NEW MEXICO
DEPARTMENT OF
HEALTH

Health Behaviors and Conditions of New Mexicans, 1999

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

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What is the BRFSS?

Chronic disease, injury, substance abuse, and preventable infectious disease are the leading causes of morbidity and mortality in the U.S. The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, nationwide surveillance system that collects data on the prevalence of health conditions in the population and behaviors that affect risk for disease. The surveillance system uses a telephone survey to collect data in all 50 states, the District of Columbia, Guam, Puerto Rico and the U.S. Virgin Islands. Individuals who are 18 years of age and older, live in a private residential household, and have a telephone are eligible for the survey. Adults who live in group homes or in institutions, such as prisons, college dormitories, or nursing homes, or live in household without a telephone, are not eligible for the study.

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

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

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

The BRFSS is supported and coordinated by the Behavioral Surveillance Branch (BSB), Division of Adult and Community Health (DACH), National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) of the CDC.

The CDC has a web site dedicated to the BRFSS:
 http://www.cdc.gov/brfss

Prevalence data from the U.S. BRFSS are available online at:
 http://apps.nccd.cdc.gov/brfss/index.asp

This 1999 NM BRFSS report is available in .pdf format at the NM Department of Health website:
 http://www.health.state.nm.us/

1999 BRFSS Survey Topics

Questions in the 1999 BRFSS survey address a variety of health topics. Relevant demographic information is also collected. General topics are listed below.

Core components (all states):
Health Status
Health Care Access
Hypertension
Cholesterol
Oral Health
Skin Cancer
Tobacco Use
Alcohol Consumption
Women's Health
Immunization
Colorectal Cancer Screening
Injury Control
HIV/AIDS

Demographics section:
Age
Race/ethnicity
Gender
Marital Status
Number of Children in Household
Education
Employment Status
Household Income
County of Residence
Number of Residential Telephone Numbers
Weight
Height

Optional modules included:
Cardiovascular Disease
Preventive Counseling
Osteoporosis
Fruits and Vegetables
Exercise
Diabetes

State-added questions included:
Disability
Personal Care
Children's Health Care Access
Environmental Health

Limitations of BRFSS Data

Households without telephones 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 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. Consequently, the prevalence of these behaviors may be underestimated by the survey. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly.

The completion rate [=
$$\frac{\text{number of completed interviews}}{\text{number of completed interviews} + \text{number of refused interviews}}]$$

for the 1999 survey was 76%. If the 24% of adults who were selected, but refused to be interviewed, differ in a systematic way from those who complete the interview, this may lead to bias in the prevalence estimates.

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. Self-administered questionnaires will be affected by the literacy of the selected respondents and may be completed by family members other than the one selected. Telephone surveys are also easier to monitor for quality assurance purposes than are face-to-face surveys

Data Presentation

The data in this report are presented in either tabular or graphical form, and are the estimated population percentages of people with a particular condition, risk factor, or behavior. Like any estimate produced from population surveys, the estimates produced from the BRFSS survey are subject to error (see Appendix I - Sources of Error). Two different, but related, measures of error are used in the data presentation; the standard error (SE) and the 95% confidence interval. These errors are related in that the 95% confidence interval is equal to the population estimate $\pm$ 1.96(SE). When using bar graphs, we follow the standard practice of including standard error bars. In the Tables, the populations estimates are presented along with an error term defining the 95% confidence interval bounds, such that the interval defined will include the true population percentage 95% of the time. By BRFSS convention, when the number of respondents was <50, we did not present the weighted percentage because such estimates are deemed unreliable.

In general, population estimates with smaller errors are more precise than population estimates with larger errors. Since sample size influences the magnitude of an estimate's error, sample size will also affect the precision of the estimate. This issue is particularly relevant to some of the comparisons in this report, such as comparisons by race/ethnicity, where the number of Native Americans and 'Others' sampled was so small, and resultant errors so large, that the estimates were inherently unreliable. Thus, discerning possible statistically significant differences between rates of conditions and risk factors in these smaller populations compared to the larger White non-Hispanic, and Hispanic populations was difficult.

With respect to certain conditions and risk factors, particularly those addressed by core BRFSS questions which are asked of respondents in each state, we compared estimates in New Mexico (NM) to estimates for the 5 states bordering New Mexico (Region = Arizona, Colorado, Utah, Oklahoma, and Texas) and to the U.S. as a whole (U.S. = all 50 states, D.C., and Puerto Rico). In the case of questions included in optional BRFSS modules, we compared New Mexico estimates to estimates obtained by pooling data from all the other states (Other States) that administered the question.

Demographics of 1999 New Mexico Sample

Table 1. Demographic Characteristic	1999 BRFSS Data			2000 Census Data †
	Number in Sample *	Unweighted Percent (%)↗	Weighted Percent (%)↗	
TOTAL	3,488	100.0	100.0	
GENDER				
Males	1,532	43.9	48.5	49.2
Females	1,956	56.1	51.5	50.8
AGE				
18-24	338	9.7	12.7	13.5
25-34	600	17.2	19.8	17.9
35-44	769	22.1	22.2	21.5
45-54	670	19.2	17.3	18.8
55-64	464	13.3	11.5	12.1
65-74	399	11.5	10.6	9.0
75+	242	7.0	5.9	7.2
RACE/ETHNICITY				
White, non-Hispanic	1,870	53.9	50.0	49.5
Hispanic	1,302	37.6	40.8	38.7
Native American	142	4.1	5.0	7.8
Other	153	4.4	4.1	4.0
EDUCATION				
< High School Graduate	553	15.9	17.3	NA‡
High School Graduate or G.E.D.	912	26.2	29.0	NA
Some College	951	27.3	27.0	NA
College Graduate	1,067	30.6	27.8	NA
INCOME				
<$10,000	274	8.8	7.5	NA
$10-19,999	606	19.5	18.6	NA
$20-49,999	1462	47.0	48.7	NA
$50,000 or more	770	24.7	25.2	NA
EMPLOYMENT				
Employed	2,117	60.7	61.6	NA
Unemployed	132	3.8	3.9	NA
Other**	1,237	35.5	34.5	NA
REGION (NM Health Districts, see map in Appendix II) §				
NW (HD I)	600	17.2	18.3	20.0
NE (HD II)	552	15.9	15.6	15.6
SW (HDIII	675	19.4	19.7	18.1
SE (HD IV)	589	16.9	16.7	14.6
Bernalillo County	1,065	30.6	29.6	31.7

*   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

†   Source: U.S. Bureau of the Census.

**   Other includes homemakers, students, retirees, and those who are unable to work.

‡   NA indicates that 2000 Censal data are not available for this category (≥18 years old).

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, data from Bernalillo County respondents were removed from District 1 and are presented separately.

Summary - NM Health Risk Factors and Chronic Conditions

This table summarizes the estimated prevalence of various health conditions and behaviors among New Mexicans in 1999. NM rates were also compared to rates for the Region ‡ and for the U.S.[*], and are presented as being either higher (■) lower (□), or similar (▨; no statistical difference) to the comparison populations.

Table 2. Risk Factor/ Condition	Weighted Percent (95% CI) ↗	Year 2000 Health Target †	NM rates vs.	
			Region	U.S.
General health status is fair or poor	16.9 (± 1.4)	NA[1]	Similar	Higher
No health care coverage (2 questions)	18.3 (± 1.6)	0%	Higher	Higher
No medical checkup in 5 years	12.3 (± 1.2)	NA	Similar	Higher
Missed doctor visit in past year because of cost	13.4 (± 1.4)	NA	Similar	Higher
No flu shot during past year (Age 65 and older)	31.2 (± 4.1)	<40%	Similar	Similar
No colorectal cancer screening (Age 50 and older)	56.9 (± 3.0)	<40%	Similar	Similar
Never had a mammogram (age 40 and older)	16.4 (± 2.4)	NA	Similar	Higher
No breast exam & mammogram in 2 yrs (age ≥ 50)	34.1 (± 4.0)	<40%	Similar	Higher
Never had a Pap smear	5.7 (± 1.4)	<5%	Similar	Similar
No Pap smear in 2 yrs	18.6 (± 2.4)	<15%	Similar	Higher
Previous heart attack	8.0 (± 1.6)	NA	NC[2]	Lower[3]
Previous stroke	4.2 (± 1.2)	NA	NC[2]	Similar[3]
Coronary heart disease	7.6 (± 1.6)	NA	NC[2]	Lower[3]
High blood pressure	20.9 (± 1.6)	NA	Similar	Lower
Never had cholesterol checked	32.8 (± 1.8)	<25%	Higher	Higher
High cholesterol	18.3 (± 1.4)	<20%	Lower	Lower
Not exercising to reduce cardiovascular disease	49.8 (± 1.9)	NA	NC[2]	Higher[3]
Not eating less fat or cholesterol to reduce CVD	40.0 (± 1.9)	<10%	NC[2]	Higher[3]
Diabetes	5.5 (± 0.9)	<2.5%	Similar	Similar
No visit to dentist or dental clinic in 2 yrs	25.6 (± 1.8)	NA	Higher	Higher
Current smoker	22.4 (± 1.6)	<15%	Similar	Similar
Binge drinker	14.9 (± 1.4)	NA	Similar	Similar
Chronic drinker	3.8 (± 0.8)	NA	Similar	Similar
Drink and drive	2.3 (± 0.6)	NA	Similar	Similar
Kids seldom or never wear bike helmets	44.5 (± 4.2)	<50%	Similar	Higher
Household with no smoke detectors	10.2 (± 1.2)	0%	Higher	Higher
Smoke detectors not tested in past year	23.9 (± 1.8)	NA	Higher	Higher
At medium or high risk of infection with HIV	7.6 (± 1.2)	NA	Similar	Similar
< 5 servings of fruits and vegetables per day	84.6 (± 1.4)	<50%	NC[2]	Similar[4]
No leisure-time physical activities	23.0 (± 1.6)	<15%	NC[2]	Lower[5]
No regular or sustained physical activities	73.5 (± 1.6)	<70%	NC[2]	Lower[5]
Overweight and obese (BMI≥25.0)	55.1 (± 1.9)	<20%	Similar	Similar
Sunburn in past year	34.9 (± 1.8)	NA	Higher	Higher

↗ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
† Healthy People 2000. DHHS Publication Number (PHS) 91-5021, 1991.
‡ Region includes the 5 states that border on New Mexico, namely Arizona, Utah, Colorado, Oklahoma, and Texas.
* U.S. : the 50 states, plus District of Columbia and Puerto Rico.
1 NA indicates that a national estimate or national target is not available for this category.
2 No comparison; one or more of the states in the Region were not asked this question.
3 Comparison is to the following other states: Alabama, Arizona, Georgia, Indiana, Iowa, Kentucky, Louisiana, Maine, Mississippi, Montana, New York, North Carolina, North Dakota, Ohio, Oklahoma, South Carolina, Texas, Virginia, and Wisconsin.
4 Comparison is to the following other states: Arizona, Illinois, Ohio, South Carolina, Utah, and Virginia.
5 Comparison is to the following other states: Georgia, Hawaii, Illinois, Michigan, Nebraska, Ohio, Oklahoma, Tennessee, Utah, and Virginia.

Health Status

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

In New Mexico,

❖ *About 83.1% of New Mexicans reported that their general health was excellent, very good, or good. 16.9% of adults reported that their general health was fair or poor. This is higher than the percentage for the U.S. (14.9%) but not statistically different from the percentage for the Region (16.1%).*

❖ *New Mexicans with lower education or income were more likely to report fair or poor health status.*

Percentage of Adults Whose General Health Was Fair or Poor. New Mexico, Region*, and U.S.**, 1999.
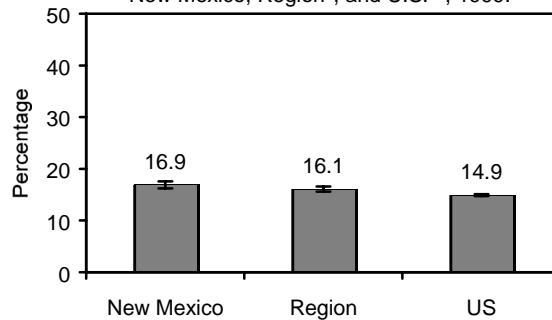
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
   Source: U.S. BRFSS, 1999.

Percentage of Adults Whose General Health Was Fair or Poor, by Education. New Mexico, 1999.
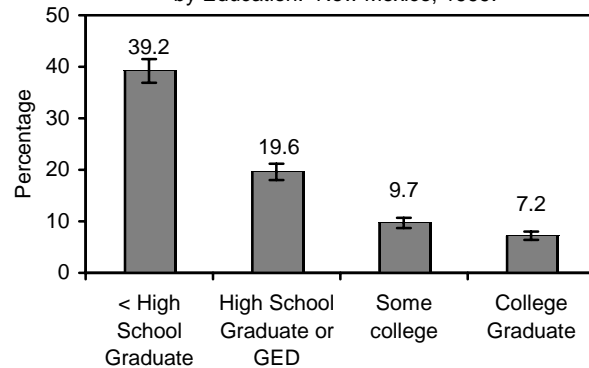
Percentage of Adults Whose General Health Was Fair or Poor, by Household Income. New Mexico, 1999.
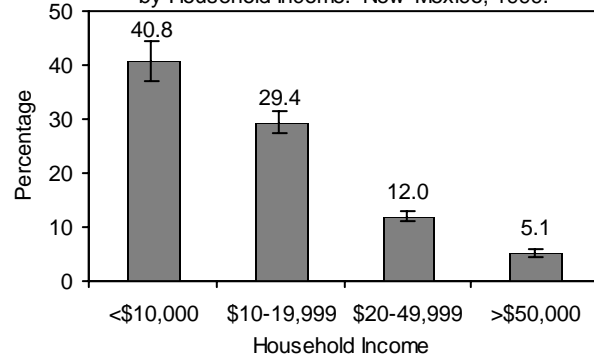
Health Status

Table 3. Percentage of New Mexicans whose general health was fair or poor

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,487	16.9	± 1.4
GENDER			
Males	1,532	15.6	± 2.0
Females	1,955	18.1	± 2.0
AGE			
18-24	338	8.6	± 3.2
25-34	600	11.7	± 2.9
35-44	769	13.6	± 2.9
45-54	670	17.7	± 3.3
55-64	464	19.4	± 4.0
65-74	399	26.4	± 6.7
75+	241	40.7	± 8.2
RACE/ETHNICITY			
White, non-Hispanic	1,870	11.7	± 1.5
Hispanic	1,301	23.2	± 2.6
Native American	142	19.2	± 10.0
Other	153	15.6	± 6.3
EDUCATION			
Less than High School Graduate	552	39.2	± 4.6
High School Graduate or G.E.D.	912	19.6	± 3.2
Some College	951	9.7	± 2.0
College Graduate	1,067	7.2	± 1.6
INCOME			
Less than $10,000	273	40.8	± 7.1
$10-19,999	606	29.4	± 4.1
$20-49,999	1,462	12.0	± 1.8
$50,000 or more	770	5.1	± 1.6
EMPLOYMENT			
Employed	2,117	9.5	± 1.4
Unemployed	132	24.1	± 8.5
Other**	1,236	29.2	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	15.0	± 3.8
NE (HD II)	552	17.1	± 3.7
SW (HD III)	675	20.0	± 3.4
SE (HD IV)	589	22.2	± 3.6
Bernalillo County	1,064	12.9	± 2.2

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Satisfaction with Life

Question: "In general, how satisfied are you with your life?"

Answers: " Very satisfied", "Satisfied", Dissatisfied", or "Very Dissatisfied".

This State-added question attempts to measure overall physical, mental, and spiritual well-being [1].

In New Mexico,

❖ *Only about 5% of adults reported that they are dissatisfied or very dissatisfied with their lives. The percentage was comparable across the various ethnic/racial groups.*

❖ *Low income, but not low education, was associated with dissatisfaction with life.*

❖ *The percentage of those dissatisfied with life was comparable across the different age groups.*

Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives. New Mexico, 1999.

White, non-Hispanic: 4.8
Hispanic: 5.3
Native American: 3.1
Other: 8.1
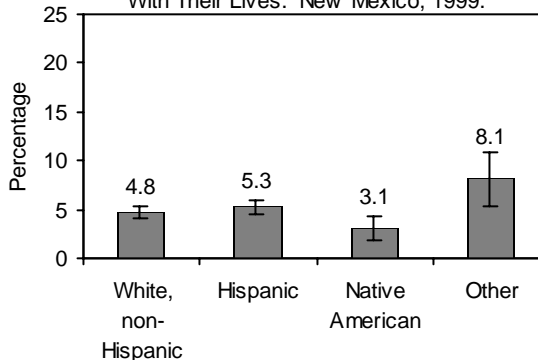
Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Education. New Mexico, 1999.

< High School Graduate: 6.1
High School Graduate or GED: 5.4
Some college: 5.7
College Graduate: 3.4
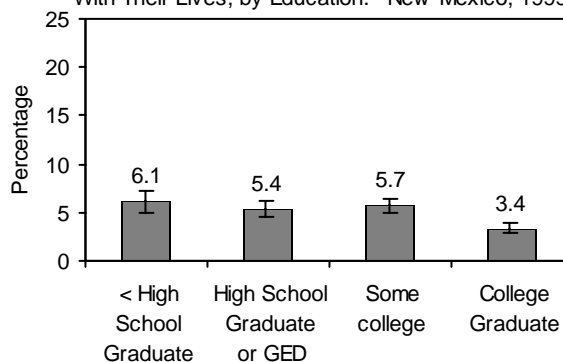
Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Household Income. New Mexico, 1999.

<$10,000: 10.5
$10-19,999: 10.1
$20-49,999: 4.0
>$50,000: 1.6
Household Income
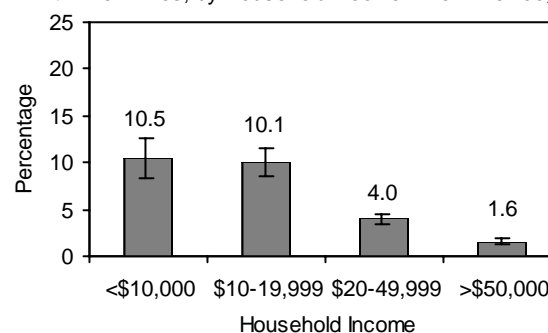
Percentage of Adults Who Are Dissatisfied or Very Dissatisfied With Their Lives, by Age. New Mexico, 1999.

18-24: 4.6
25-34: 4.6
35-44: 6.6
45-54: 5.5
55-64: 4.8
65-74: 1.9
75 +: 5.7
Age

14
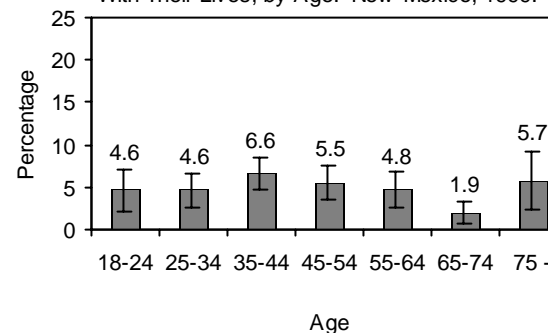
Table 4. Percentage of New Mexicans who are either dissatisfied or very dissatisfied with their lives

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,420	5.0	± 0.8
GENDER			
Males	1,501	4.5	± 1.1
Females	1,919	5.5	± 1.2
AGE			
18-24	336	4.6	± 2.4
25-34	593	4.6	± 2.0
35-44	758	6.6	± 1.9
45-54	656	5.5	± 2.0
55-64	450	4.8	± 2.1
65-74	390	1.9	± 1.3
75+	232	5.7	± 3.4
RACE/ETHNICITY			
White, non-Hispanic	1,843	4.8	± 1.1
Hispanic	1,270	5.3	± 1.3
Native American	141	3.1	± 2.4
Other	149	8.1	± 5.4
EDUCATION			
Less than High School Graduate	539	6.1	± 2.2
High School Graduate or G.E.D.	893	5.4	± 1.8
Some College	938	5.7	± 1.5
College Graduate	1,046	3.4	± 1.2
INCOME			
Less than $10,000	270	10.5	± 4.1
$10-19,999	593	10.1	± 3.0
$20-49,999	1,440	4.0	± 1.1
$50,000 or more	761	1.6	± 0.9
EMPLOYMENT			
Employed	2,082	4.3	± 1.0
Unemployed	131	10.6	± 5.9
Other**	1,204	5.7	± 1.4
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	588	6.2	± 2.5
NE (HD II)	542	2.7	± 1.3
SW (HD III)	666	5.3	± 1.8
SE (HD IV)	578	4.5	± 1.8
Bernalillo County	1,040	5.6	± 1.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Social and Emotional Support

Question: "How often do you get the social and emotional support you need?"

