminary
 Source: Division of Government Research, University of New Mexico

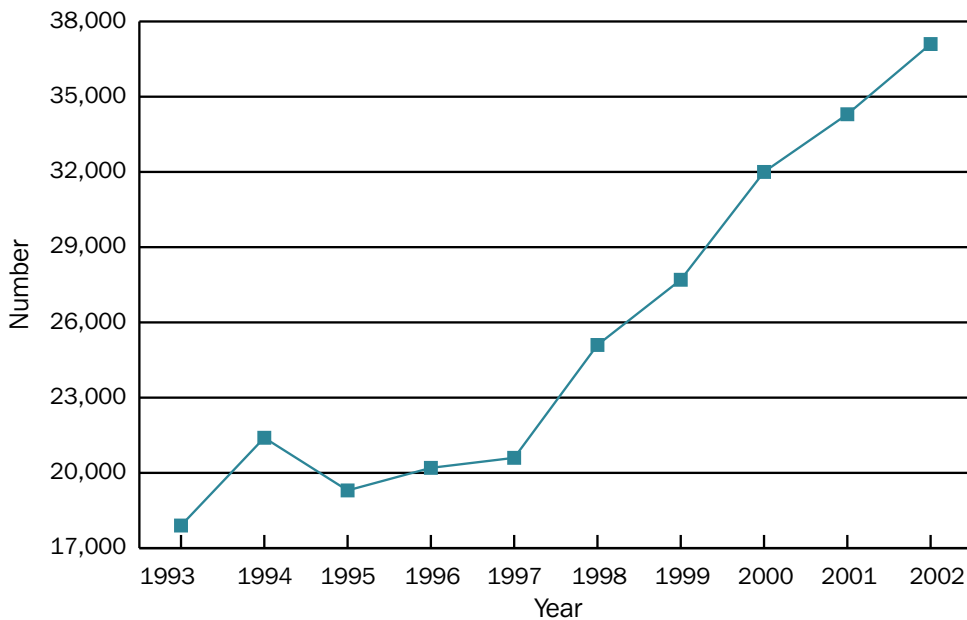
Restrained Children in Crashes* New Mexico, 2000-2003



* Excludes approximately 3% to 5% unrestrained children in each age group
 Source: Division of Government Research, University of New Mexico

Rough terrain: Protecting youth on all-terrain vehicles (ATVs)

ATV-Related Injuries Treated in Emergency Rooms, Under 16 Years of Age U.S., 1993-2002



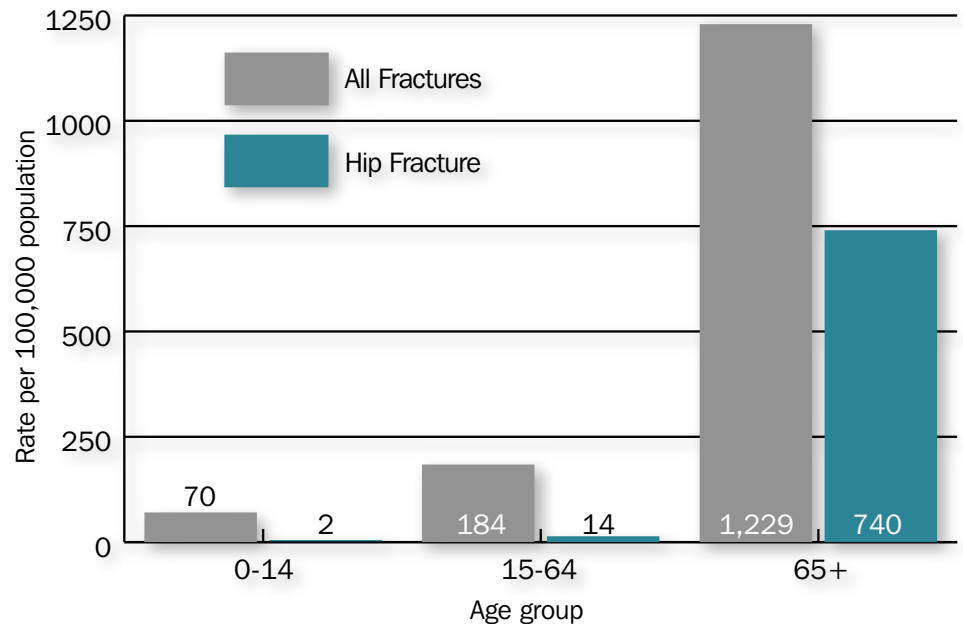
Source: National Electronic Injury Surveillance System, U.S. Consumer Product Safety Commission

- ATV-related injuries treated in emergency rooms increased by 107% between 1993 and 2002 in the U.S.
- Helmets, eye protection, safety education, and graduated licensing are necessary for all minors using ATVs
- 24 states have enacted ATV laws protecting minors
- N.M. law permits anyone to operate any size ATV, regardless of how heavy or powerful it is. *The average adult-size model weighs 550 lbs. and can exceed 70 mph* (Consumer Product Safety Commission)

Hip fracture leads to permanent disability in the elderly (age 65 and over)

- Fifty percent of the elderly who are hospitalized for hip fractures cannot return home or live independently
- 15% of the elderly reported having a fall in the previous 3 months in 2003 and 40% of them had injuries that limited their activities
- The elderly have the highest rates for fractures in general and hip fractures in particular
- Fractures and hip fracture hospitalization rates are highest among the elderly (1229.4/100,000 and 740.3/100,000) compared to other age groups in 2000
- The average cost[†] of a hip fracture ranges from \$16,300-\$18,700

All Fractures and Hip Fracture Hospitalization Rates by Age New Mexico, 2000



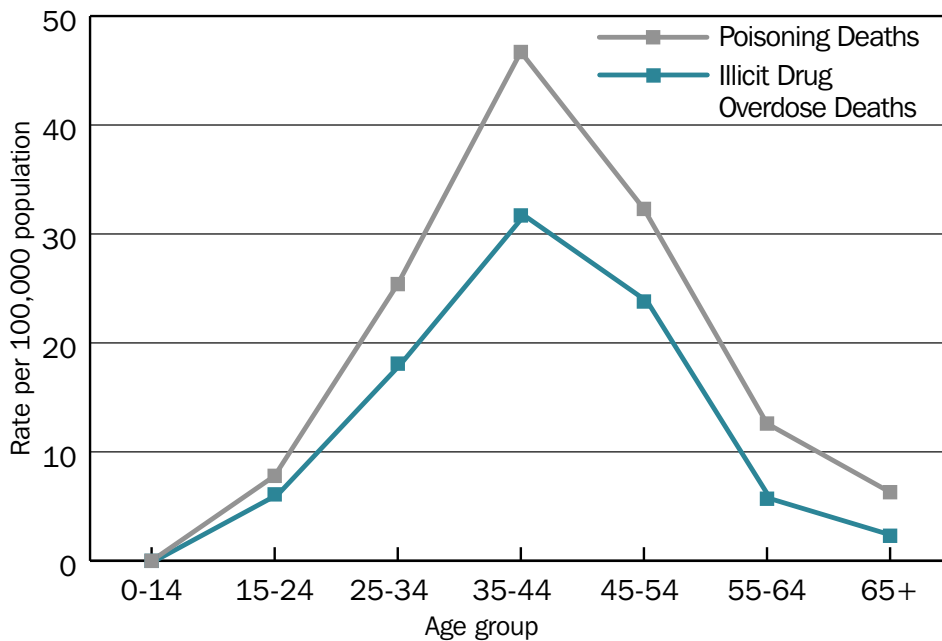
Note: Based on injury as principal diagnosis

Source: New Mexico Health Policy Commission; www.cdc.gov/ncipc/factsheets/fallcost

[†] Average cost includes direct medical care, formal non-medical care, and informal care provided by family and friends.

Poisonings in New Mexico

Poisoning and Illicit Drug* Overdose Death Rates by Age, New Mexico, 2002



* Illicit drugs include cannabis, cocaine, codeine, LSD, heroin, methamphetamine, methadone, morphine, sedatives & hypnotics, psychostimulants, etc.