Answers: "Always", "Usually", "Sometimes", "Rarely", or "Never"?

Emotional and social support from others is an important aid in coping with life's challenges [2].

In New Mexico,

❖ *8.8% of adults reported that they rarely or never get the social or emotional support they need.*

❖ *The percentages of Hispanics (10.8%), Native Americans (19.2%), and Others (12.8%) who rarely or never get the social or emotional support they need were higher than the percentage of White non-Hispanics (5.9%).*

❖ *The percentage of adults who rarely or never get the social and emotional support they need was highest in those with lower income or education.*

Percentage of Adults Who Rarely or Never Get the Support They Need. New Mexico, 1999.
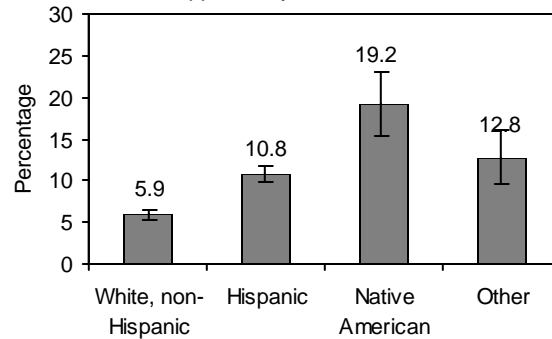
Percentage of Adults Who Rarely or Never Get the Support They Need, by Education. New Mexico, 1999.
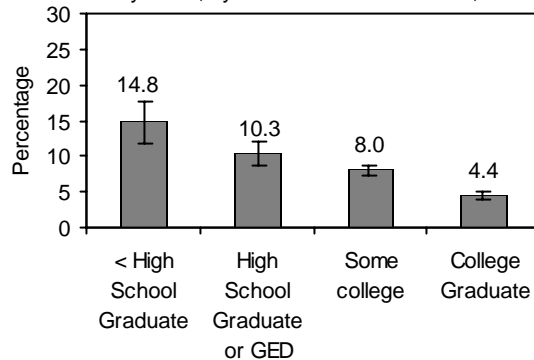
Percentage of Adults Who Rarely or Never Get the Support They Need, by Household Income. New Mexico, 1999.
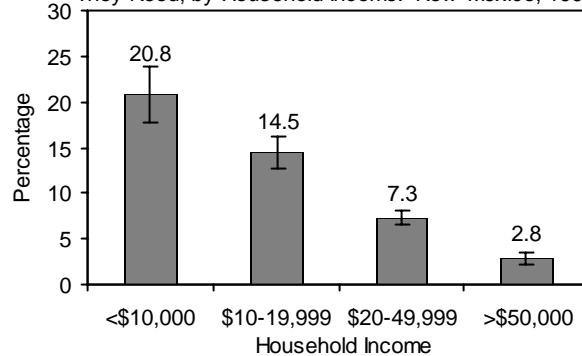
Percentage of Adults Who Rarely or Never Get the Support They Need, by Age. New Mexico, 1999.

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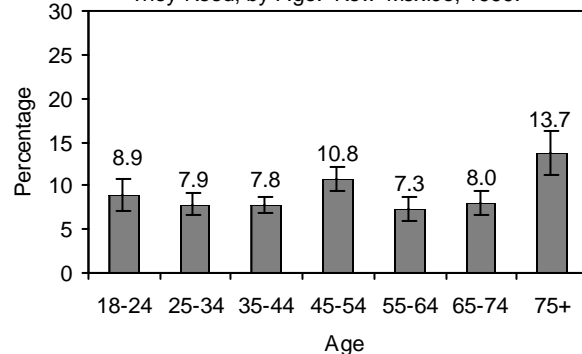
Social and Emotional Support

Table 5. Percentage of New Mexicans who rarely or never get the social or emotional support they need

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,394	8.8	± 1.1
GENDER			
Males	1,482	9.0	± 1.7
Females	1,912	8.6	± 1.5
AGE			
18-24	335	8.9	± 3.8
25-34	592	7.9	± 2.6
35-44	754	7.8	± 2.0
45-54	655	10.8	± 2.8
55-64	451	7.3	± 2.6
65-74	376	8.0	± 2.8
75+	226	13.7	± 4.9
RACE/ETHNICITY			
White, non-Hispanic	1,837	5.9	± 1.2
Hispanic	1,253	10.8	± 1.9
Native American	141	19.2	± 7.9
Other	147	12.8	± 6.4
EDUCATION			
Less than High School Graduate	524	14.8	± 3.3
High School Graduate or G.E.D.	885	10.3	± 2.5
Some College	902	8.0	± 1.8
College Graduate	1,049	4.4	± 1.4
INCOME			
Less than $10,000	262	20.8	± 6.0
$10-19,999	592	14.5	± 3.4
$20-49,999	1,433	7.3	± 1.5
$50,000 or more	759	2.8	± 1.2
EMPLOYMENT			
Employed	2,075	8.4	± 1.4
Unemployed	130	18.1	± 8.0
Other**	1,187	8.5	± 1.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	583	11.0	± 3.0
NE (HD II)	536	6.7	± 2.7
SW (HD III)	658	10.8	± 2.7
SE (HD IV)	571	8.3	± 2.5
Bernalillo County	1,040	7.5	± 1.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Disability

Research has shown that people with disabilities are at higher risk for developing additional disabilities or secondary conditions associated with their disability [3,4] and that many of these additional health conditions can be prevented. Health care costs for people with disabilities are four times higher than for those without disabilities [5], and the social, employment, personal, family and community costs are difficult to measure.

Question 1-4 above, which address different types of physical and mental limitations, were used to define disability. Respondents answering "Yes" to any of the questions were categorized as having a disability. Questions 5 and 6 were used to group people with disabilities into two sub-groups [6] - those with disabilities not requiring assistance and those with disabilities requiring assistance.

In New Mexico,

❖ *An estimated 26% of adults had a disability and about 6.5% reported that they required assistance from others for their daily needs.*

❖ *Rates of disability increased with age.*

❖ *Females were nearly twice as likely to have disabilities requiring assistance as males. This increased risk in females occurred across all age groups and therefore is not related to the longer average lifespan of women.*

Percentage of Adults Who Have a Disability, by Age. New Mexico, 1999.

Percentage of Adults Who Have a Disability Requiring Assistance, by Age. New Mexico, 1999.

Disability Category, by Sex New Mexico, 1999.
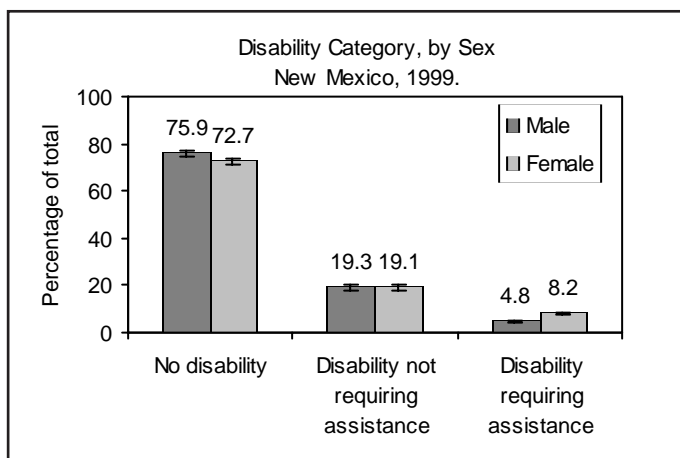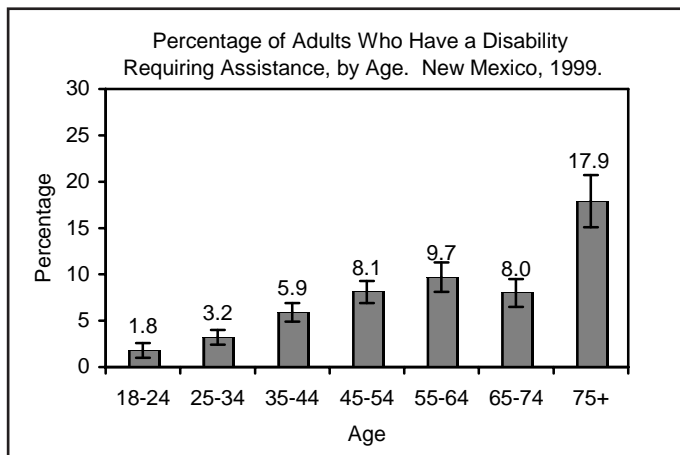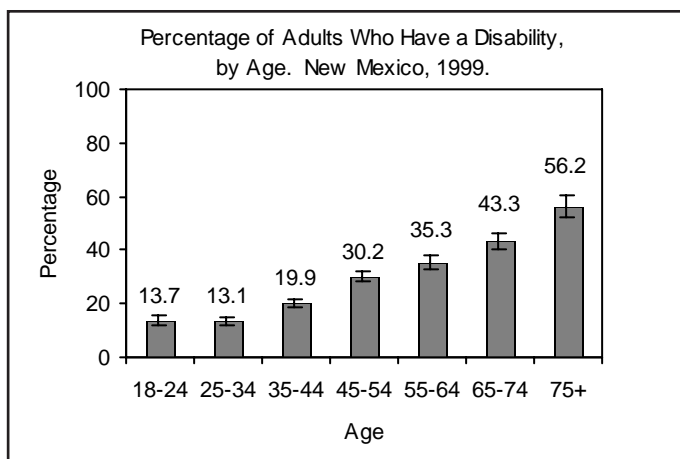
Disability

Table 6. Percentage of New Mexicans who have a disability ("Yes" to any of Disability questions #1-4 , see pg. 18)

	Total Number Who Responded †	Weighted Percent (%)↗	95% Confidence Interval
TOTAL	3,426	25.9	± 1.7
GENDER			
Males	1,501	24.3	± 2.4
Females	1,925	27.4	± 2.3
AGE			
18-24	333	13.7	± 4.3
25-34	592	13.1	± 3.0
35-44	761	19.9	± 3.2
45-54	658	30.2	± 3.9
55-64	454	35.3	± 5.0
65-74	390	43.3	± 5.5
75+	233	56.2	± 7.8
RACE/ETHNICITY			
White, non-Hispanic	1,847	28.0	± 1.1
Hispanic	1,272	23.3	± 2.6
Native American	139	27.6	± 10.5
Other	150	21.2	± 7.0
EDUCATION			
< High School Graduate	541	11.4	± 3.0
High School Graduate or G.E.D.	894	6.6	± 1.7
Some College	939	4.3	± 1.4
College Graduate	1,052	3.7	± 1.2
INCOME			
<$10,000	271	49.9	± 7.2
$10-19,999	597	34.4	± 4.2
$20-49,999	1,437	21.4	± 2.3
$50,000 or more	764	16.4	± 2.9
EMPLOYMENT			
Employed	2,088	15.8	± 1.7
Unemployed	132	24.9	± 7.8
Other**	1,205	44.2	± 3.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	583	27.6	± 4.4
NE (HD II)	544	26.6	± 4.4
SW (HD III)	667	25.3	± 3.6
SE (HD IV)	581	27.6	± 4.1
Bernalillo County	1,047	24.0	± 2.8

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
↗   For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
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**   Other includes homemakers, students, retirees, and those who are unable to work.

Disability

Table 7. Percentage of New Mexicans who are limited in any way in any activities by any impairment or health problem (Disability question #1)

	Total Number Who Responded †	Weighted Percent (%)↗	95% Confidence Interval
TOTAL	3,428	20.5	± 1.5
GENDER			
Males	1,504	18.8	± 2.2
Females	1,924	22.0	± 2.2
AGE			
18-24	336	10.0	± 3.9
25-34	591	10.3	± 2.6
35-44	762	16.1	± 2.8
45-54	655	24.3	± 3.6
55-64	454	29.7	± 4.8
65-74	392	33.4	+ 5.3
75+	233	41.7	+ 8.4
RACE/ETHNICITY			
White, non-Hispanic	1,849	23.4	± 2.1
Hispanic	1,272	17.7	± 2.3
Native American	140	17.4	± 10.3
Other	150	14.5	± 6.1
EDUCATION			
< High School Graduate	542	27.5	± 4.2
High School Graduate or G.E.D.	891	21.2	± 3.2
Some College	940	17.6	± 2.6
College Graduate	1,051	18.2	± 2.6
INCOME			
<$10,000	270	35.9	± 7.0
$10-19,999	598	28.0	± 4.0
$20-49,999	1,441	16.9	± 2.0
$50,000 or more	763	14.0	± 2.7
EMPLOYMENT			
Employed	2,090	12.4	± 1.5
Unemployed	132	22.1	± 7.4
Other**	1,204	35.0	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	586	21.2	± 4.1
NE (HD II)	544	20.9	± 4.0
SW (HD III)	667	19.8	± 3.3
SE (HD IV)	581	22.1	+ 3.8
Bernalillo County	1,044	19.3	± 2.6

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Disability

Table 8. Percentage of New Mexicans limited in the kind or amount of work they can do because of any impairment or health problem (Disability question #2)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,431	18.0	± 2.0
GENDER			
Males	1,503	16.4	± 2.0
Females	1,928	19.6	± 2.0
AGE			
18-24	332	5.7	± 3.1
25-34	593	7.8	± 2.4
35-44	763	13.6	± 2.8
45-54	658	21.8	± 3.5
55-64	456	25.9	± 4.4
65-74	391	31.2	± 5.0
75+	233	46.5	± 8.3
RACE/ETHNICITY			
White, non-Hispanic	1,850	18.9	± 1.9
Hispanic	1,274	16.7	± 3.3
Native American	140	22.5	± 10.5
Other	150	16.0	± 6.4
EDUCATION			
Less than High School Graduate	541	27.4	± 4.1
High School Graduate or G.E.D.	893	20.7	± 2.9
Some College	940	14.6	± 2.4
College Graduate	1,053	12.9	± 2.1
INCOME			
Less than $10,000	271	42.2	± 7.2
$10-19,999	597	26.2	± 3.9
$20-49,999	1,443	14.2	± 1.9
$50,000 or more	764	9.3	± 2.1
EMPLOYMENT			
Employed	2,092	8.7	± 1.3
Unemployed	132	17.7	± 6.9
Other**	1,205	35.0	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	588	19.9	± 4.1
NE (HD II)	544	17.4	± 3.8
SW (HD III)	667	18.2	± 3.1
SE (HD IV)	581	19.7	± 3.5
Bernalillo County	1,046	16.2	± 2.4

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Disability

Table 9. Percentage of New Mexicans who have trouble, learning, remembering or concentrating because of any impairment or health problem (Disability question #3)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,429	8.6	± 1.0
GENDER			
Males	1,505	8.6	± 1.6
Females	1,924	8.7	± 1.4
AGE			
18-24	336	6.3	± 3.0
25-34	592	4.7	± 1.8
35-44	762	6.0	± 1.8
45-54	656	12.8	± 3.0
55-64	455	9.8	± 3.0
65-74	390	11.5	± 3.6
75+	233	17.7	± 5.7
RACE/ETHNICITY			
White, non-Hispanic	1,848	7.8	± 1.3
Hispanic	1,273	9.8	± 1.8
American Indian/Alaskan Native	140	7.7	± 4.2
Other	151	7.5	± 4.6
EDUCATION			
< High School Graduate	541	18.5	± 3.7
High School Graduate or G.E.D.	894	8.3	± 2.0
Some College	939	6.4	± 1.6
College Graduate	1,051	4.9	± 1.4
INCOME			
<$10,000	270	19.5	± 5.2
$10-19,999	598	12.9	± 3.1
$20-49,999	1,440	6.5	± 1.4
$50,000 or more	764	2.9	± 1.3
EMPLOYMENT			
Employed	2,091	4.5	± 1.0
Unemployed	131	8.1	± 5.0
Other**	1,205	16.1	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	588	9.3	± 2.6
NE (HD II)	543	9.5	± 2.8
SW (HD III)	666	8.6	± 2.4
SE (HD IV)	581	9.2	± 2.6
Bernalillo County	1,045	7.5	± 1.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Table 10. Percentage of New Mexicans who use special equipment (Disability question #4)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,438	4.5	± 0.7
GENDER			
Males	1,509	4.6	± 1.1
Females	1,929	4.3	± 0.9
AGE			
18-24	336	0.3	± 0.4
25-34	592	1.4	± 1.1
35-44	763	2.9	± 1.4
45-54	658	4.4	± 1.8
55-64	457	6.2	± 2.5
65-74	393	9.8	± 3.1
75+	234	16.7	± 5.2
RACE/ETHNICITY			
White, non-Hispanic	1,853	4.3	± 0.9
Hispanic	1,276	4.8	± 1.3
American Indian/Alaskan Native	140	2.5	± 2.1
Other	151	4.1	± 3.6
EDUCATION			
< High School Graduate	543	8.7	± 2.4
High School Graduate or G.E.D.	895	5.1	± 1.6
Some College	942	2.8	± 1.1
College Graduate	1,054	2.8	± 1.1
INCOME			
<$10,000	270	10.0	± 3.8
$10-19,999	598	8.5	± 1.3
$20-49,999	1,453	3.0	± 0.9
$50,000 or more	764	1.5	± 0.9
EMPLOYMENT			
Employed	2,092	4.5	± 1.0
Unemployed	132	Ж	Ж
Other**	1,212	11.0	± 2.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	590	4.6	± 1.9
NE (HD II)	546	5.8	± 2.3
SW (HD III)	648	3.2	± 1.3
SE (HD IV)	581	5.2	± 1.9
Bernalillo County	1,047	4.0	± 1.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.
   For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Ж No respondents using special equipment .

Disability

Table 11. Percentage of New Mexicans who require care for personal or routine needs ("Yes' to Question #5 or #6, pg. 18)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,440	6.5	± 0.9
GENDER			
Males	1,510	4.8	± 1.2
Females	1,930	8.2	± 1.3
AGE			
18-24	336	1.8	± 1.6
25-34	593	3.2	± 1.5
35-44	764	5.9	± 1.9
45-54	657	8.1	± 2.4
55-64	457	9.7	± 3.1
65-74	393	8.0	± 2.9
75+	234	17.9	± 5.6
RACE/ETHNICITY			
White, non-Hispanic	1,854	6.1	± 1.2
Hispanic	1,276	7.6	± 1.6
Native American	141	5.5	± 3.5
Other	151	4.5	± 3.6
EDUCATION			
< High School Graduate	543	13.4	± 3.2
High School Graduate or G.E.D.	896	7.2	± 1.8
Some College	943	4.6	± 1.4
College Graduate	1,054	3.7	± 1.2
INCOME			
<$10,000	273	19.8	± 5.5
$10-19,999	598	11.7	± 2.7
$20-49,999	1,445	3.7	± 1.1
$50,000 or more	764	2.5	± 1.2
EMPLOYMENT			
Employed	2,094	2.1	± 0.6
Unemployed	132	8.3	± 5.3
Other**	1,212	14.5	± 2.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	592	6.2	± 2.1
NE (HD II)	546	7.9	± 2.5
SW (HD III)	668	6.7	± 2.1
SE (HD IV)	581	8.4	± 2.4
Bernalillo County	1,047	5.1	± 1.4

†　Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§　For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**　Other includes homemakers, students, retirees, and those who are unable to work.