Source: Bureau of New Mexico of Vital Records and Health Statistics, NMDOH

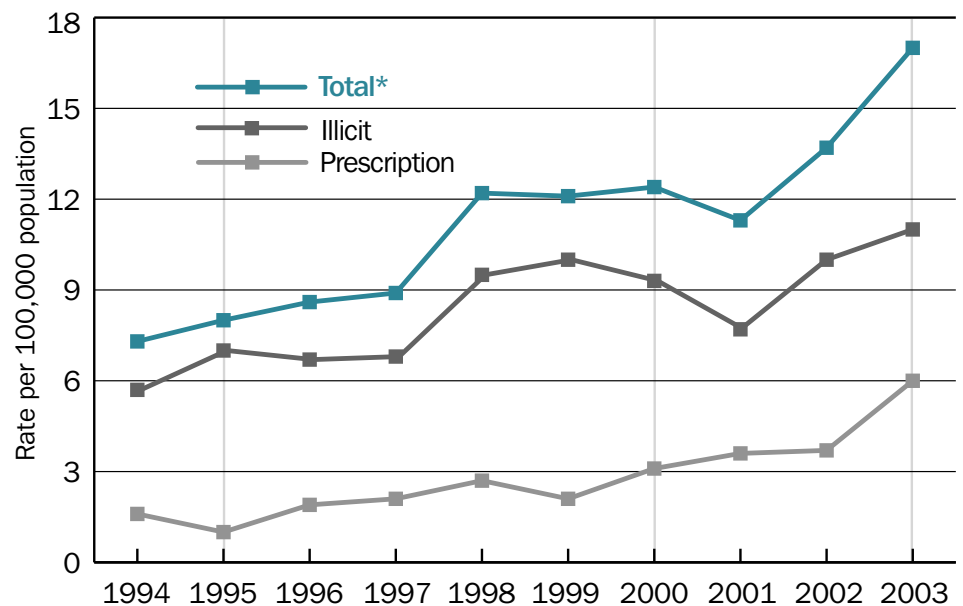
- Poisoning deaths are on the rise, driven by illicit drug use
- Poisonings due to illicit drugs and misuse of medicines are much more common than all other poisonings
- The poisoning death rate peaks at 35-44 years of age, which is later than for poisoning hospitalizations which peaks at 25-34 years
- Poisoning is the 2nd leading cause of injury hospitalization at 13%
- Prescription medications account for 43% of poisonings[†]

[†] UNM Health Center, New Mexico Poison Drug Information Center, Program Summary, July 1, 2002-June 30, 2003

Drug overdose deaths are rising

- New Mexico has had the highest rate of total drug overdose death in the nation since the early 1990s
- The total drug overdose death rate in New Mexico has increased 134% since 1994
- Although the death rate from prescription drug overdoses increased substantially in 2003, the total drug overdose death rate in New Mexico is driven by illicit drugs

Prescription and Illicit Drug Overdose Death Rates, New Mexico, 1994-2003

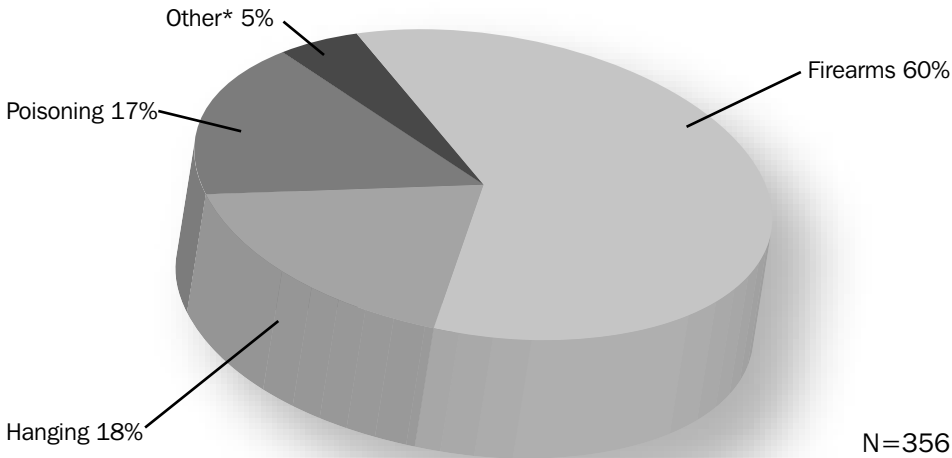


* Total drug overdose deaths are a combination of deaths from illicit drugs (e.g., heroin, cocaine, methamphetamine) and prescription drugs.

Source: New Mexico Office of the Medical Investigator.

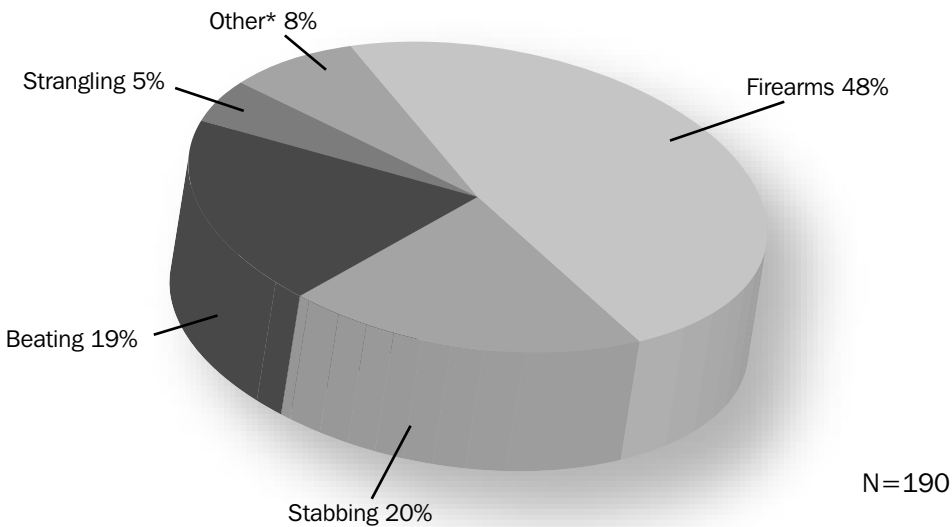
Methods of violence in New Mexico

Methods of Suicide, New Mexico, 2002



* Other includes motor vehicle, fire/burn, cut/slash, drowning, fall and unknown.
Source: New Mexico Office of the Medical Investigator

Methods of Homicide, New Mexico, 2002



* Other includes drowning, motor vehicle, fire/burn, poisoning and unknown.
Source: New Mexico Office of the Medical Investigator

- About one third of injury deaths are due to violence
- 60% of suicides and 48% of homicides are caused by guns
- 40% of New Mexicans live in homes where firearms are kept. In these homes, 11% of the guns are stored loaded and often unlocked (Behavioral Risk Factor Surveillance System)

Domestic Violence throughout New Mexico

25,644 incidents of domestic violence (DV) were reported by New Mexico law enforcement agencies in 2003

- These incidents involved 15,517 DV victims. Of these, 75% were female
- Victims were injured in 26% of these incidents
- Alcohol or drug use was documented in 21% of incidents*
- A weapon was used in 38% of incidents; 58% of incidents were witnessed by children (according to service providers)

7% of mothers experienced partner abuse during pregnancy (2000 New Mexico Pregnancy Assessment Monitoring System [PRAMS] Report)

Domestic Violence Rates by County New Mexico, 2003

County (in descending order)	Rate Per 1,000 Population
Lincoln	20-25.9
Bernalillo	
Torrance	16-20.9
McKinley	
Santa Fe	10-15.9
Chavez	
Cibola	
Curry	
Rio Arriba	
Doña Ana	
Lea	
San Miguel	5-9.9
Socorro	
San Juan	
Grant	
Taos	
Sandoval	
Sierra	
Colfax	
Guadalupe	
Mora	
Union	<5
Eddy	
Roosevelt	
Otero	
Los Alamos	
Hidalgo	

N=25,644

Note: Insufficient data were reported for Catron, De Baca, Harding, Luna, Quay and Valencia counties. This means that the law enforcement agency from the largest city in these counties did not report, or reported less than a full year of domestic violence data for 2003.

* In 35% of incidents no alcohol/drug use was reported. No information was available in the remaining 44% of incidents.