Health Care Coverage

Question 1: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"

Question 2: "There are some types of coverage you may not have considered. Please tell me if you have any of the following? Coverage through: Your employer; someone else's employer; a plan that you or someone else buys on your own; Medicare; Medicaid or Medical Assistance; the military, CHAMPUS, or the VA; the Indian Health Service; or some other source."

Lack of health insurance coverage has been associated with increased mortality [7] and with delayed access to health care [8]. To better assess the full extent of health care coverage statewide, State-added question 2 above was also asked. The data presented hear and in the following tables is based on responses to both questions.

In New Mexico,

❖ *The percentage of adults without health care coverage (18.3%) was higher than in either the Region (15.4%) or the U.S. (11.1%).*

❖ *Adults with no health care coverage were more likely to have lower education and income, and be unemployed.*

❖ *The percentage of adults with no health coverage was highest among Hispanics (27.9%) and lowest among Native Americans (6.7%).*

Percentage of Adults with No Health Coverage New Mexico, Region*, and U.S.**, 1999.

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Without Health Care Coverage, by Education. New Mexico, 1999

Percentage of Adults Without Health Care Coverage, by Race/Ethnicity. New Mexico, 1999

Percentage of Adults Without Health Care Coverage, by Household Income. New Mexico, 1999

Health Care Coverage

Table 12. Percentage of New Mexicans who do not have health care coverage (2 questions)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,478	18.3	± 1.5
GENDER			
Males	1,526	18.5	± 2.3
Females	1,952	18.2	± 2.0
AGE			
18-24	334	34.5	± 6.1
25-34	599	29.1	± 4.0
35-44	768	18.6	± 3.1
45-54	670	13.8	± 3.0
55-64	463	13.3	± 3.4
65-74	398	1.7	± 1.6
75+	241	Җ	Җ
RACE/ETHNICITY			
White, non-Hispanic	1,866	12.1	± 1.8
Hispanic	1,197	27.9	± 2.8
Native American	142	6.7	± 4.3
Other	153	15.1	± 7.6
EDUCATION			
< High School Graduate	549	37.7	± 4.8
High School Graduate or G.E.D.	909	20.2	± 3.0
Some College	950	15.2	± 2.6
College Graduate	1,066	7.6	± 1.8
INCOME			
<$10,000	274	30.9	± 6.4
$10-19,999	605	36.4	± 4.4
$20-49,999	1,460	16.8	± 24
$50,000 or more	770	3.5	± 1.7
EMPLOYMENT			
Employed	2,114	18.2	± 2.0
Unemployed	130	52.7	± 9.6
Other**	1,232	14.6	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	15.0	± 3.4
NE (HD II)	551	20.5	± 3.8
SW (HD III)	673	21.1	± 3.8
SE (HD IV)	588	23.4	± 4.0
Bernalillo County	1,059	14.4	± 2.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

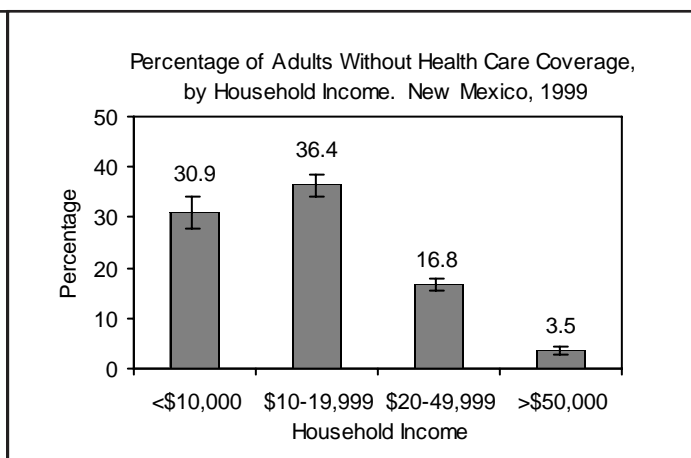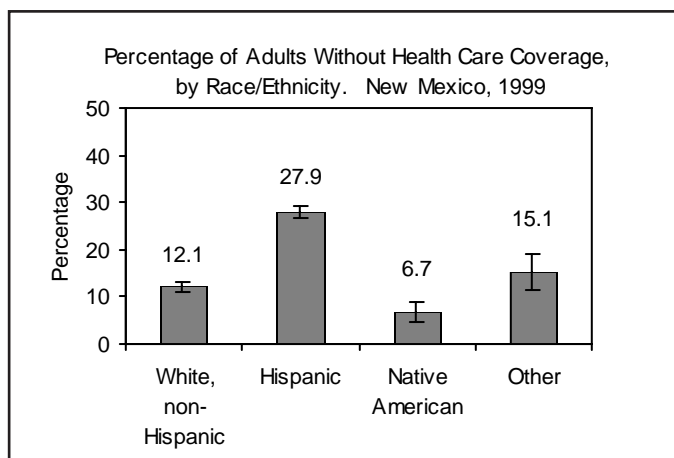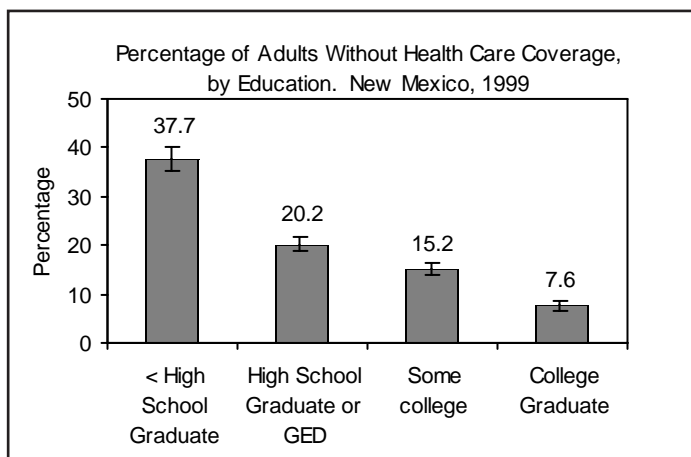** Other includes homemakers, students, retirees, and those who are unable to work.

Җ No respondents without health care coverage.

Health Care Access

Question: "About how long has it been since you last visited a doctor for a routine checkup?"

Answers: "Within the past year", "Within the past two years", "Within the past 5 years", "5 or more years ago", or "Never".

A yearly medical checkup by a qualified health provider is recommended for good health maintenance.

In New Mexico,

❖ *Nearly two out of three adults (65.0%) had a medical checkup within the past year. However, 12.3% of New Mexican adults had not had a checkup in 5 years. This was higher than the rate for the U.S. (9.5%) but not statistically different from the rate for the Region (10.9%).*

❖ *Males (17.2%) were more than twice as likely as females (7.7%) to have not had a medical checkup in the past 5 years.*

❖ *Those with lower education and income were more likely to have not had a medical checkup within the past 5 years.*

Time since Routine Medical Checkup New Mexico, 1999.
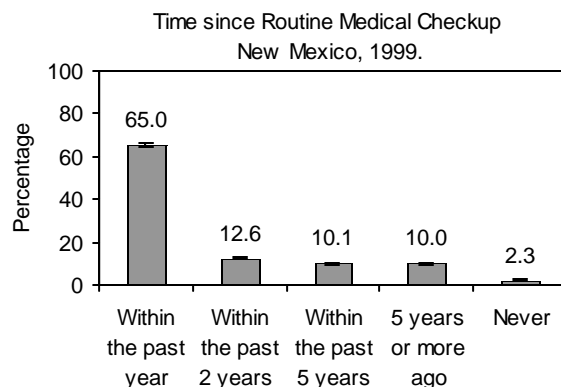
Percentage of Adults Without a Medical Checkup in Past 5 years New Mexico, Region*, and U.S.**, 1999.
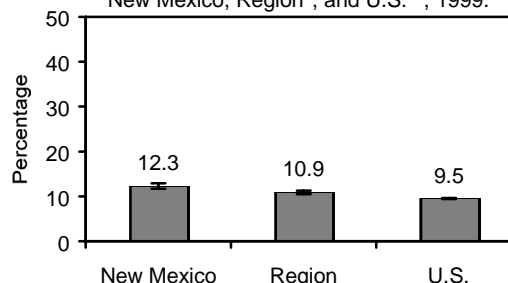
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
   Source: U.S. BRFSS, 1999.

Percentage of Adults Without a Medical Checkup in Past 5 years, by Sex. New Mexico, 1999.

Percentage of Adults Without a Medical Checkup in Past 5 years, by Education. New Mexico, 1999.
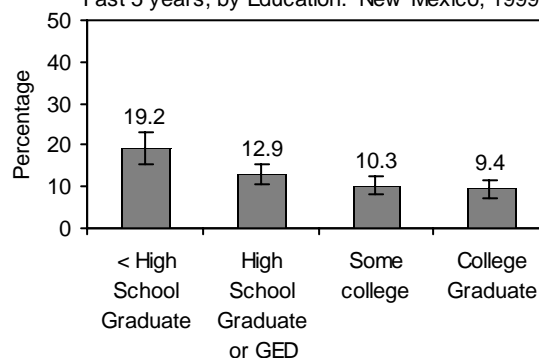
Table 13. Percentage of New Mexicans who have not visited a doctor in the past 5 years

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,441	12.3	± 1.2
GENDER			
Males	1,514	17.2	± 2.1
Females	1,927	7.7	± 1.3
AGE			
18-24	329	9.7	± 3.7
25-34	591	17.9	± 3.4
35-44	762	14.2	± 2.7
45-54	660	13.7	± 3.0
55-64	461	7.0	± 2.5
65-74	395	7.8	± 2.9
75+	237	6.3	± 3.8
RACE/ETHNICITY			
White, non-Hispanic	1,850	11.1	± 1.6
Hispanic	1,278	14.5	± 2.2
Native American	140	6.9	± 4.2
Other	152	12.8	± 7.2
EDUCATION			
< High School Graduate	542	19.2	± 3.9
High School Graduate or G.E.D.	893	12.9	± 2.5
Some College	941	10.3	± 2.1
College Graduate	1,060	9.4	± 2.0
INCOME			
<$10,000	268	13.7	± 4.8
$10-19,999	597	17.4	± 3.5
$20-49,999	1,447	13.1	± 2.0
$50,000 or more	769	7.8	± 2.2
EMPLOYMENT			
Employed	2,096	13.9	± 1.7
Unemployed	127	17.8	± 7.6
Other**	1,216	8.8	± 1.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	595	11.1	± 2.8
NE (HD II)	544	11.6	± 3.0
SW (HD III)	669	14.6	± 3.1
SE (HD IV)	576	15.8	± 3.3
Bernalillo County	1,050	10.0	± 2.1

† Those who responded don't know/not sure or who refused to respond are excluded.   Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Health Care Access

A person's ability and willingness to access health care is influenced by many factors, including cost.

In New Mexico,

❖ *13.4% of adults did not visit a doctor when they needed to within the past year because of cost. This was not statistically different from the percentage for the Region (13.1%) but higher than the percentage for the U.S. (10.3%).*

❖ *Rates of not visiting a doctor when needed because of cost were higher among those with lower education and lower incomes.*

❖ *Rates of not visiting a doctor when needed because of cost were about twice as high among Hispanics (18.7%) as they were among White non-Hispanics (10.0%), Native Americans (7.5%), and the Other group (9.4%)*

Percentage of Adults Who Did Not Visit a Doctor During the Past Year When Needed Because of Cost. New Mexico, Region*, and U.S.**, 1999.
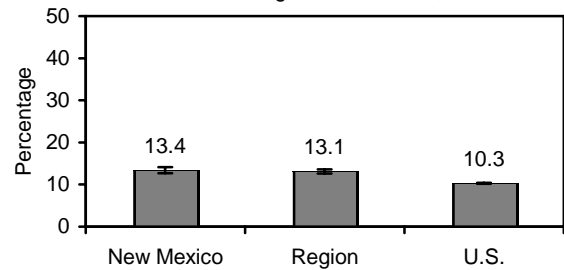
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Needed to Visit Doctor During the Past Year But Didn't Because of Cost, By Education. New Mexico, 1999.
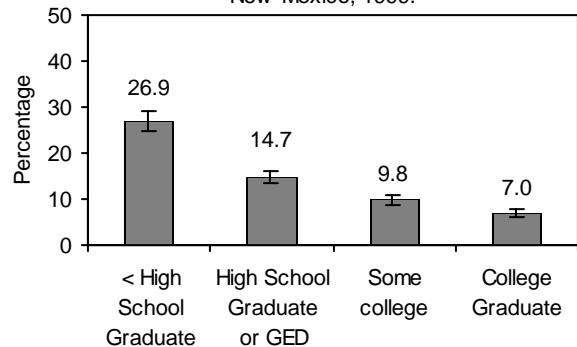
Percentage of Adults Who Needed to Visit Doctor During the Past Year But Didn't Because of Cost, by Household Income. New Mexico, 1999.
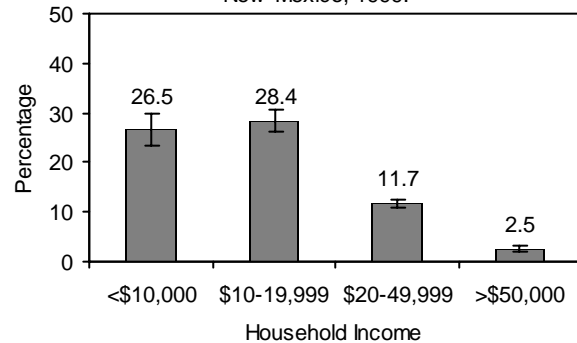
Percentage of Adults Who Needed to Visit Doctor During Past Year But Didn't Because of Cost, by Race/Ethnicity. New Mexico, 1999.
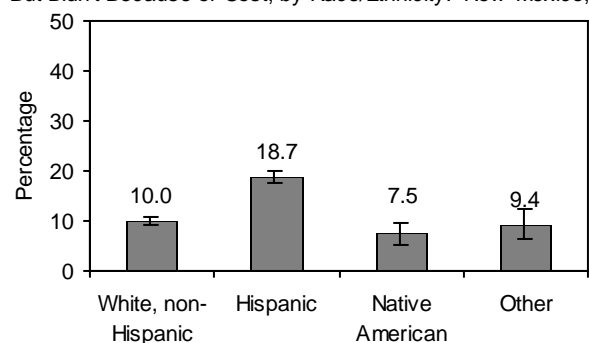
Table 14. Percentage of New Mexicans who did not visit a doctor in the past year when needed because of cost

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,486	13.4	± 1.3
GENDER			
Males	1,531	10.3	± 1.7
Females	1,955	16.3	± 1.9
AGE			
18-24	338	12.3	± 3.7
25-34	600	19.8	± 3.6
35-44	768	15.0	± 2.9
45-54	670	13.4	± 3.0
55-64	464	11.1	± 3.2
65-74	399	6.8	± 2.8
75+	241	3.5	± 2.5
RACE/ETHNICITY			
White, non-Hispanic	1,869	10.0	± 1.6
Hispanic	1,301	18.7	± 2.4
Native American	142	7.5	± 4.1
Other	153	9.4	± 5.7
EDUCATION			
< High School Graduate	542	26.9	± 4.2
High School Graduate or G.E.D.	912	14.7	± 2.7
Some College	950	9.8	± 2.0
College Graduate	1,067	7.0	± 1.7
INCOME			
<$10,000	273	26.5	± 6.4
$10-19,999	606	28.4	± 4.2
$20-49,999	1,461	11.7	± 1.9
$50,000 or more	770	2.5	± 1.2
EMPLOYMENT			
Employed	2,116	12.0	± 1.6
Unemployed	132	30.3	± 8.8
Other**	1,236	13.9	± 2.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	10.4	± 2.9
NE (HD II)	551	14.3	± 3.5
SW (HD III)	675	13.4	± 2.8
SE (HD IV)	589	19.0	± 3.6
Bernalillo County	1,064	11.5	± 2.2

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Influenza Immunization

Question: "During the past 12 months, have you had a flu shot?"

Two vaccine-preventable infectious diseases, influenza and pneumonia, in combination are the seventh leading cause of death in the U.S. and in the State of New Mexico [9,10]. Since most of these deaths are among the elderly, recommendations are that people 65 years of age and older receive a yearly influenza immunization as part of routine health maintenance. Other individuals at increased risk, such as those with chronic conditions like diabetes, also should be immunized. Data presented here are for adults age 65 and older.

In New Mexico,

❖ *31.2% of adults age 65 and older had not been immunized against influenza during the past 12 months. This rate was was not statistically different from the rates for the Region (28.9%) and for the U.S. (33.4%).*

❖ *Rates of influenza immunization in people age 65 and older were higher among those with higher education and income.*

❖ *Rates of influenza immunization were much higher among adults (all ages) with diabetes than among those without diabetes. This may be due to increased awareness in this population of their heightened susceptibility to influenza.*

Percentage of Adults 65 Years of Age and Older Who Did Not Get a Flu Shot During the past 12 months. New Mexico, Region*, and U.S.**, 1999.

New Mexico 31.2
Region 28.9
US 33.4

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults 65 Years of Age and Older Who Did Not Get a Flu Shot During the Past 12 months, by Education. New Mexico, 1999.

< High School Graduate 38.9
High School Graduate or GED 38.5
Some college 25.4
College Graduate 21.6
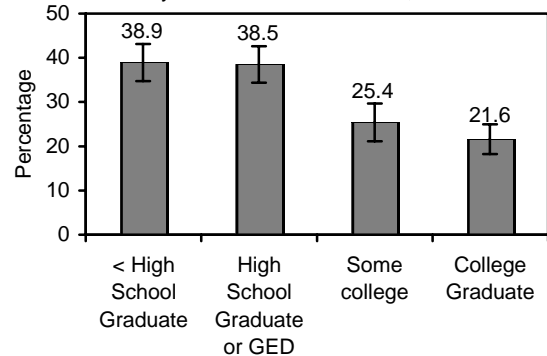
Percentage of Adults 65 Years of Age and Older Who Failed to Get a Flu Shot during the Past 12 months, by Household Income. New Mexico, 1999.

<$10,000 38.4
$10-19,999 40.5
$20-49,999 27.2
>$50,000 22.1

Household Income
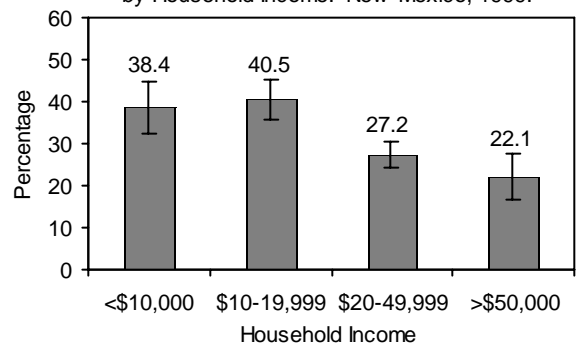
Percentage of Adults (all Ages) Who Got A Flu Shot During Past 12 Months, by Diabetes status. New Mexico, 1999.