Source: *The New Mexico Interpersonal Violence Data Central Repository*

Homicide by an intimate partner

Domestic Violence, New Mexico, 2002

Characteristics	Number of Cases	Percent of Cases
Spouse as Perpetrator	43	40%
Committed with a firearm	66	63%
Homicide/Suicide	34	31%
Perpetrator Had Prior Police Record	60	55%
Children Present at Time of Homicide	45	42%

Note: N=108 cases. A case may have more than one of the DV characteristics.
Source: *Getting Away with Murder I, II and III; Intimate Partner Violent Deaths*, Center for Injury Prevention, Research, and Education, Department of Emergency Medicine, School of Medicine, University of New Mexico

In 1993-2000, there were 108 intimate partner homicides; 98% of the victims were female

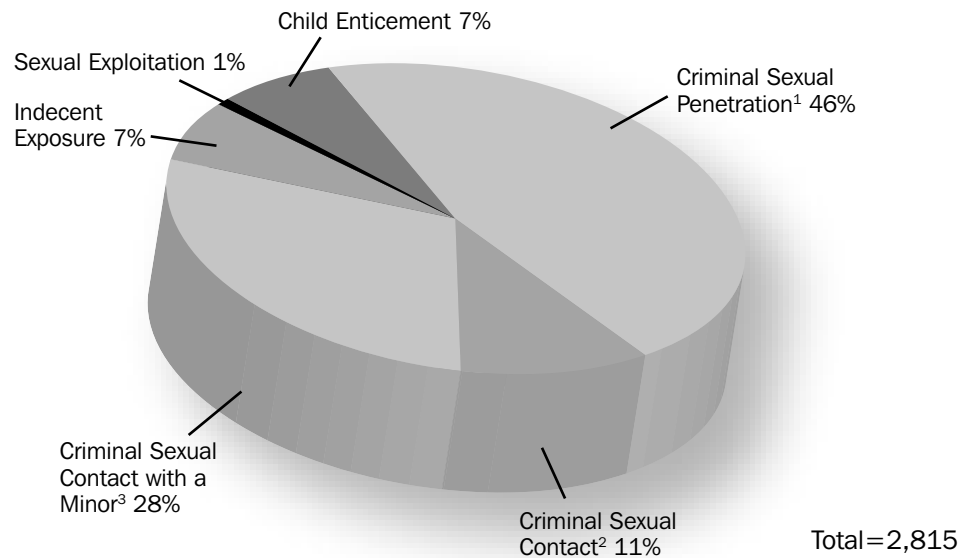
- The average age of the victim was 37 years old
- **42% of the time, children were present during the homicide; children actually witnessed half of these homicides**

Sexual violence patterns in New Mexico

■ 1 in 5 New Mexico women will be raped in their lifetimes, as compared with 1 in 7 nationally (1995-1996 National Violence Against Women Survey). This means that N.M. women are 40% more likely to be raped in their lifetimes than women nationally

■ Sexual assault offenses generally are underreported due to the belief that it is a private or personal matter and fear of retaliation from the perpetrator. In 2001, an estimated 39% of rapes and sexual assaults in the United States were reported to law enforcement officials[†]

Type of Sex Crime Reported to Law Enforcement in New Mexico, 2002*



* Source: Sex Crimes in New Mexico: The New Mexico Interpersonal Violence Data Central Repository

According to New Mexico statutes [30-9-11 through 30-9-13 NMSA 1978]:

¹ **Criminal sexual penetration** is the unlawful and intentional causing of a person to engage in sexual intercourse, cunnilingus, fellatio or anal intercourse or the causing of penetration, to any extent and with any object, of the genital or anal openings of another, whether or not there is any emission.

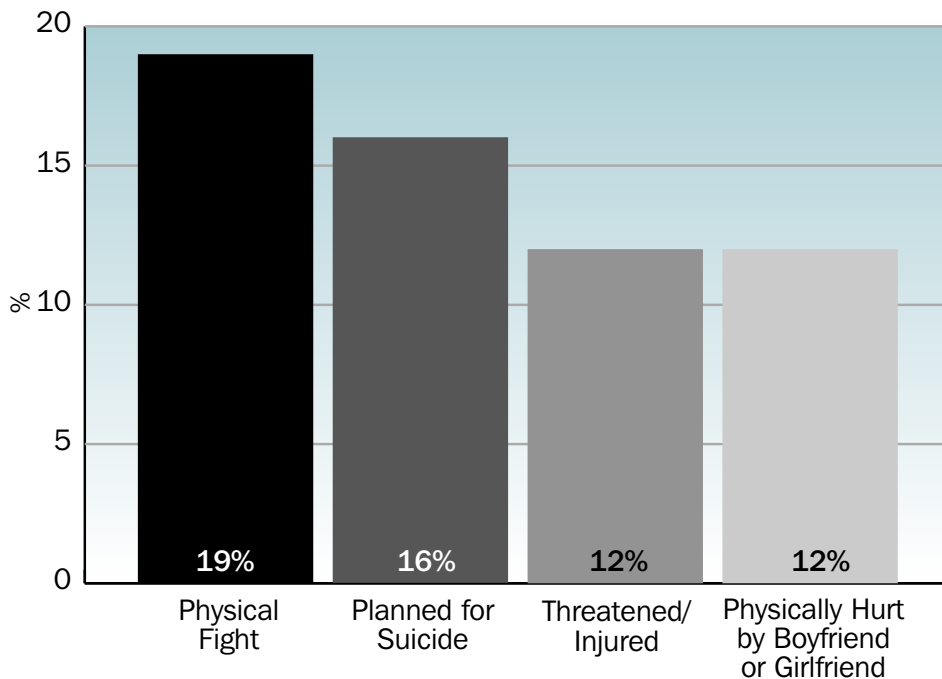
² **Criminal sexual contact** is the unlawful and intentional touching of or application of force, without consent, to the unclothed intimate parts of another who has reached his eighteenth birthday, or intentionally causing another who has reached his eighteenth birthday to touch one's intimate parts

³ **Criminal sexual contact of a minor** is the unlawful and intentional touching of or applying force to the intimate parts of a minor or the unlawful and intentional causing of a minor to touch one's intimate parts. For the purposes of this section, "intimate parts" means the primary genital area, groin, buttocks, anus or breast.

[†] Source 1999 National Crime Victimization Survey conducted by the Bureau of Justice Statistics

Violence in New Mexico high schools

Violence Among 9-12 Graders in Past 12 Months, 2003



Source: N.M. Youth Risk and Resiliency Survey (YRRS), 2003

Ninth-12th graders in New Mexico reported that in the prior 12 months:

- 19% were in a physical fight
- 12% were threatened or injured with a weapon at school
- 12% were intentionally hit, slapped or physically hurt by a boyfriend or girlfriend
- 16% made a plan to commit suicide. 14% attempted suicide at least once

Nearly 1/3 of all students were a bully, victim or both*

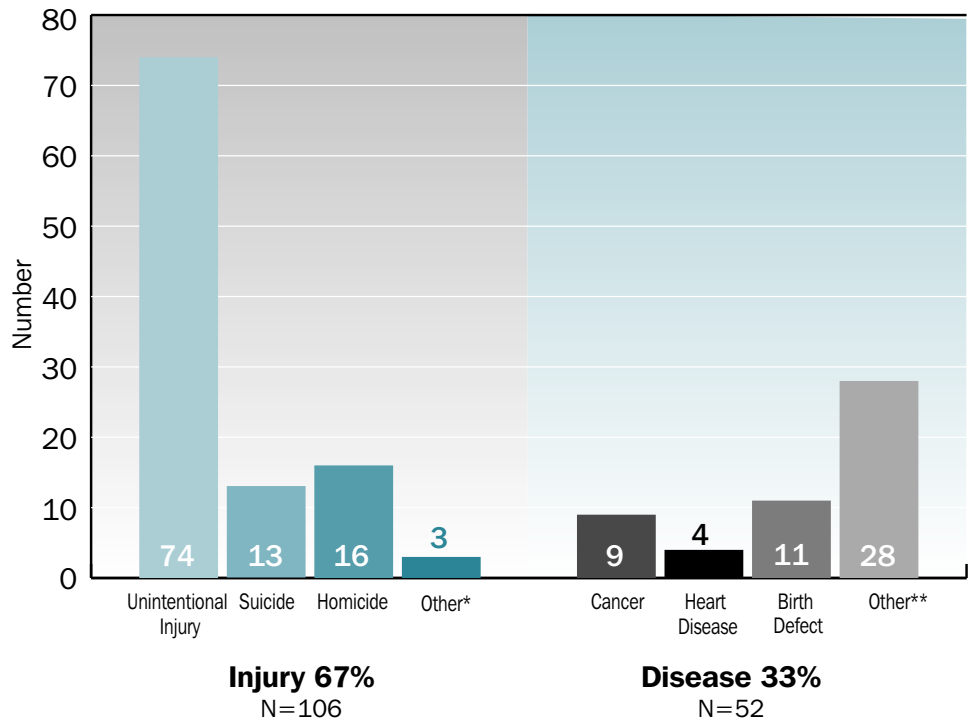
Male bullies are four times more likely to have at least three convictions by age 24*