Diabetes 62.4
No diabetes 30.4

31
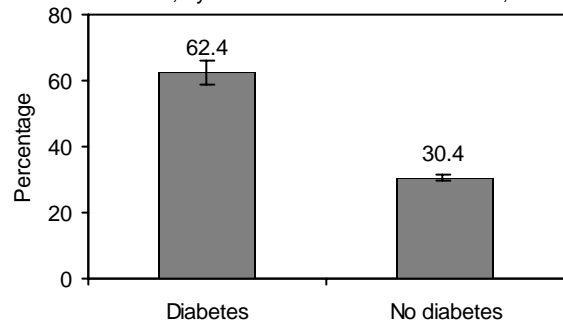
Influenza Immunization

Table 15. Percentage of New Mexico age 65 and older who did not get a flu shot during the past 12 months

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	631	31.2	± 4.1
GENDER			
Males	244	33.3	± 6.4
Females	387	29.6	± 5.4
RACE/ETHNICITY			
White, non-Hispanic	424	29.5	± 4.8
Hispanic	170	37.0	± 8.3
Native American	11*	-	-
Other	24*	-	-
EDUCATION			
Less than High School Graduate	172	38.8	± 8.3
High School Graduate or G.E.D.	155	28.5	± 8.2
Some College	143	35.4	± 8.7
College Graduate	159	21.6	± 6.8
INCOME			
Less than $10,000	76	38.4	± 12.4
$10-19,999	120	40.5	± 9.8
$20-49,999	228	27.2	± 6.1
$50,000 or more	80	22.1	± 11.0
EMPLOYMENT			
Employed	61	50.2	± 1.4
Unemployed	1*	-	-
Other**	568	29.0	± 4.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	85	29.7	± 11.4
NE (HD II)	101	26.9	± 9.5
SW (HD III)	140	38.4	± 9.1
SE (HD IV)	126	36.4	± 9.3
Bernalillo County	178	24.7	± 7.3

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

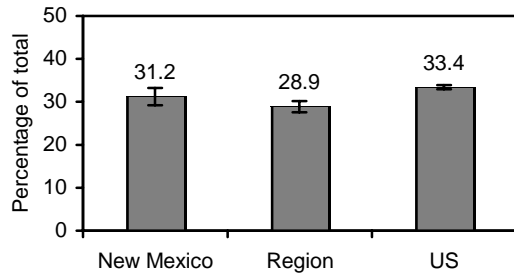** Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Colorectal Cancer Screening

Question: "A sigmoidoscopy or colonoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?"

Colorectal cancer (which includes cancers of both the colon and rectum) is the second-leading cause of cancer-related deaths in the United States and in New Mexico [11]. Beginning at age 50, it is recommended that both men and women should have a yearly fecal occult blood test (FOBT), a flexible sigmoidoscopy every 5 years, and colonoscopy every 10 years.

In New Mexico,

❖   *56.9% of adults age 50 and older had never undergone sigmoidoscopy or colonoscopy. This rate was not statistically different from the rates for the Region (58.7%) or the U.S. (56.4%).*

❖   *Adults age 50 or over with lower education were less likely to have undergone sigmoidoscopy or colonoscopy.*

❖   *The percentage of adults age 50 and older who had undergone sigmoidoscopy or colonoscopy increased with age but never exceeded about 50% in any age group.*

Percentage of Adults Age 50 and Older Who Never Had a Sigmoid-oscopy or Colonoscopy. New Mexico, Region*, and U.S.**, 1999.
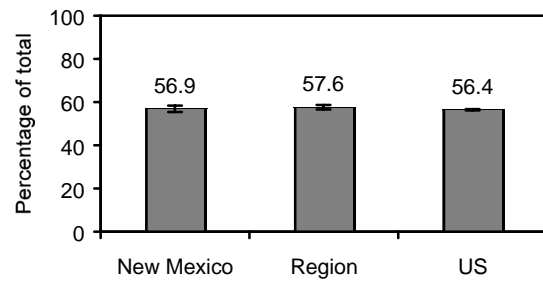

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Age 50 and Older Who Never Had a Sigmoid-oscopy or Colonoscopy, by Education. New Mexico, 1999.
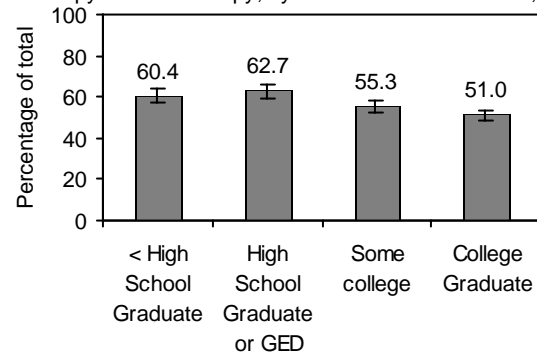
Percentage of Adults 50 and Older Who Never Had a Sigmoid-oscopy or Colonoscopy, by Age. New Mexico, 1999.
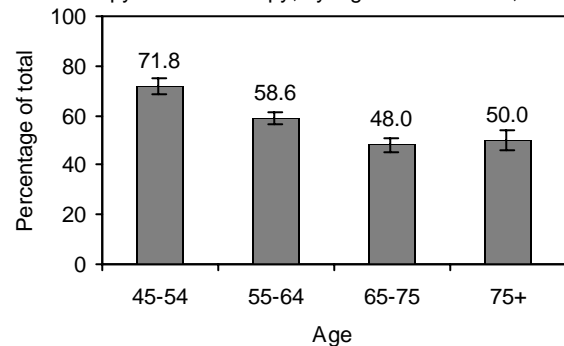
Colorectal Cancer Screening

Table 16. Percentage of New Mexicans age 50 and older who have never had sigmoidoscopy or colonoscopy

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,378	56.9	± 2.9
GENDER			
Males	575	53.6	± 4.4
Females	803	58.7	± 4.0
AGE			
45-54	298	71.8	± 6.0
55-64	460	58.6	± 5.0
65-74	392	48.0	± 5.5
75+	228	50.0	± 8.2
RACE/ETHNICITY			
White, non-Hispanic	880	53.2	± 3.6
Hispanic	394	62.3	± 3.8
Native American	35*	-	-
Other	61	47.4	± 13.6
EDUCATION			
Less than High School Graduate	268	60.4	± 6.7
High School Graduate or G.E.D.	328	62.7	± 6.0
Some College	332	55.3	± 6.1
College Graduate	547	51.0	± 5.1
INCOME			
Less than $10,000	119	56.3	± 10.1
$10-19,999	235	63.9	± 6.7
$20-49,999	527	54.6	± 4.7
$50,000 or more	313	52.6	± 6.1
EMPLOYMENT			
Employed	521	65.5	± 4.7
Unemployed	22*	-	-
Other**	829	51.5	± 3.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	217	63.7	± 7.7
NE (HD II)	227	54.8	± 5.3
SW (HD III)	282	63.2	± 6.2
SE (HD IV)	252	55.2	± 6.8
Bernalillo County	399	50.2	± 5.5

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

⋊   Estimates bases on cells with <50 respondents are considered unreliable.

Women's Health

*Question: "A mammogram is an X-ray of each breast to look for breast cancer. Have you ever had a mammogram?"*

Question: "How long has it been since your last mammogram?"

Question: "A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?"

Question: "How long has it been since your last clinical breast exam?"

Percentage of Women Not Screened for Breast Cancer. New Mexico, Region*, and U.S.**, 1999.
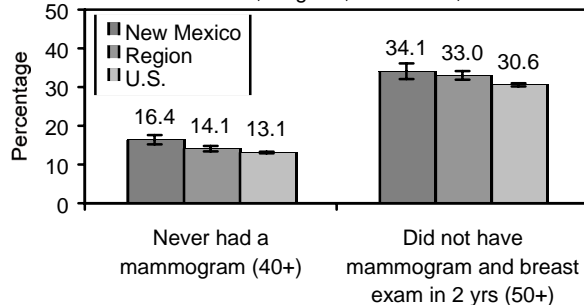
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Breast cancer is the second leading cause of cancer death among women in the U.S. and the most commonly diagnosed form of cancer [12]. Along with monthly breast self-exams, clinical breast exams and mammography are important tools for reducing mortality from breast cancer.

In New Mexico,

❖ *16.4% of women age 40 and older had never had a mammogram. This was higher than the percentage for the U.S. (13.1%) but not statistically different from the percentage for the Region (14.1%). Furthermore, 34.1% of women age 50 and older had not had a mammogram and a clinical breast exam in the previous two years. This was not statistically different from the percentage for the U.S. (30.6%) or the Region (33.0%).*

❖ *White non-Hispanic women had higher rates of breast cancer screening than Hispanic women (both criteria).*

❖ *Rates of never having had a mammogram in women age 40 and older decreased with education and income.*

❖ *Women in Bernalillo County were more likely than women in Health Districts I, III, IV to have had a mammogram and a breast exam within the past 2 years.*

Percentage of Women Not Screened for Breast Cancer, by Race/Ethnicity. New Mexico, 1999
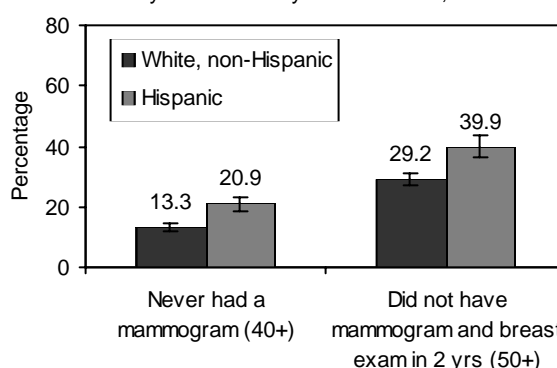
Percentage of Women Age 40 and Older Who Have Never Had a Mammogram, by Education. New Mexico, 1999.
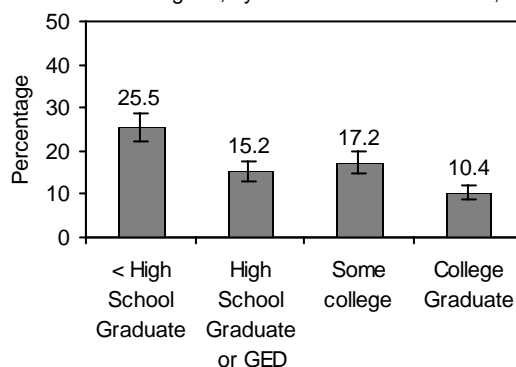
Percentage of Women Not Screened for Breast Cancer, by Health District. New Mexico, 1999.

* Bernalillo County

35
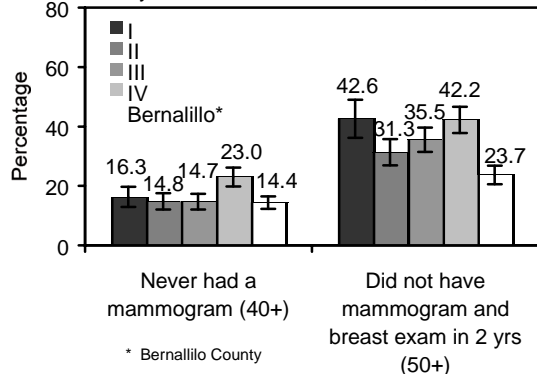
Table 17. Percentage of New Mexican women age 40 and older who never had a mammogram

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,231	16.4	± 2.4
AGE			
40-44	216	34.9	± 7.2
45-54	369	13.7	± 4.0
55-64	255	8.0	± 3.5
65-74	236	12.3	± 4.6
75+	155	14.7	± 6.7
RACE/ETHNICITY			
White, non-Hispanic	730	13.3	± 2.8
Hispanic	409	20.9	± 4.5
Native American	45*	-	-
Other	44*	-	-
EDUCATION			
Less than High School Graduate	217	25.5	± 6.7
High School Graduate or G.E.D.	316	15.2	± 4.4
Some College	328	17.2	± 4.9
College Graduate	366	10.4	± 3.4
INCOME			
Less than $10,000	119	30.4	± 9.1
$10-19,999	215	21.0	± 6.2
$20-49,999	468	16.0	± 4.0
$50,000 or more	259	9.1	± 3.9
EMPLOYMENT			
Employed	574	16.9	± 3.5
Unemployed	42*	-	-
Other**	614	14.3	± 3.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	182	16.3	± 6.3
NE (HD II)	217	14.8	± 5.4
SW (HD III)	240	14.7	± 5.1
SE (HD IV)	221	23.0	± 6.3
Bernalillo County	368	14.4	± 4.2

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Table 18. Percentage of New Mexican women age 50 and older who did not have a mammogram and a clinical breast exam within the past two years

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	805	34.1	± 4.1
AGE			
50-54	169	34.5	± 8.5
55-64	254	27.1	± 5.9
65-74	232	33.7	± 6.8
75+	150	46.3	± 11.3
RACE/ETHNICITY			
White, non-Hispanic	508	29.2	± 4.3
Hispanic	246	39.9	± 7.1
Native American	22*	-	-
Other	27*	-	-
EDUCATION			
Less than High School Graduate	167	49.1	± 9.1
High School Graduate or G.E.D.	218	36.8	± 8.7
Some College	194	32.8	± 7.3
College Graduate	222	18.8	± 5.3
INCOME			
Less than $10,000	78	49.6	± 11.9
$10-19,999	155	47.0	± 8.7
$20-49,999	293	29.5	± 6.1
$50,000 or more	141	16.3	± 6.7
EMPLOYMENT			
Employed	273	29.9	± 6.5
Unemployed	15*	-	-
Other**	516	35.6	± 5.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	115	42.6	± 12.7
NE (HD II)	128	31.3	± 8.7
SW (HD III)	170	35.5	± 8.1
SE (HD IV)	154	42.2	± 8.7
Bernalillo County	236	23.7	± 6.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

* Estimates bases on cells with <50 respondents are considered unreliable.

Women's Health

Question: "A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear

Question: "How long has it been since your last Pap smear?"

The human papillomavirus (HPV) is the major cause of cervical cancer in women [13]. HPV infections are sexually transmitted and both the risk of infection and cervical cancer risk increases with the number of sexual partners [14]. The Pap test, which detects cellular changes in the cervix indicative of HPV infection [15], is used to identify women at higher risk for developing cervical cancer. Yearly Pap tests are recommended for all sexually-active women. Data presented are for women 18 and over.

In New Mexico,

❖ *5.7% of women had never had a Pap smear. This was lower than the percentage for the Region (7.5%) but not statistically different from the percentage for the U.S. (6.2%). Furthermore, 20.9% of women had not had a Pap smear in two years. This was higher than the percentage for the U.S. (18.5%) but not statistically different from the percentage for the Region (20.3%). .*

❖ *Native Americans (12.4%) were more likely than White non-Hispanics (3.4%) to have never had a Pap smear.*

❖ *Cervical cancer screening rates were higher among those with higher education and income.*

❖ *Rates of not having had a Pap smear in 2 years were significantly higher in District IV than in any of the other Districts or Bernalillo County.*

Percentage of Women Not Screened for Cervical Cancer. New Mexico, Region*, and U.S.**, 1999.
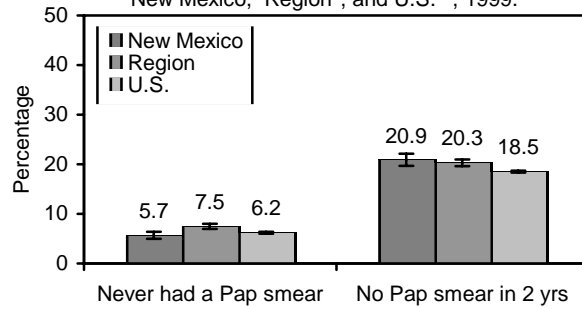
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Women Who Have Never Had a Pap Smear, by Race/Ethnicity. New Mexico, 1999.
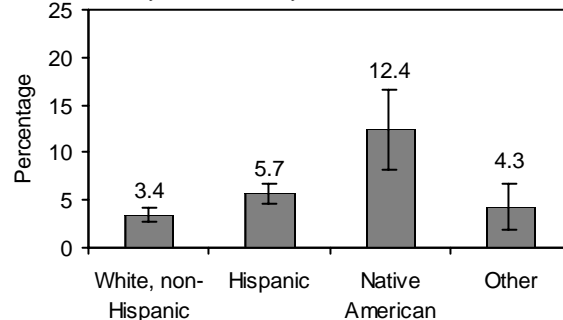
Percentage of Women Who Have Never Had a Pap Smear, by Household Income. New Mexico, 1999.
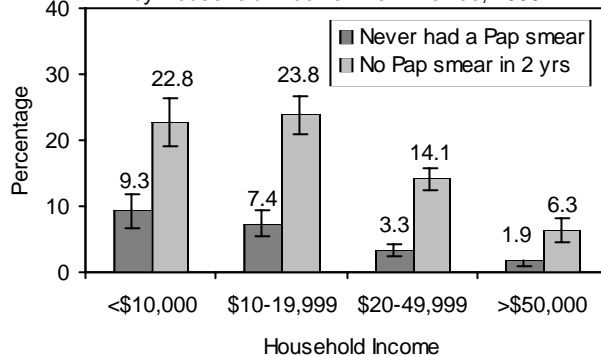
Percentage of Women Who Have Not Had a Pap Smear in the Past 2 years, by Health District. New Mexico, 1999.

* Bernalilo County   Health Districts
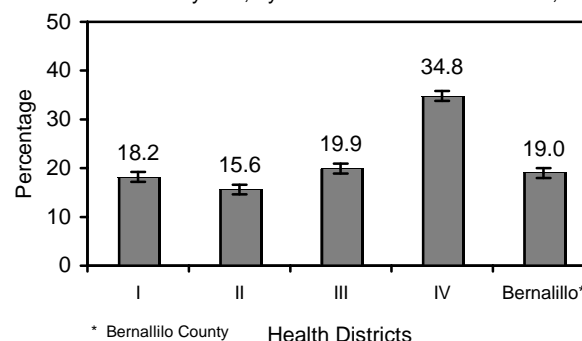
Table 19. Percentage of New Mexican women (with intact cervix) who never had a Pap smear

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,472	5.7	± 1.5
AGE			
18-24	174	16.2	± 6.6
25-34	324	3.7	± 2.4
35-44	355	2.2	± 2.1
45-54	254	2.2	± 2.0
55-64	155	2.3	± 2.6
65-74	123	7.2	± 4.7
75+	87	15.0	± 8.4
RACE/ETHNICITY			
White, non-Hispanic	739	3.7	± 1.7
Hispanic	610	6.7	± 2.4
Native American	71	14.5	± 10.4
Other	51	6.3	± 7.3
EDUCATION			
Less than High School Graduate	236	12.8	± 4.9
High School Graduate or G.E.D.	392	5.3	± 2.8
Some College	428	4.2	± 2.5
College Graduate	416	2.9	± 2.1
INCOME			
Less than $10,000	152	9.3	± 5.2
$10-19,999	285	7.4	± 3.8
$20-49,999	591	3.3	± 1.7
$50,000 or more	276	1.9	± 1.9
EMPLOYMENT			
Employed	845	4.3	± 1.8
Unemployed	76	1.9	± 2.8
Other**	552	8.4	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	244	5.1	± 3.3
NE (HD II)	244	4.4	± 2.9
SW (HD III)	290	7.0	± 4.0
SE (HD IV)	218	4.5	± 2.9
Bernalillo County	476	6.2	± 2.9

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Women's Health

Table 20. Percentage of New Mexican women (with intact cervix) who have not had a Pap smear within the past 2 years

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,465	20.9	± 2.3
AGE			
18-24	174	19.0	± 7.0
25-34	322	13.9	± 4.2
35-44	353	21.5	± 4.7
45-54	254	23.0	± 5.9
55-64	154	19.9	± 6.4
65-74	123	27.4	± 8.9
75+	82	44.8	± 12.3
RACE/ETHNICITY			
White, non-Hispanic	733	19.1	± 3.1
Hispanic	606	21.7	± 3.7
Native American	71	22.1	± 11.7
Other	51	31.4	± 14.4
EDUCATION			
Less than High School Graduate	234	33.7	± 6.8
High School Graduate or G.E.D.	389	21.9	± 4.5
Some College	425	18.2	± 4.2
College Graduate	414	13.9	± 3.7
INCOME			
Less than $10,000	149	27.6	± 8.1
$10-19,999	284	27.8	± 6.0
$20-49,999	587	19.3	± 3.5
$50,000 or more	276	9.6	± 4.1
EMPLOYMENT			
Employed	843	17.8	± 2.9
Unemployed	76	14.9	± 8.5
Other**	544	26.3	± 4.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	243	18.2	± 5.3
NE (HD II)	243	15.6	± 4.8
SW (HD III)	288	19.9	± 5.4
SE (HD IV)	215	34.8	± 7.0
Bernalillo County	474	19.0	± 4.1

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Children's Health Care Access

Question: "How many children under 5 years old who live in your household have any kind of health coverage?"

Question: "How many children 5 through 12 years old who live in your household have any kind of health coverage?"

Question: "How many children 13 through 17 years old who live in your household have any kind of health coverage?"

These questions are state-added and are designed to determine whether children in New Mexico have some form of health care coverage.

In New Mexico,

❖ *11.4% of families with children under 18 did not have health insurance coverage for at least one of their children.*

❖ *Lack of health insurance coverage for at least one child under 18 in the household was more prevalent among Hispanics (14.7%) than among White non-Hispanics (8.6%) or Native Americans (4.6%).*

❖ *Lack of health insurance coverage for at least one child under 18 was more prevalent when parents had lower education or income.*

Percentage of New Mexico Families with Children Under 18 Years of Age with No Health Coverage for At Least One Child, by Race/Ethnicity. New Mexico, 1999.

Percentage of New Mexico Families with Children Under 18 Years of Age with No Health Coverage for At Least One Child, by Education. New Mexico, 1999.

Percentage of New Mexico Families with Children Under 18 Years of Age with No Health Coverage for At Least One Child, by Household Income. New Mexico, 1999.

Children's Health Care Access

Table 21. Percentage of New Mexico families with children under 18 years of age with no health care coverage for at least one child

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,449	11.4	± 2.0
RACE/ETHNICITY			
White, non-Hispanic	583	8.6	± 3.1
Hispanic	708	14.7	± 4.1
Native American	86	4.6	± 4.4
Other	67	9.7	± 11.2
EDUCATION			
Less than High School Graduate	256	29.5	± 6.8
High School Graduate or G.E.D.	428	8.9	± 2.8
Some College	412	8.7	± 3.0
College Graduate	352	2.3	± 1.7
INCOME			
Less than $10,000	98	14.4	± 7.7
$10-19,999	272	18.7	± 5.1
$20-49,999	616	11.8	± 3.2
$50,000 or more	341	3.8	± 2.7
EMPLOYMENT			
Employed	303	10.5	± 2.3
Unemployed	82	10.3	± 9.8
Other**	300	12.3	± 4.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	293	7.5	± 3.2
NE (HD II)	212	10.2	± 4.6
SW (HD III)	285	17.6	± 5.9
SE (HD IV)	247	11.6	± 4.5
Bernalillo County	409	10.2	± 3.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.
 For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Preventive Counseling

Questions (4): "Has a doctor or other health professional ever:
1) *talked to you about your diet or eating habits?"*
2) *talked to you about physical activity or exercise?"*
3) *talked to you about alcohol use?"*
4) *advised you to quit smoking?"*

Answers: "Yes, within the past 12 months", "Yes, within the past 3 years", "Yes, 3 or more years ago", or "No".

Basic information about health risk factors and disease prevention is often provided by health care workers. These BRFSS questions assess the extent to which preventive practices such as weight control, exercise, smoking cessation, and moderation of alcohol intake, are being discussed by health care professionals. Although these questions were asked of all respondents, the data presented here are for at-risk subgroups who may be more likely to receive counseling. These groups include people who are overweight or obese (see pgs. 94-97), smokers (pgs. 69-71), and those at risk for acute and chronic drinking (see pgs. 72-77).
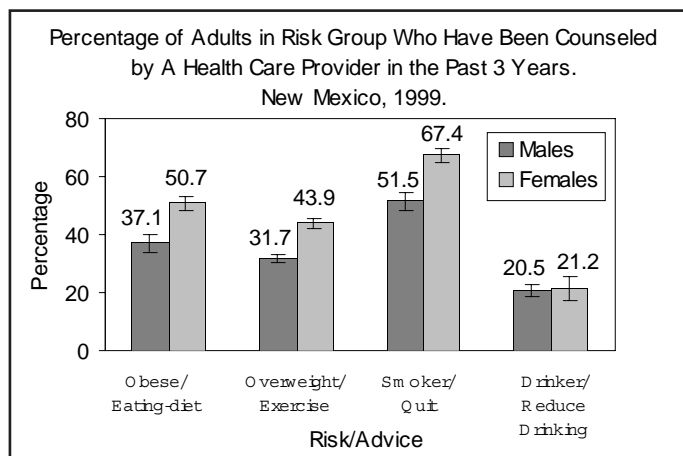
In New Mexico,

❖ *Rates of having received preventive counseling in the past 3 years relating to various risk behaviors were consistently higher among women than men, except in the case of alcohol counseling where rates were not statistically different.*

❖ *Rates of having received preventive counseling in the past 3 years were highest among smokers counseled to quit smoking, with 51.5% of male smokers, and 67.4% of female smokers having been counseled to quit smoking.*

❖ *Rates of having been counseled in the past 3 years differed by Health District with respect to obesity/diet counseling, but were not statistically different among the Health Districts for the other risk behaviors.*

Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider in the Past 3 Years. New Mexico, 1999.

Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider in the Past 3 Years, by Health District. New Mexico, 1999.

Percentage of Adults in Risk Group Who Have Been Counseled in the Past 3 Years by A Health Care Provider, by Health District. New Mexico, 1999.

43

Preventive Counseling

❖ *Those with higher education were more likely to have had preventive counseling than those with lower education, except with respect to alcohol consumption where rates were comparable across levels of education.*

❖ *Rates of preventive counseling were not statistically different among at-risk White non-Hispanics and Hispanics, except with respect to smoking cessation, where rates were higher among White non-Hispanics (68.7%) than among Hispanics (48.0%).*

Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider, by Education. New Mexico, 1999.
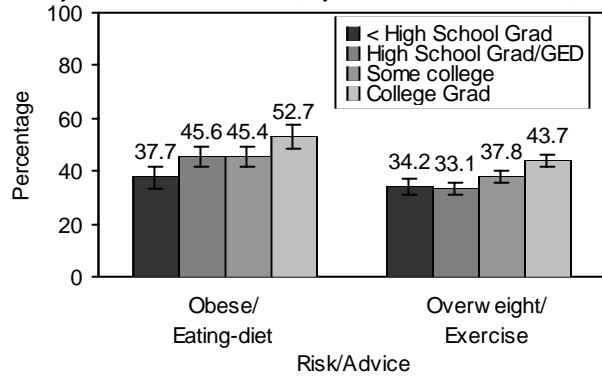
Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider, by Education. New Mexico, 1999.
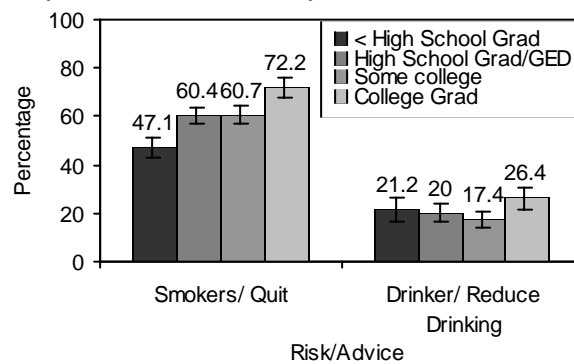
Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider, by Race/Ethnicity. New Mexico, 1999.
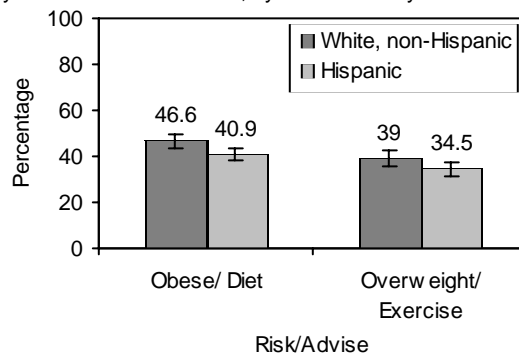
Percentage of Adults in Risk Group Who Have Been Counseled by A Health Care Provider, by Race/Ethnicity. New Mexico, 1999
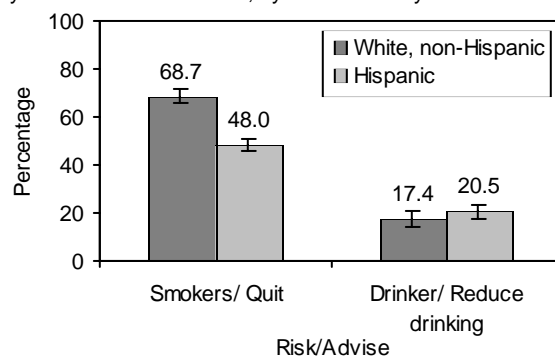
Preventive Counseling

Table 22. Percentage of obese New Mexicans (BMI$\geq$30.0) who have been counseled by their physician in the past 3 years about their diet or eating habits

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	679	44.8	± 4.1
GENDER			
Males	263	37.1	± 6.4
Females	416	50.7	± 5.4
AGE			
18-24	57	31.3	± 13.8
25-34	120	30.0	± 8.7
35-44	145	46.1	± 8.9
45-54	157	50.4	± 8.6
55-64	84	56.1	± 11.5
65-74	78	60.4	± 12.2
75+	36*	-	-
RACE/ETHNICITY			
White, non-Hispanic	297	46.6	± 6.2
Hispanic	307	40.9	± 6.0
Native American	38*	-	-
Other	32*	-	-
EDUCATION			
Less than High School Graduate	159	37.7	± 8.2
High School Graduate or G.E.D.	195	45.6	± 7.7
Some College	173	45.4	± 8.2
College Graduate	149	52.7	± 8.9
INCOME			
Less than $10,000	63	42.7	± 14.1
$10-19,999	146	40.7	± 8.9
$20-49,999	252	43.2	± 6.7
$50,000 or more	121	47.7	± 9.7
EMPLOYMENT			
Employed	388	41.3	± 5.4
Unemployed	27*	-	-
Other**	263	51.4	± 6.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	128	31.2	± 4.2
NE (HD II)	83	34.8	± 4.6
SW (HD III)	151	34.6	± 8.1
SE (HD IV)	148	44.2	± 8.7
Bernalillo County	167	52.8	± 8.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

* Estimates bases on cells with <50 respondents are considered unreliable.

Table 23. Percentage of overweight or obese New Mexicans (BMI≥25.0) who have been counseled by their physician in the past 3 years about the need for exercise

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,899	37.3	± 2.4
GENDER			
Males	941	31.7	± 3.2
Females	958	43.9	± 3.5
AGE			
18-24	135	28.1	± 8.6
25-34	315	26.1	± 5.1
35-44	417	34.7	± 5.0
45-54	405	41.2	± 5.2
55-64	296	48.4	± 6.7
65-74	218	47.5	± 7.3
75+	110	43.3	± 10.4
RACE/ETHNICITY			
White, non-Hispanic	939	39.0	± 3.4
Hispanic	769	34.5	± 3.7
Native American	107	39.1	± 10.3
Other	70	45.2	± 12.8
EDUCATION			
Less than High School Graduate	349	34.2	± 5.5
High School Graduate or G.E.D.	394	33.1	± 4.6
Some College	517	37.8	± 4.7
College Graduate	535	43.7	± 4.6
INCOME			
Less than $10,000	155	34.3	± 8.7
$10-19,999	345	35.2	± 5.6
$20-49,999	779	35.8	± 3.7
$50,000 or more	420	44.2	± 5.2
EMPLOYMENT			
Employed	1,174	34.2	± 3.0
Unemployed	65	27.8	± 11.5
Other**	660	44.4	± 4.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	358	36.9	± 5.5
NE (HD II)	278	38.8	± 6.3
SW (HD III)	393	30.8	± 5.0
SE (HD IV)	343	38.2	± 5.7
Bernalillo County	523	41.6	± 4.7

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Preventive Counseling

Table 24. Percentage of New Mexican smokers who have been counseled by their physician in the past 3 years about the need to quit smoking

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	778	59.1	± 4.0
GENDER			
Males	482	51.5	± 6.0
Females	296	67.4	± 5.1
AGE			
18-24	85	57.4	± 11.8
25-34	116	51.6	± 6.7
35-44	195	58.6	± 7.8
45-54	165	59.0	± 8.6
55-64	91	69.0	± 12.6
65-74	57	73.3	± 12.3
75+	36*	-	-
RACE/ETHNICITY			
White, non-Hispanic	404	68.7	± 5.3
Hispanic	319	48.0	± 6.4
Native American	23*	-	-
Other	31*	-	-
EDUCATION			
Less than High School Graduate	165	47.1	± 8.4
High School Graduate or G.E.D.	253	60.4	± 6.7
Some College	220	60.7	± 7.7
College Graduate	140	72.2	± 8.4
INCOME			
Less than $10,000	85	58.2	± 12.3
$10-19,999	183	50.1	± 8.3
$20-49,999	338	59.5	± 6.0
$50,000 or more	109	73.8	± 9.3
EMPLOYMENT			
Employed	492	58.6	± 5.0
Unemployed	51	40.6	± 14.7
Other**	234	64.6	± 7.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	132	65.2	± 9.6
NE (HD II)	112	58.4	± 11.3
SW (HD III)	138	56.3	± 9.2
SE (HD IV)	154	53.5	± 9.1
Bernalillo County	240	61.0	± 6.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

* Estimates bases on cells with <50 respondents are considered unreliable.

Preventive Counseling

Table 25. Percentage of New Mexicans who are binge or chronic drinkers who have been counseled by their physician in the past 3 years about their alcohol use

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	489	20.6	± 3.8
GENDER			
Males	364	20.5	± 4.4
Females	125	21.2	± 7.9
AGE			
18-24	97	22.1	± 9.2
25-34	123	15.1	± 6.6
35-44	129	21.1	± 7.7
45-54	76	21.2	± 10.1
55-64	35*	-	-
65-74	23*	-	-
75+	6*	-	-
RACE/ETHNICITY			
White, non-Hispanic	231	17.4	± 5.0
Hispanic	222	20.5	± 5.6
Native American	24*	-	-
Other	11*	-	-
EDUCATION			
Less than High School Graduate	73	21.2	± 10.0
High School Graduate or G.E.D.	146	20.0	± 7.1
Some College	158	17.4	± 6.3
College Graduate	112	26.4	± 9.0
INCOME			
Less than $10,000	37*	-	-
$10-19,999	92	20.0	± 8.8
$20-49,999	225	21.0	± 5.8
$50,000 or more	104	19.2	± 7.8
EMPLOYMENT			
Employed	380	20.5	± 4.2
Unemployed	19*	-	-
Other**	90	20.9	± 9.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	69	28.4	± 11.9
NE (HD II)	81	20.4	± 8.6
SW (HD III)	101	13.3	± 7.1
SE (HD IV)	82	15.9	± 8.4
Bernalillo County	155	24.0	± 7.3

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Cardiovascular Health - Heart Disease/Stroke

Question: "Have you ever been told by a doctor that you had any of the following:
1) heart attack or myocardial infarction,
2) angina or coronary heart disease,
3) stroke?"

The term 'Cardiovascular Disease' (CVD) encompasses a number of clinical conditions, including coronary heart disease (e.g. myocardial infarction or "heart attack" and angina pectoris), cerebrovascular disease or stroke, peripheral vascular disease, and congestive heart failure.

Heart disease was the number one cause of death in the U.S. and New Mexico in 1999 and stroke was the third leading cause in the U.S. and the fifth leading cause of death in New Mexico [9,10].

In New Mexico,

❖ *Rates of heart attacks (8.0%) and coronary heart disease (7.6%) in adults age 50 and older were lower than rates in the Other States (9.8% and 9.5%) queried. Rates of stroke were statistically different (4.2% vs. 5.2%).*

❖ *Lower income was associated with higher rates of cardiovascular disease.*

❖ *The rates of heart attacks and coronary heart disease in New Mexicans age 50 and older were about twice as high among White non-Hispanics (9.5% and 9.5%, respectively) as they were among Hispanics (4.2% and 4.8%, respectively).*

❖ *Males age 50 and older were about twice as likely as females to have had a heart attack (11.3% vs. 5.3%) or have coronary heart disease (9.8% vs. 5.9%). Rates of stroke were not statistically different.*

Percentage of Adults Age 50 and Older with Cardiovascular Disease. New Mexico, Other States*, 1999.
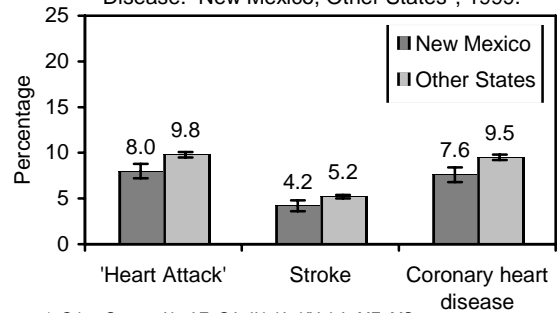
* Other States: AL, AZ, GA, IN, IA, KY, LA, ME, MS, MT, NY, NC, ND, OH, OK, SC, TX, VA, and WI.
Source: U.S. BRFSS, 1999.

Percentage of Adults Age 50 and Older with Cardiovascular Disease, by Household Income. New Mexico, 1999.
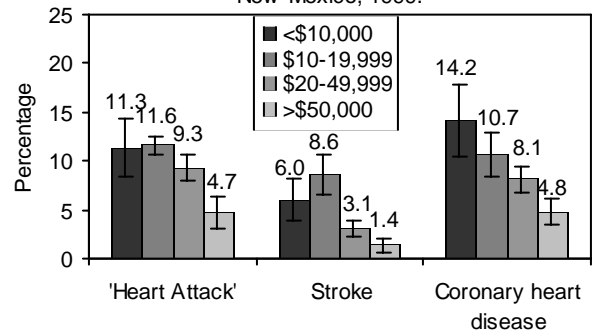
Percentage of Adults Age 50 and Older with Cardiovascular Disease, by Race/Ethnicity. New Mexico, 1999.
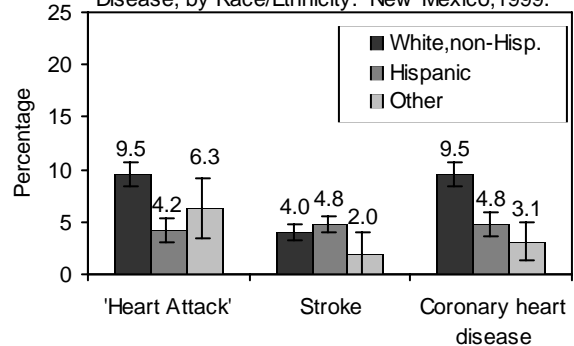
Percentage of Adults Age 50 Years and Older with Cardiovascular Disease, by Sex. New Mexico, 1999.
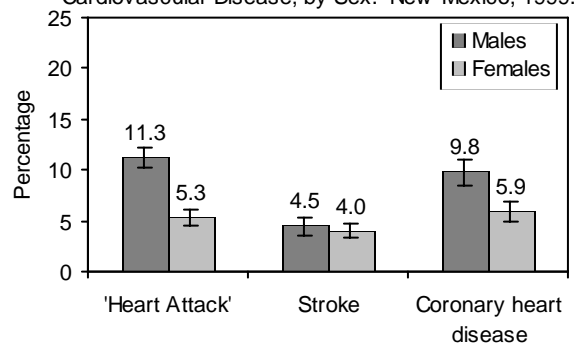
Cardiovascular Health - Heart Disease/Stroke

❖ *Rates of cardiovascular disease in adults age 50 and older with a smoking history were about twice as high as rates in those with no smoking history.*

❖ *Rates of cardiovascular disease in diabetics age 40 and older were more than twice as high as those in non-diabetics age 40 and older.*

Percentage of Adults Age 50 and Older with Cardiovascular Disease, by Smoking History. New Mexico, 1999.

Legend: Smoking history / No smoking history

- 'Heart Attack': 11.1 / 4.1
- Stroke: 5.2 / 3.0
- Coronary heart disease: 9.3 / 5.6
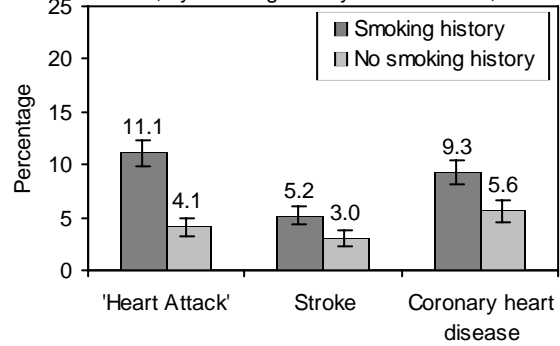
Percentage of Adults Age 40 and Older with Cardiovascular Disease, by Diabetes status. New Mexico, 1999.