* Fox, J.A., Ph.D. Elliot, D. D., Ph. D., Kerlikowske, R. B., Newman, S. A., JD. Christeson, W., MHS, (2000). *Bullying Prevention is Crime Prevention: A Report by Fight Crime: Invest in Kids*. Washington, DC: Invest in Kids.

Injury accounts for 67% of deaths in youth

- Twice as many youth aged 1-17 years died from injury than from all diseases combined
- Unintentional injury is the cause of almost half of all deaths in youth

Leading Causes of Death in Youth[†] New Mexico, 2002



* Includes legal intervention and undetermined

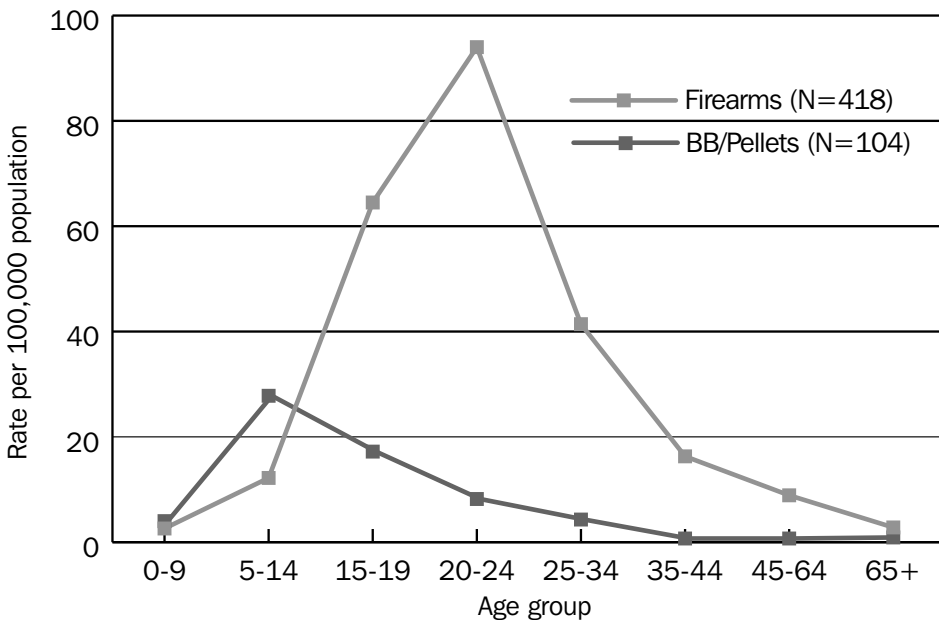
** Includes diseases of the central nervous system, digestive system, infections, etc.