Legend: Diabetes / No diabetes

- 'Heart Attack': 13.0 / 4.8
- Stroke: 7.1 / 2.7
- Coronary heart disease: 11.4 / 4.7
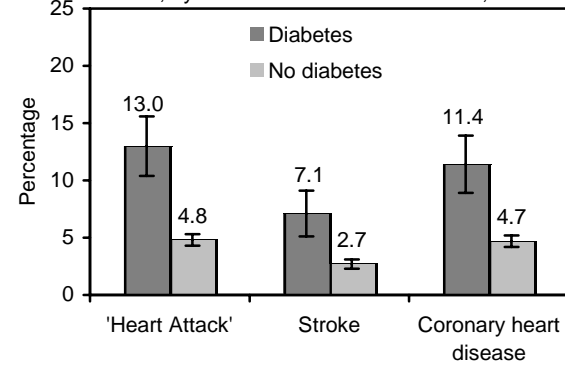
Cardiovascular Health - Heart Disease/Stroke

Table 26. Percentage of New Mexicans age 50 and older who have been told by a doctor that they had a 'heart attack'

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,361	8.0	± 1.5
GENDER			
Males	574	11.3	± 2.7
Females	787	5.3	± 1.6
RACE/ETHNICITY			
White, non-Hispanic	874	9.5	± 2.1
Hispanic	383	4.2	± 2.1
Native American	35*	-	-
Other	61	6.3	± 5.7
EDUCATION			
Less than High School Graduate	258	7.8	± 3.3
High School Graduate or G.E.D.	321	9.6	± 3.4
Some College	330	7.6	± 3.1
College Graduate	448	7.0	± 2.6
INCOME			
Less than $10,000	117	11.3	± 6.0
$10-19,999	234	11.6	± 4.5
$20-49,999	523	9.3	± 2.8
$50,000 or more	311	4.7	± 2.4
EMPLOYMENT			
Employed	521	3.3	± 1.5
Unemployed	22*	-	-
Other**	817	10.9	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	213	6.2	± 3.4
NE (HD II)	225	3.6	± 2.6
SW (HD III)	280	7.4	± 3.2
SE (HD IV)	250	9.6	± 4.0
Bernalillo County	392	11.0	± 3.4

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Table 27. Percentage of New Mexicans age 50 and older who have been told by a doctor that they had a stroke

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,364	4.2	± 1.1
GENDER			
Males	574	4.5	± 1.7
Females	790	4.0	± 1.4
RACE/ETHNICITY			
White, non-Hispanic	874	4.0	± 1.4
Hispanic	386	4.8	± 2.1
Native American	35*	-	-
Other	61	2.0	± 4.0
EDUCATION			
Less than High School Graduate	262	8.7	± 3.5
High School Graduate or G.E.D.	321	3.3	± 2.0
Some College	330	4.0	± 2.2
College Graduate	448	2.3	± 1.4
INCOME			
Less than $10,000	118	6.0	± 4.4
$10-19,999	235	8.6	± 4.0
$20-49,999	522	3.1	± 1.6
$50,000 or more	311	1.4	± 1.4
EMPLOYMENT			
Employed	521	1.2	± 1.3
Unemployed	22*	-	-
Other**	820	6.1	± 1.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	213	5.3	± 3.0
NE (HD II)	224	1.4	± 1.5
SW (HD III)	280	3.4	± 2.1
SE (HD IV)	251	3.2	± 2.4
Bernalillo County	395	6.5	± 2.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

* Estimates bases on cells with <50 respondents are considered unreliable.

Table 28. Percentage of New Mexicans age 50 and older who have been told by a doctor that they have coronary heart disease

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,356	7.6	± 1.5
GENDER			
Males	572	9.8	± 2.6
Females	784	5.9	± 1.7
RACE/ETHNICITY			
White, non-Hispanic	871	9.4	± 2.1
Hispanic	382	4.8	± 2.2
Native American	35*	-	-
Other	61	3.1	± 3.5
EDUCATION			
Less than High School Graduate	258	8.0	± 3.3
High School Graduate or G.E.D.	319	9.1	± 3.4
Some College	329	7.0	± 3.1
College Graduate	448	6.8	± 2.6
INCOME			
Less than $10,000	115	14.2	± 7.4
$10-19,999	234	10.7	± 4.5
$20-49,999	520	8.1	± 2.5
$50,000 or more	311	4.8	± 2.6
EMPLOYMENT			
Employed	520	1.9	± 1.1
Unemployed	21*	-	-
Other**	814	11.3	± 2.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	213	7.9	± 4.0
NE (HD II)	222	3.3	± 2.4
SW (HD III)	280	7.5	± 3.2
SE (HD IV)	249	12.2	± 4.6
Bernalillo County	391	7.0	± 2.7

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Cardiovascular Health - Hypertension

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

Hypertension, or high blood pressure, is the leading cause of stroke and a major cause of heart attacks or myocardial infarctions [16]. Risk factors for hypertension include family history, diabetes, race (African-Americans have high risk), older age, being overweight, inactivity, smoking, and diet high in fat or sodium.

In New Mexico,

❖ *20.9% of adults had hypertension. This was not statistically different from rates for the Region (22.1%) but lower than rates for the U.S. (24.4%).*

❖ *Rates of hypertension were higher among those with lower education and income.*

❖ *Rates of hypertension were higher among those who were overweight or obese.*

Percentage of Adults with Hypertension. New Mexico, Region*, and U.S.**,1999.
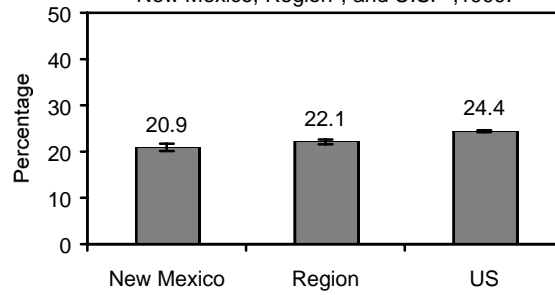
* Region: Arizona, Colorado, Oklahoma, Utah, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults with Hypertension, by Education. New Mexico, 1999
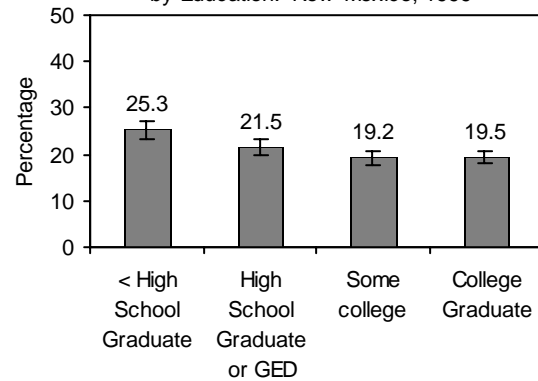
Percentage of Adults with Hypertension, by Household Income. New Mexico, 1999.
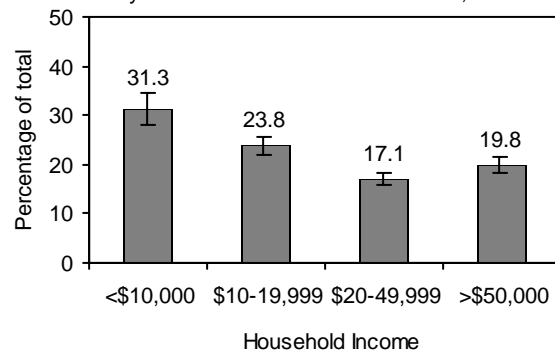
Percentage of Adults with Hypertension, by Weight status. New Mexico, 1999.
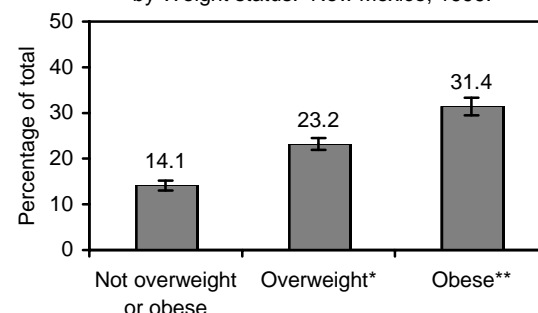
* BMI =25-29.9
** BMI >= 30

Cardiovascular Health - Hypertension

Table 29. Percentage of New Mexicans who have been told that they have high blood pressure

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,469	20.9	± 1.5
GENDER			
Males	1,521	20.2	± 2.2
Females	1,948	21.6	± 2.1
AGE			
18-24	334	6.0	± 3.3
25-34	596	10.8	± 2.7
35-44	768	15.6	± 2.9
45-54	666	21.5	± 3.4
55-64	461	34.8	± 5.2
65-74	398	39.4	± 5.3
75+	240	45.5	± 8.1
RACE/ETHNICITY			
White, non-Hispanic	1,865	21.8	± 2.0
Hispanic	1,290	19.2	± 2.4
Native American	141	22.3	± 10.5
Other	152	25.6	± 7.6
EDUCATION			
Less than High School Graduate	543	25.3	± 3.9
High School Graduate or G.E.D.	907	21.5	± 3.2
Some College	949	19.2	± 2.9
College Graduate	1,065	19.5	± 2.6
INCOME			
Less than $10,000	270	31.3	± 6.8
$10-19,999	603	23.8	± 3.7
$20-49,999	1,354	17.1	± 2.1
$50,000 or more	768	19.8	± 3.2
EMPLOYMENT			
Employed	2,104	14.8	± 1.7
Unemployed	132	19.7	± 7.7
Other**	1,231	32.0	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	599	18.2	± 3.9
NE (HD II)	548	20.2	± 4.2
SW (HD III)	670	21.0	± 3.3
SE (HD IV)	585	25.7	± 3.8
Bernalillo County	1,060	20.4	± 2.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Cardiovascular Health - Cholesterol

Question: "Have you ever had your blood cholesterol checked?"

Question: "Have you ever been told you have high blood cholesterol?"

High blood cholesterol is an important risk factor for cardiovascular disease [17]. Cholesterol screening is recommended for men ages 35-65 and women 45-65. Cholesterol is a fatty substance that is transported through the blood complexed to specialized carrier proteins. These lipoprotein complexes occur in either low-density (LDL) or high-density (HDL) forms. High serum levels of LDLs (so-called "bad cholesterol") increase risk for cardiovascular disease, whereas high levels of HDLs ("good cholesterol") reduce risk.

In New Mexico,

❖ *The percentage of adults who had never had their blood cholesterol checked (32.8%) was higher than the percentage for the Region (26.8%) or for the U.S. (25.1%) .*

❖ *The percentage of adults who had never had their blood cholesterol checked was higher in Hispanics (43.4%) and Native Americans (42.8%) than it was in either White non-Hispanics (24.0%) or the 'Other' population (24.3%) .*

❖ *The percentage of New Mexicans with high blood cholesterol (18.3%) was lower than the percentage for the Region (20.7%) or the U.S. (22.5%).*

❖ *The percentage of adults with high blood cholesterol increased dramatically with age.*

Percentage of Adults Who Have Never Had Their Blood Cholesterol Checked. New Mexico, Region*, and U.S.**, 1999.
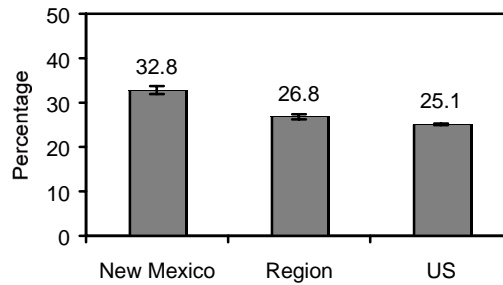
New Mexico: 32.8
Region: 26.8
US: 25.1

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Have Never Had Their Blood Cholesterol Checked, by Race/Ethnicity. New Mexico,1999.

White, non-Hispanic: 24.0
Hispanic: 43.4
Native American: 42.8
Other: 24.3
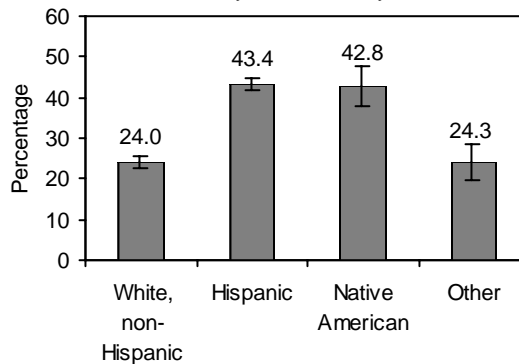
Percentage of Adults Who Have High Blood Cholesterol. New Mexico, Region*, and U.S.**, 1999.
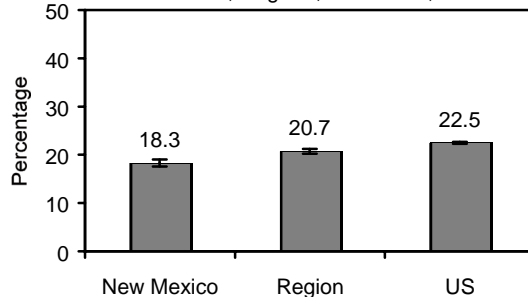
New Mexico: 18.3
Region: 20.7
US: 22.5

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Have High Blood Cholesterol, by Age. New Mexico, 1999.

18-24: 1.1
25-34: 7.5
35-44: 13.8
45-54: 23.4
55-64: 32.2
65-74: 34.4
75 +: 35.0

Age
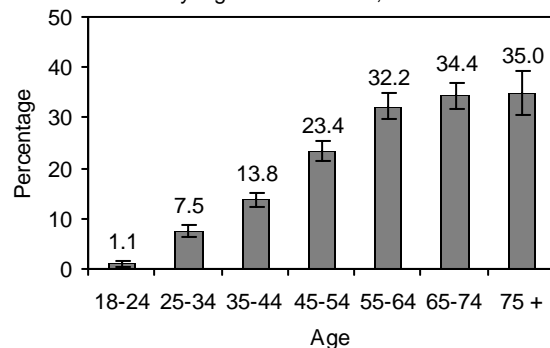
Cardiovascular Health - Cholesterol

❖ *The rate of high blood cholesterol was increased among those who were obese (23.8.6%) or overweight (21.9%) compared to those of normal weight (13.1%).*

❖ *Rates of high blood cholesterol were twice as high in people with diabetes (37.4%) as they were in people without diabetes (17.2%).*

Percentage of Adults Who Have High Blood Cholesterol, by Weight category. New Mexico, 1999.

* BMI =25-29.9
** BMI >= 30
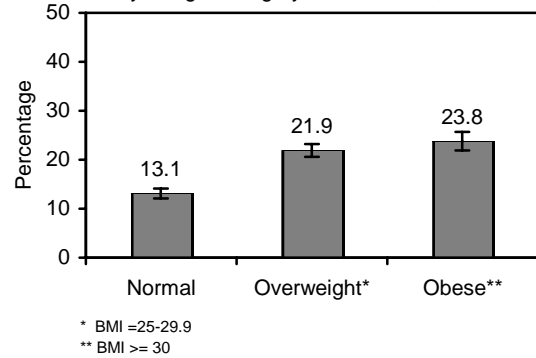
Percentage of Adults Who Have High Blood Cholesterol, by Diabetes status. New Mexico, 1999.
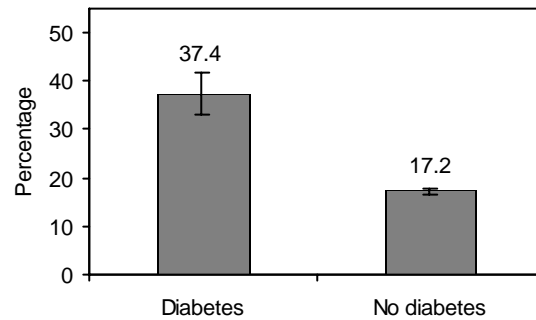
Cardiovascular Health - Cholesterol

Table 30. Percentage of New Mexicans who have never had their blood cholesterol checked

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,368	32.8	± 1.8
GENDER			
Males	1,489	35.2	± 2.8
Females	1,879	30.5	± 2.4
AGE			
18-24	314	71.7	± 5.8
25-34	580	51.9	± 4.4
35-44	741	31.9	± 3.8
45-54	660	21.7	± 3.6
55-64	458	9.4	± 2.9
65-74	387	8.7	± 3.0
75+	232	15.2	± 5.9
RACE/ETHNICITY			
White, non-Hispanic	1,806	24.0	± 2.3
Hispanic	1,256	43.4	± 3.1
Native American	139	42.8	± 9.9
Other	146	24.3	± 8.8
EDUCATION			
Less than High School Graduate	526	46.9	± 5.0
High School Graduate or G.E.D.	877	40.9	± 3.8
Some College	915	31.1	± 3.4
College Graduate	1,045	17.8	± 2.7
INCOME			
Less than $10,000	258	44.3	± 7.4
$10-19,999	583	46.1	± 4.6
$20-49,999	1,420	34.6	± 2.9
$50,000 or more	758	15.0	± 3.0
EMPLOYMENT			
Employed	2.048	35.0	± 2.4
Unemployed	129	52.2	± 9.6
Other**	1,189	26.7	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	577	32.7	± 4.3
NE (HD II)	531	32.0	± 4.7
SW (HD III)	653	33.4	± 4.3
SE (HD IV)	568	33.7	± 4.4
Bernalillo County	1,032	32.2	± 3.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Cardiovascular Health - Cholesterol

Table 31. Percentage of New Mexicans who have been told that they have high blood cholesterol

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,360	18.3	± 1.5
GENDER			
Males	1,484	18.2	± 2.1
Females	1,876	18.4	± 2.0
AGE			
18-24	314	1.1	± 1.1
25-34	579	7.5	± 2.3
35-44	739	13.8	± 2.7
45-54	660	23.4	± 3.6
55-64	457	32.2	± 5.1
65-74	385	34.4	± 5.2
75+	220	35.0	± 8.8
RACE/ETHNICITY			
White, non-Hispanic	1,799	21.8	± 2.0
Hispanic	1,255	13.7	± 2.1
Native American	139	18.6	± 10.3
Other	146	20.3	± 6.9
EDUCATION			
Less than High School Graduate	525	18.0	± 3.6
High School Graduate or G.E.D.	873	15.5	± 2.9
Some College	914	19.2	± 2.9
College Graduate	1,043	20.5	± 2.6
INCOME			
Less than $10,000	258	13.0	± 4.4
$10-19,999	582	16.2	± 3.2
$20-49,999	1,417	17.3	± 2.1
$50,000 or more	755	22.0	± 3.3
EMPLOYMENT			
Employed	1,396	15.1	± 1.7
Unemployed	129	14.6	± 3.3
Other**	1,184	24.5	± 2.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	574	19.4	± 4.1
NE (HD II)	530	13.3	± 3.5
SW (HD III)	651	18.0	± 3.1
SE (HD IV)	568	21.0	± 3.6
Bernalillo County	1,030	19.0	± 2.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Cardiovascular Health - Risk Reduction

Question: "To lower your risk of developing heart disease or stroke, are you exercising more?"

Question: "To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?"

Poor eating habits, particularly consumption of foods high in fat, and lack of exercise are important risk factors for cardiovascular disease (CVD). These questions address whether respondents were modifying these behaviors in an effort to reduce cardiovascular disease risk.

In New Mexico,

❖ *About half of the adult population (50.2%) was exercising more to reduce the risk of CVD. This was lower than the percentage for the Other States (61.5%). 60% of adults were eating less fat or cholesterol to reduce their risk of CVD. This percentage was lower than the percentage for the Other States (64.4%).*

❖ *Adults with higher household income were more likely to be exercising more and eating less dietary fat or cholesterol in order to reduce their risk of CVD.*

❖ *Adults with CVD were more likely to be exercising more (57.0%) or eating less dietary fat or cholesterol (74.6%) to reduce their risk of CVD than those without CVD (49.7%,58.9%).*

Percentage of Adults Who Exercise to Reduce Their Risk of Cardiovascular Disease. New Mexico, Other States*, 1999.
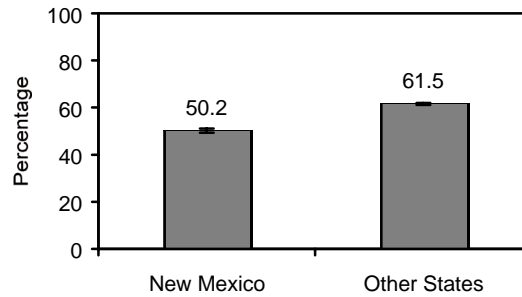
* Other States: AL, AZ, GA, IN, IA, KY, LA, ME, MS, MT, NY, NC, ND, OH, OK, SC, TX, VA, and WI.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Are Eating Less Fat to Reduce Their Risk of Cardiovascular Disease. New Mexico, Other States*, 1999.
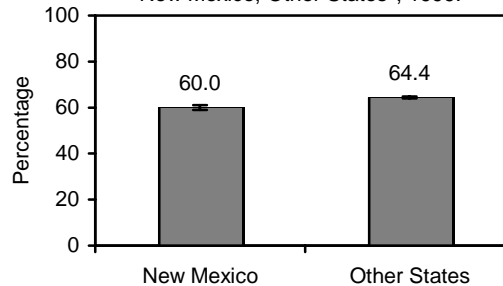
* Other States: AL, AZ, GA, IN, IA, KY, LA, ME, MS, MT, NY, NC, ND, OH, OK, SC, TX, VA, and WI.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Are Eating Less Fat to Reduce Their Risk of Cardiovascular Disease, by Household Income. New Mexico, 1999.

Percentage of Adults Who Are Eating Less Fat to Reduce Their Risk of Cardiovascular Disease, by CVD status. New Mexico, 1999.

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Cardiovascular Health - Risk Reduction

Table 32. Percentage of New Mexicans who are exercising more to reduce their risk of cardiovascular disease

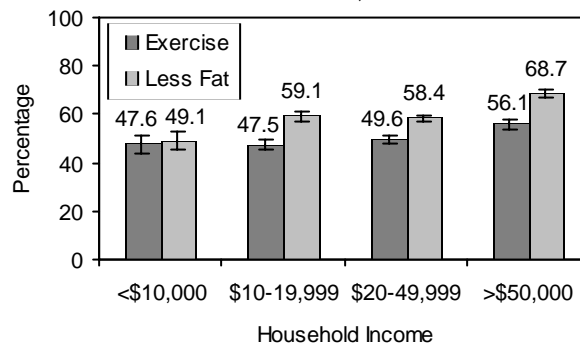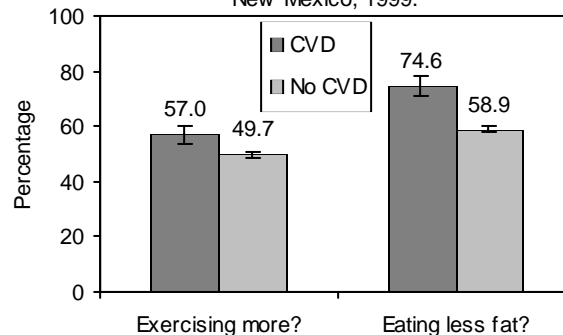|	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,405	50.2	± 1.9
GENDER			
Males	1,497	48.7	± 2.8
Females	1,908	51.6	± 2.6
AGE			
18-24	335	40.4	± 6.1
25-34	589	48.9	± 4.4
35-44	755	52.1	± 4.0
45-54	654	50.4	± 4.3
55-64	450	56.1	± 5.2
65-74	390	59.5	± 5.3
75+	228	39.6	± 7.7
RACE/ETHNICITY			
White, non-Hispanic	1,837	48.5	± 2.6
Hispanic	1,263	51.4	± 3.1
Native American	138	52.6	± 10.6
Other	150	55.3	± 9.0
EDUCATION			
Less than High School Graduate	535	49.1	± 4.9
High School Graduate or G.E.D.	884	46.5	± 3.8
Some College	938	47.8	± 3.6
College Graduate	1,044	56.9	± 3.3
INCOME			
Less than $10,000	270	47.6	± 7.2
$10-19,999	593	47.5	± 4.5
$20-49,999	1,435	49.6	± 2.9
$50,000 or more	759	56.1	± 3.9
EMPLOYMENT			
Employed	2,075	48.6	± 2.4
Unemployed	132	49.6	± 9.6
Other**	1,196	53.0	± 3.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	584	49.7	± 4.6
NE (HD II)	542	47.7	± 5.0
SW (HD III)	661	51.3	± 4.3
SE (HD IV)	577	47.8	± 4.5
Bernalillo County	1,035	52.4	± 3.4

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
↗ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.
** Other includes homemakers, students, retirees, and those who are unable to work.

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Table 33. Percentage of New Mexicans who were eating fewer high fat or cholesterol foods to reduce the risk of cardiovascular disease

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,383	60.0	± 1.9
GENDER			
Males	1,488	57.1	± 2.8
Females	1,895	62.7	± 2.5
AGE			
18-24	333	40.3	± 6.2
25-34	584	50.6	± 4.5
35-44	751	57.3	± 4.0
45-54	650	67.6	± 4.0
55-64	448	76.9	± 4.3
65-74	387	76.9	± 4.5
75+	226	58.5	± 8.5
RACE/ETHNICITY			
White, non-Hispanic	1,831	63.8	± 2.5
Hispanic	1,250	56.5	± 3.1
Native American	137	46.6	± 10.2
Other	148	63.9	± 9.0
EDUCATION			
Less than High School Graduate	525	56.9	± 4.9
High School Graduate or G.E.D.	874	52.4	± 3.8
Some College	936	60.2	± 3.6
College Graduate	1,044	69.2	± 3.1
INCOME			
Less than $10,000	269	49.1	± 7.1
$10-19,999	585	59.1	± 4.5
$20-49,999	1,431	58.4	± 2.9
$50,000 or more	756	68.7	± 3.7
EMPLOYMENT			
Employed	2,065	57.7	± 2.4
Unemployed	130	53.6	± 9.6
Other**	1,186	64.9	± 3.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	580	54.6	± 4.8
NE (HD II)	536	56.1	± 5.0
SW (HD III)	660	63.4	± 4.1
SE (HD IV)	577	60.8	± 4.5
Bernalillo County	1,031	62.6	± 3.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Diabetes

Question: "Have you ever been told by a doctor that you have diabetes?"

Diabetes is a chronic metabolic disease that was the sixth leading cause of death in both the U.S. and the state of New Mexico in 1999 [9,10]. Diabetes takes two forms: Type 1, when the pancreas stops producing insulin, and Type 2, when cells no longer respond to insulin. The latter form, which accounts for the majority of cases, runs in families and is more common in those who don't exercise or are overweight. People with diabetes are at increased risk of a number of health problems, including cardiovascular disease, end-stage renal disease, and blindness.

In New Mexico,

❖ *The percentage of adults with diabetes was 5.5%. This was not statistically different from the percentage with diabetes in the Region (5.5%) or the U.S. (5.9%).*

❖ *The percentage of adults with diabetes was higher in the Native American population (16.2%) than in the other racial/ethnic groups.*

❖ *The prevalence of adults with diabetes correlated with weight status - obese individuals had the highest prevalence (10.4%), followed by overweight but not obese individuals (5.9%), followed by those who were not overweight or obese (2.7%).*

❖ *Adults with lower education and income were at higher risk of having diabetes.*

Percentage of Adults Who Have Diabetes. New Mexico, Region*, and U.S.**, 1999.
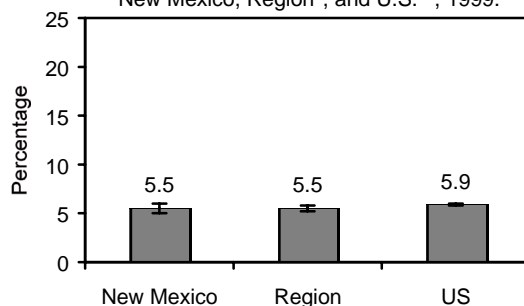
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Have Diabetes, by Race/Ethnicity. New Mexico, 1999.
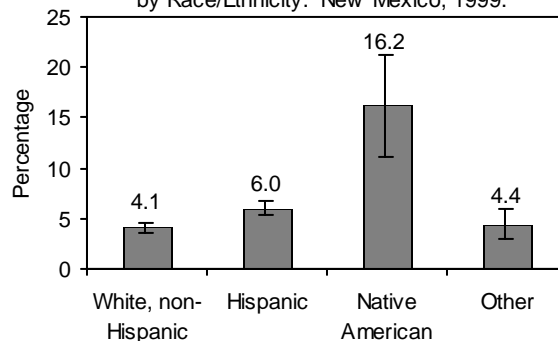
Percentage of Adults Who Have Diabetes, by Weight category. New Mexico, 1999.
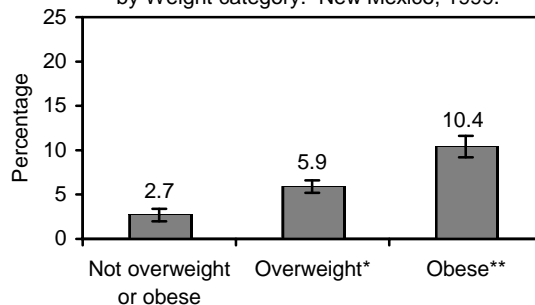
* BMI = 25-29.9
** BMI >= 30

Percentage of Adults Who Have Diabetes, by Education. New Mexico, 1999.

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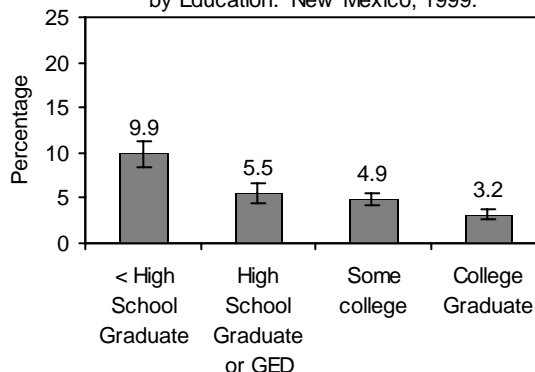
Diabetes

Table 34. Percentage of New Mexicans who have been told by a doctor that they have diabetes

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,488	5.5	± 0.9
GENDER			
Males	1,532	4.6	± 1.1
Females	1,956	6.2	± 1.4
AGE			
18-24	338	0.1	± 0.2
25-34	600	1.6	± 1.0
35-44	769	3.7	± 1.5
45-54	670	6.3	± 2.0
55-64	464	9.6	± 2.9
65-74	399	12.9	± 3.7
75+	242	12.6	± 8.2
RACE/ETHNICITY			
White, non-Hispanic	1,870	4.1	± 0.9
Hispanic	1,302	6.0	± 1.3
Native American	142	16.2	± 10.0
Other	153	4.4	± 3.0
EDUCATION			
Less than High School Graduate	553	9.9	± 2.7
High School Graduate or G.E.D.	912	5.5	± 2.2
Some College	951	4.9	± 1.4
College Graduate	1,067	3.2	± 1.1
INCOME			
Less than $10,000	274	8.8	± 3.6
$10-19,999	606	6.8	± 2.0
$20-49,999	1,462	4.6	± 1.1
$50,000 or more	770	3.1	± 1.2
EMPLOYMENT			
Employed	2,117	2.8	± 0.7
Unemployed	132	5.7	± 4.1
Other**	1,237	10.1	± 2.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	7.4	± 3.3
NE (HD II)	552	3.9	± 1.5
SW (HD III)	675	4.5	± 1.6
SE (HD IV)	589	6.9	± 2.2
Bernalillo County	1,065	5.0	± 1.4

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Osteoporosis

Question: "Has a doctor ever told you that you have osteoporosis or weak bones?"

Question: "Have you ever fractured a bone as an adult?"

Osteoporosis [18], or porous bone, is a disease characterized by low bone mass and structural deterioration of bone tissue, leading to bone fragility and an increased risk of fractures of the hip, rib, spine, and wrist. Osteoporosis, which increases with age, is a major public health threat for more than 28 million Americans, 80 percent of whom are women. Ways to reduce risk include: eating a balanced diet rich in calcium and vitamin D, weight bearing exercise, a healthy lifestyle with no smoking and limited alcohol intake, and bone density testing and medication when appropriate.

Since risk of osteoporosis increases with age, data are presented only for adults 55 years of age or older.

In New Mexico,

❖ *8.1% of adults 55 years of age and over had been diagnosed with osteoporosis. Rates were about 10 times higher in females (13.8%) than in males (1.2%).*

❖ *The prevalence of hip, wrist, rib, or spinal fractures (presumed osteoporosis) in adults over 55 years of age was higher among those with lower household income and education.*

❖ *Despite comparable rates of diagnosed osteoporosis among White non-Hispanics (8.9%) and Hispanics (7.4%), rates of fractures of the hip, wrist, rib, or spine were significantly higher among White non-Hispanics (14.6%) than among Hispanics (6.8%).*

Percentage of Adults Age 55 and Older Who Have Been Told That They Have Osteoporosis. New Mexico, 1999.

Percentage of Adults Age 55 and Older Who Have Been Told That They Have Osteoporosis, by Education. New Mexico, 1999.
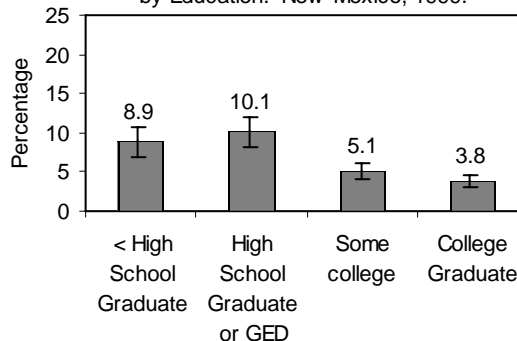
Percentage of Adults Age 55 and Older Who Have Been Told That They Have Osteoporosis, by Household Income. New Mexico, 1999.

Percentage of Adults Who Have Had a Hip, Wrist, Rib, or Spinal Fracture After the Age of 55, by Race/Ethnicity. New Mexico, 1999.

Osteoporosis

Table 35. Percentage of New Mexicans 55 years of age and older who have been told by their doctor that they have osteoporosis

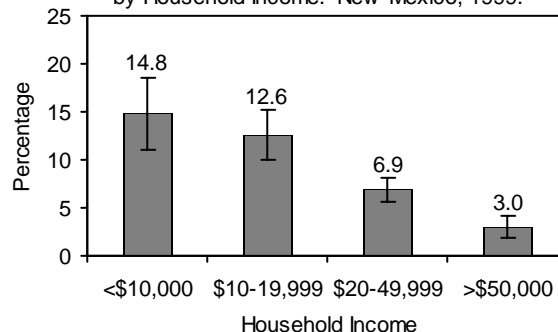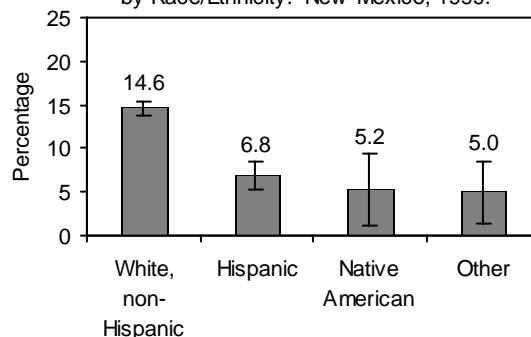|	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,061	8.1	± 1.7
GENDER			
Males	442	1.2	± 1.0
Females	619	13.8	± 2.9
AGE			
55-64	448	5.8	± 2.3
65-74	387	8.8	± 2.9
75+	226	11.4	± 4.3
RACE/ETHNICITY			
White, non-Hispanic	702	8.9	± 2.2
Hispanic	288	7.4	± 3.2
Native American	26*	-	-
Other	40*	-	-
EDUCATION			
Less than High School Graduate	226	8.9	± 3.7
High School Graduate or G.E.D.	255	10.1	± 3.9
Some College	244	5.1	± 2.1
College Graduate	333	3.8	± 1.6
INCOME			
Less than $10,000	100	14.8	± 7.3
$10-19,999	196	12.6	± 5.1
$20-49,999	396	6.9	± 2.5
$50,000 or more	216	3.0	± 2.3
EMPLOYMENT			
Employed	296	2.5	± 1.7
Unemployed	17*	-	-
Other**	747	10.2	± 2.2
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	158	4.8	± 3.3
NE (HD II)	177	10.5	± 4.9
SW (HD III)	226	7.8	± 3.4
SE (HD IV)	195	5.4	± 3.1
Bernalillo County	304	10.5	± 3.8

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Osteoporosis

Table 36. Percentage of New Mexicans who have had a hip, wrist, rib, or spinal fracture at the age of 55 years or older

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	1,009	11.5	± 2.1
GENDER			
Males	406	10.0	± 3.2
Females	603	12.7	± 2.8
AGE			
55-64	418	6.4	± 2.4
65-74	372	14.2	± 3.9
75+	219	16.3	± 5.3
RACE/ETHNICITY			
White, non-Hispanic	661	14.6	± 1.5
Hispanic	280	6.8	± 3.2
Native American	25*	-	-
Other	38*	-	-
EDUCATION			
Less than High School Graduate	219	9.0	± 4.3
High School Graduate or G.E.D.	241	11.7	± 4.2
Some College	233	12.0	± 4.3
College Graduate	313	13.0	± 4.1
INCOME			
Less than $10,000	98	12.9	± 7.8
$10-19,999	187	11.2	± 4.9
$20-49,999	378	10.9	± 3.3
$50,000 or more	199	11.5	± 4.7
EMPLOYMENT			
Employed	270	9.8	± 3.9
Unemployed	15*	-	-
Other**	871	12.3	± 2.5
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	151	11.7	± 5.3
NE (HD II)	172	11.3	± 5.1
SW (HD III)	218	10.9	± 4.3
SE (HD IV)	181	14.3	± 5.9
Bernalillo County	286	9.9	± 3.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
↗ For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.
** Other includes homemakers, students, retirees, and those who are unable to work.
* Estimates bases on cells with <50 respondents are considered unreliable.

Oral Health

Question: "How long has it been since you last visited a dentist or dental clinic for any reason?"

Answer: "Within the past year", "Within the past 2 years", "Within the past 5 years", "5 or more years ago", "Never".

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

In New Mexico,

❖   *The percentage of adults who had not visited a dentist or dental clinic in 2 years was 25.6%. This was higher than the percentage for the U.S. (20.3%), but not statistically different from the percentage for the Region (23.9%).*

❖   *Individuals with lower education and household incomes were more likely to have not visited a dentist or dental clinic in the past 2 years.*

❖   *Men were more likely than women to have not visited a dentist or dental clinic in the past 2 years.*

Percentage of Adults Who Have Not Visited a Dentist or Dental Clinic in the Past 2 Years. New Mexico, Region*, and U.S., 1999.**
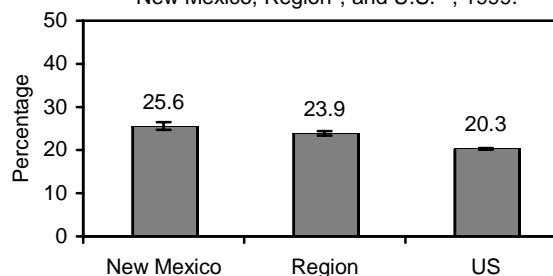
New Mexico: 25.6
Region: 23.9
US: 20.3

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Have Not Visited a Dentist or Dental Clinic in the Past 2 Years, by Sex. New Mexico, 1999.