[†] 1-17 years of age

Source: Bureau of New Mexico Vital Records & Health Statistics, NMDOH

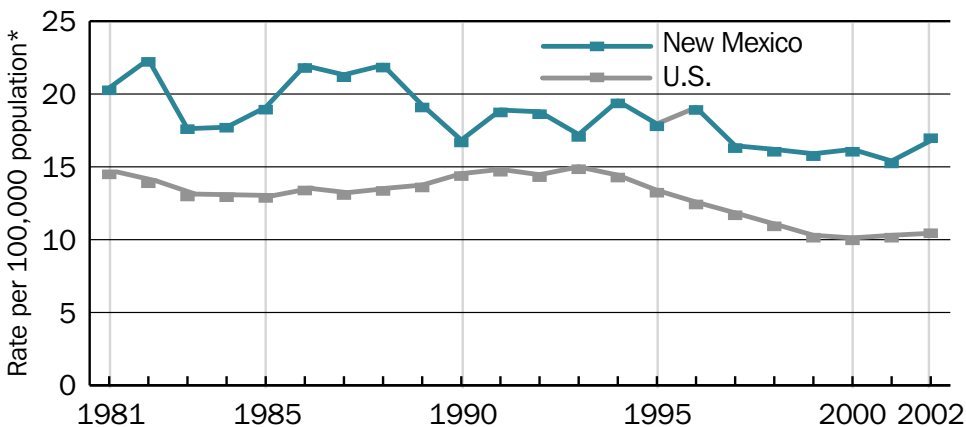
Non-fatal injuries caused by guns

Non-fatal Firearm and BB/Pellet Injury Rates by Age, New Mexico, 2002



Source: Emergency Department-New Mexico Firearm Injury Surveillance System (ED-NMFISS), Office of Injury Prevention, NMDOH

Firearm Injury Death Rates New Mexico, 1981-2002



* Age adjusted to the standard U.S. 2000 population
 Source: CDC, WISQARS (1981-1988 for New Mexico 1981-2002 for U.S.);
 Bureau of New Mexico Vital Record & Health Statistics, NMDOH (1999-2002)

Of nonfatal gun injuries requiring Emergency Department visits:

- 2/3 (70%) of firearm injury victims were 15 to 34 years old
- BB/pellet injuries were most common among youth 5-14 years of age
- Firearm injury rates peak in young adults aged 20-24 years
- 88% of gunshot injuries were to males
- 35% were injured seriously enough to require hospitalization

The firearm injury death rate in New Mexico has decreased 18% from 1981 to 2002

- 98% of firearm injury deaths were violence-related (suicide and homicide)

Strategies to safeguard New Mexicans from preventable injuries: The next two years

1. Unintentional injury

- a. Continue the successful promotion of seatbelts, child safety and booster seats to keep New Mexicans safer in cars and trucks
- b. Encourage the safe use and storage of all guns
- c. Focus programs on the growing population of elderly, targeting the high numbers of serious and fatal injury incidents, particularly from falls
- d. Support the need for helmet laws and inform New Mexicans about the effectiveness of helmet use for participants in activities such as bicycling, horseback riding, operating ATVs, skateboarding, skiing and snowboarding
- e. Address the rising trends in drug overdose death rates through community prevention activities

2. Intentional injury

- a. Inform New Mexicans on how to prevent domestic and sexual violence
- b. Establish comprehensive home visitation programs to prevent child, spouse or elderly abuse, as well as unintentional injuries
- c. Develop comprehensive suicide prevention programs addressing youth, adults and survivors
- d. Maintain a safe environment in schools to improve attendance and education
- e. Increase intervention activities targeting perpetrators and victims to reduce the occurrence of domestic and sexual violence

3. Alcohol—a recognized contributor to many injuries

Address the relationship between alcohol use and injuries regarding

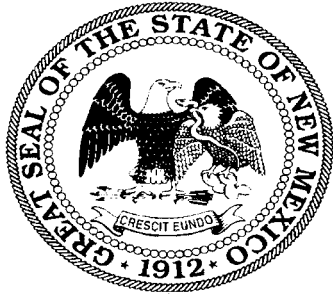
- community norms
- education
- laws and enforcement

4. Resources for injury prevention

- a. Mobilize resources to support injury prevention in New Mexico
- b. Establish more state and local programs that work on similar injury issues
- c. Engage new audiences in injury prevention subjects, e.g. colleges and universities, home builders and remodelers, senior citizens groups, tribal programs
- d. Seek new revenues for local and state injury prevention activities from public and private sources
- e. Use existing, tested approaches to injury prevention and incorporate evaluation as an integral part of all programs

5. Data collection to track the causes and costs of injuries

- a. Increase available data on non-fatal injuries from hospitals and emergency departments
- b. Help communities get more local data
- c. Address, via partnerships, the gap in injury cause reporting from hospitals
- d. Improve collection of injury cost data



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