28.1
23.2
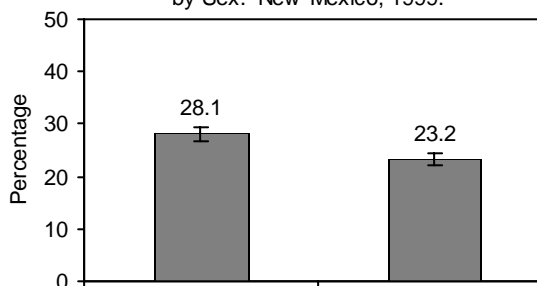
Percentage of Adults Who Have Not Visited a Dentist or Dental Clinic in the Past 2 Years, by Household Income. New Mexico, 1999.
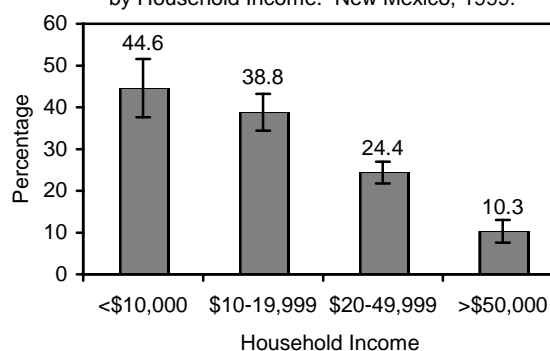
<$10,000: 44.6
$10-19,999: 38.8
$20-49,999: 24.4
>$50,000: 10.3

Household Income

Percentage of Adults Who Have Not Visited a Dentist or Dental Clinic in the Past 2 Years, by Sex. New Mexico, 1999.

Male: 28.1
Female: 23.2

Oral Health

Table 37. Percentage of New Mexicans who have not visited a dentist or dental clinic in the past 2 years

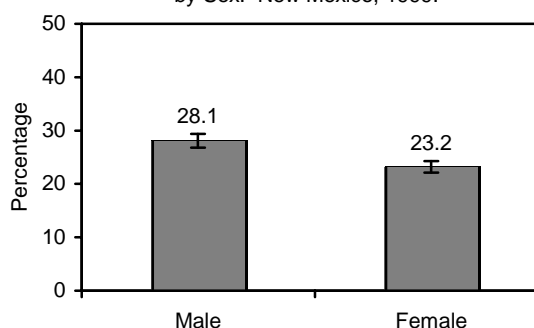|	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,462	25.6	± 2.6
GENDER			
Males	1,526	28.1	± 2.6
Females	1,936	23.2	± 2.2
AGE			
18-24	335	27.5	± 5.8
25-34	595	28.6	± 4.0
35-44	769	22.2	± 3.2
45-54	667	22.2	± 3.5
55-64	463	23.2	± 4.8
65-74	391	25.1	± 4.7
75+	236	40.0	± 8.4
RACE/ETHNICITY			
White, non-Hispanic	1,857	22.2	± 2.2
Hispanic	1,290	30.1	± 2.8
Native American	141	22.3	± 10.2
Other	153	25.9	± 8.5
EDUCATION			
Less than High School Graduate	541	48.9	± 4.9
High School Graduate or G.E.D.	903	28.5	± 3.5
Some College	946	19.6	± 3.0
College Graduate	1,067	14.1	± 2.3
INCOME			
Less than $10,000	270	44.6	± 7.0
$10-19,999	600	38.8	± 4.4
$20-49,999	1,459	24.4	± 2.6
$50,000 or more	767	10.3	± 2.8
EMPLOYMENT			
Employed	2,109	23.8	± 2.1
Unemployed	132	30.0	± 8.9
Other**	1,219	28.3	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	593	23.7	± 4.2
NE (HD II)	549	21.1	± 4.1
SW (HD III)	670	28.4	± 4.1
SE (HD IV)	586	35.5	± 4.4
Bernalillo County	1,058	21.6	± 2.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Tobacco Use

*Question: "Have you smoked at least 100 cigarettes in your entire life?"*

Question: " Do you smoke cigarettes every day, some days, or not at all?

Smoking and chewing tobacco have been shown to be risk factors for lung, oral, bladder, kidney, and pancreatic cancer, as well as cardiovascular disease, particularly stroke [19]. BRFSS defines current smokers as respondents who answer "Yes" to the first question above, and "Every day" or "Some days" to the second question.

In New Mexico,

❖ *The prevalence of smoking was 22.4%. This was not statistically different from the rates in the Region (21.9%) and the U.S. (22.5%).*

❖ *Native Americans (13.8%) had the lowest prevalence of smoking among the four racial/ethnic groups.*

❖ *The prevalence of smoking was highest among those with the lowest education and income.*

❖ *9.0% of New Mexican smokers quit smoking during the past year. This was lower than smoking cessation rates in the Region (12.4%), but not statistically different from the rate in the U.S. (11.2%).*

Percentage of Adults Who Are Current Smokers. New Mexico, Region*, and U.S.** 1999.
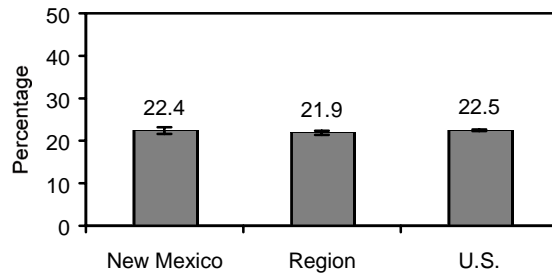
New Mexico: 22.4 Region: 21.9 U.S.: 22.5

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Are Current Smokers, by Race/Ethnicity. New Mexico, 1999.

White, non-Hispanic: 21.8 Hispanic: 24.7 Native American: 13.8 Other: 20.8
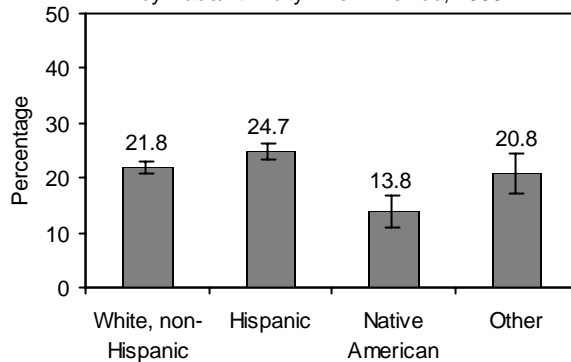
Percentage of Adults Who Are Current Smokers, by Household Income. New Mexico, 1999.

<$10,000: 31.3 $10-19,999: 30.4 $20-49,999: 23.1 >$50,000: 15.0

Household Income

Percentage of Adults Who Have Quit Smoking During the Past Year. New Mexico, Region*, and U.S.** 1999.

New Mexico: 9.0 Region: 12.4 U.S.: 11.2

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Table 38. Percentage of New Mexicans who are current smokers

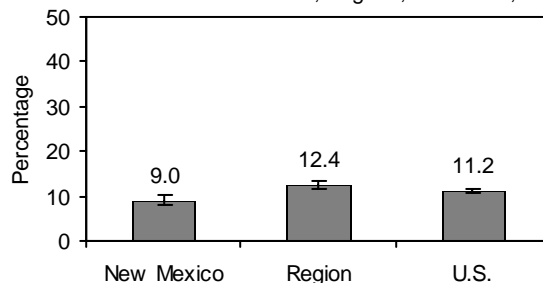|	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,484	22.4	± 1.6
GENDER			
Males	1,531	24.1	± 2.4
Females	1,953	20.9	± 2.0
AGE			
18-24	338	24.1	± 5.1
25-34	600	27.0	± 4.0
35-44	769	24.8	± 3.3
45-54	669	23.8	± 3.5
55-64	464	21.4	± 4.7
65-74	398	13.3	± 3.5
75+	241	9.8	± 3.7
RACE/ETHNICITY			
White, non-Hispanic	1,868	21.8	± 2.1
Hispanic	1,300	24.7	± 2.7
American Indian/Alaskan Native	142	13.8	± 6.0
Other	153	20.8	± 7.2
EDUCATION			
< High School Graduate	551	31.2	± 4.4
High School Graduate or G.E.D.	912	27.2	± 3.3
Some College	951	22.9	± 3.1
College Graduate	1,065	11.9	± 2.0
INCOME			
<$10,000	274	31.3	± 6.4
$10-19,999	606	30.4	± 4.2
$20-49,999	1,461	23.1	± 2.4
$50,000 or more	769	15.0	± 3.0
EMPLOYMENT			
Employed	2,116	23.3	± 2.1
Unemployed	132	40.9	± 9.4
Other**	1,234	18.7	± 2.4
DISTRICT (map in Appendix II) §			
I	600	22.0	± 3.8
II	551	20.8	± 4.2
III	674	19.1	± 3.2
IV	589	26.5	± 4.0
Bernalillo County	1,063	23.5	± 2.9

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
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**   Other includes homemakers, students, retirees, and those who are unable to work.

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Table 39. Percentage of New Mexicans who quit smoking during the past year

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	875	9.0	± 2.0
GENDER			
Males	396	7.5	± 2.7
Females	479	10.5	± 3.1
AGE			
18-24	105	15.0	± 6.9
25-34	176	9.2	± 4.8
35-44	220	8.8	± 4.0
45-54	176	5.3	± 3.6
55-64	98	4.9	± 4.7
65-74	67	10.3	± 7.4
75+	32*	-	-
RACE/ETHNICITY			
White, non-Hispanic	461	10.4	± 3.0
Hispanic	352	7.7	± 3.2
Native American	23*	-	-
Other	36*	-	-
EDUCATION			
Less than High School Graduate	178	4.6	± 3.0
High School Graduate or G.E.D.	288	9.4	± 3.8
Some College	245	9.7	± 4.0
College Graduate	164	13.2	± 5.9
INCOME			
Less than $10,000	92	5.2	± 4.8
$10-19,999	204	8.2	± 4.0
$20-49,999	378	9.3	± 3.3
$50,000 or more	122	8.0	± 5.0
EMPLOYMENT			
Employed	550	9.2	± 2.7
Unemployed	58	7.8	± 6.7
Other**	266	8.8	± 3.6
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	145	5.5	± 3.8
NE (HD II)	127	10.0	± 5.7
SW (HD III)	156	11.9	± 5.5
SE (HD IV)	175	9.8	± 5.3
Bernalillo County	270	8.2	± 3.5

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
   For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Alcohol Consumption

Question: "During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?"

Question: "During the past month, how many days per week, or per month did you drink any alcoholic beverages, on the average?"

Question: "Considering all types of alcoholic beverages, how many times during the past month did you have 5 or more drinks on an occasion?"

Question: "During the past month, how many times have you driven when you've had perhaps too much to drink?"
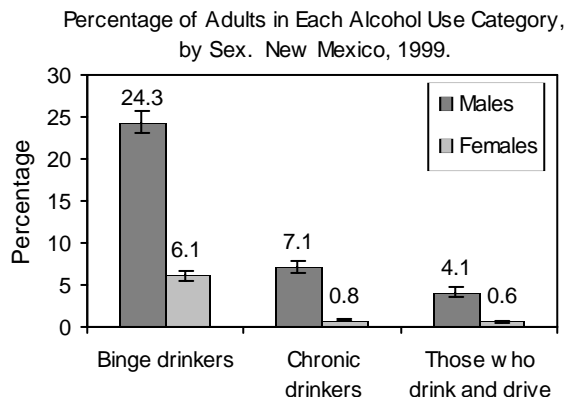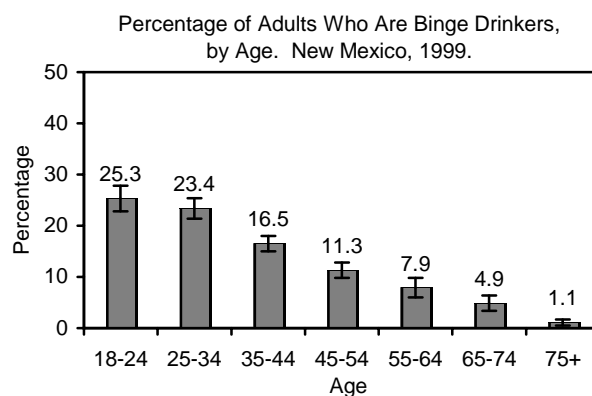
Alcohol is a contributing factor in morbidity and mortality from other causes. For example, in 1999, alcohol was a factor in 38% of motor vehicle fatalities nationwide and nearly 45% of those in New Mexico [20]. In addition, alcohol is a risk factor for cirrhosis of the liver and for cancers of the oral cavity, larynx, and pharynx [21]. Binge drinkers are defined as those who had 5 or more drinks on at least one occasion during the past month; chronic drinkers had 60 or more drinks during the past month.

In New Mexico,

❖ *14.9% of adults were classified as binge drinkers. This rate was not statistically different from the rate in the Region (14.8%) and the U.S. (14.7%). 3.8% were classified as chronic drinkers. This rate also was not statistically different from the rates for both the Region (4.2%) and the U.S. (3.7%). The percentage of those who drink and drive (2.3%) was also not statistically different from the Region(2.6%) and U.S. (2.4%) rates.*

❖ *The percentage of respondents who were classified as binge drinkers was highest among young adults and declined with age.*

❖ *The percentage of respondents who were binge drinkers, chronic drinkers, or who drink and drive was much higher in males than in females.*
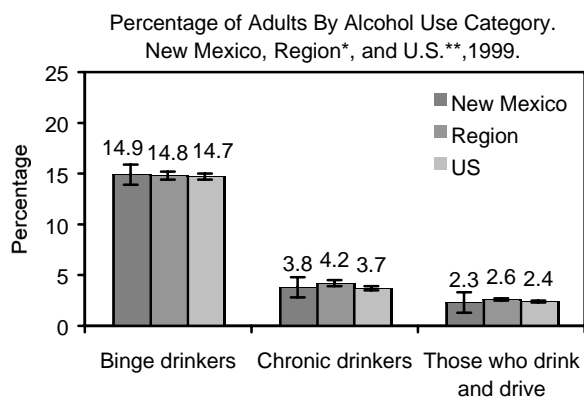
Percentage of Adults By Alcohol Use Category. New Mexico, Region*, and U.S.**,1999.

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Are Binge Drinkers, by Age. New Mexico, 1999.

Percentage of Adults in Each Alcohol Use Category, by Sex. New Mexico, 1999.

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Alcohol Consumption

❖ *Rates of drinking and driving were much higher in young adults and declined with age. [* indicates no "Yes" responders in this age group]*

Percentage of Adults Who Drink and Drive, by Age. New Mexico, 1999.

* No positive respondents.
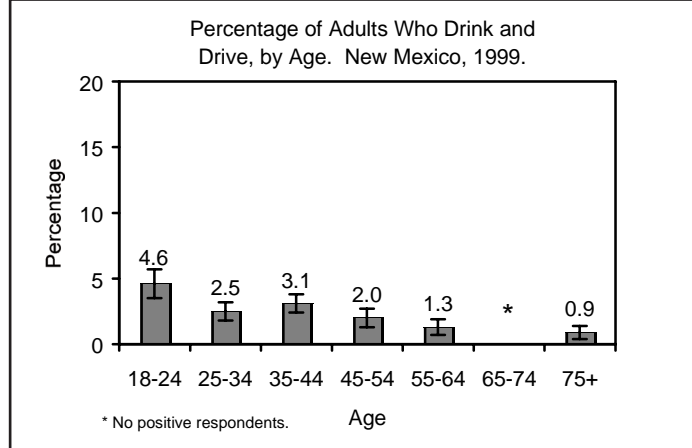
Alcohol Consumption

Table 40. Percentage of New Mexicans who are binge drinkers (> 5 drinks on one occasion in past month)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,468	14.9	± 1.4
GENDER			
Males	1,526	24.3	± 2.5
Females	1,942	6.1	± 1.2
AGE			
18-24	337	25.3	± 5.0
25-34	597	23.4	± 3.9
35-44	763	16.5	± 2.9
45-54	668	11.3	± 2.8
55-64	461	7.9	± 3.8
65-74	397	4.9	± 3.0
75+	239	1.1	± 1.6
RACE/ETHNICITY			
White, non-Hispanic	1,862	12.1	± 1.7
Hispanic	1,291	19.1	± 2.6
Native American	142	16.9	± 7.0
Other	152	7.9	± 5.0
EDUCATION			
Less than High School Graduate	550	15.2	± 3.5
High School Graduate or G.E.D.	907	16.9	± 2.8
Some College	943	17.9	± 3.0
College Graduate	1,063	10.0	± 2.1
INCOME			
Less than $10,000	272	14.5	± 4.9
$10-19,999	605	18.6	± 3.7
$20-49,999	1,455	15.7	± 2.2
$50,000 or more	768	13.8	± 3.0
EMPLOYMENT			
Employed	2,108	19.1	± 2.0
Unemployed	131	16.5	± 7.3
Other**	1,227	7.3	± 1.8
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	597	11.1	± 2.9
NE (HD II)	549	17.6	± 4.3
SW (HD III)	673	15.2	± 3.1
SE (HD IV)	585	15.5	± 3.4
Bernalillo County	1,057	15.3	± 2.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Alcohol Consumption

Table 41. Percentage of New Mexicans who are chronic drinkers (≥ 60 drinks during past month)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,444	3.8	± 0.7
GENDER			
Males	1,505	7.1	± 1.4
Females	1,939	0.8	± 0.4
AGE			
18-24	335	4.9	± 2.6
25-34	593	4.0	± 1.8
35-44	758	3.2	± 1.4
45-54	663	5.1	± 2.0
55-64	457	3.3	± 1.8
65-74	393	3.2	± 1.8
75+	239	2.3	± 2.0
RACE/ETHNICITY			
White, non-Hispanic	1,855	3.8	± 0.9
Hispanic	1,276	4.0	± 1.3
Native American	141	3.7	± 3.9
Other	152	3.1	± 3.3
EDUCATION			
Less than High School Graduate	546	3.8	± 2.0
High School Graduate or G.E.D.	896	4.9	± 1.7
Some College	938	3.4	± 1.2
College Graduate	1,059	3.2	± 1.1
INCOME			
Less than $10,000	269	2.6	± 2.2
$10-19,999	601	4.1	± 2.1
$20-49,999	1,444	4.3	± 1.1
$50,000 or more	764	3.4	± 1.3
EMPLOYMENT			
Employed	2,089	4.6	± 1.0
Unemployed	132	7.3	± 5.4
Other**	1,221	2.1	± 0.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	594	2.9	± 1.7
NE (HD II)	543	3.1	± 1.6
SW (HD III)	670	4.8	± 1.8
SE (HD IV)	581	4.3	± 1.9
Bernalillo County	1,049	3.8	± 1.3

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

Table 42. Percentage of New Mexicans who drink and drive (reported drinking and driving at least once in the past month)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,481	2.3	± 0.6
GENDER			
Males	1,528	4.1	± 1.1
Females	1,953	0.6	± 0.3
AGE			
18-24	338	4.6	± 2.3
25-34	599	2.5	± 1.3
35-44	769	3.1	± 1.3
45-54	666	2.0	± 1.4
55-64	463	1.3	± 1.2
65-74	398	Ж	Ж
75+	242	0.9	± 1.3
RACE/ETHNICITY			
White, non-Hispanic	1,866	2.0	± 0.7
Hispanic	1,298	2.9	± 1.1
Native American	142	1.8	± 2.6
Other	152	0.9	± 1.7
EDUCATION			
Less than High School Graduate	551	1.1	± 1.0
High School Graduate or G.E.D.	912	3.0	± 1.3
Some College	948	2.6	± 1.2
College Graduate	1,065	2.0	± 0.9
INCOME			
Less than $10,000	272	1.8	± 2.0
$10-19,999	606	2.5	± 1.6
$20-49,999	1,460	2.8	± 0.9
$50,000 or more	769	1.5	± 0.8
EMPLOYMENT			
Employed	2,112	3.2	± 0.8
Unemployed	132	1.3	± 1.9
Other**	1,235	0.9	± 0.7
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	1.3	± 1.2
NE (HD II)	550	2.9	± 1.6
SW (HD III)	674	2.1	± 1.2
SE (HD IV)	586	3.3	± 1.7
Bernalillo County	1,064	2.2	± 0.9

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Ж No respondents in this age category who drink and drive.

Injury Control - Bike Helmets

Question: "During the past year, how often did your child wear a bicycle helmet when riding a bicycle?"

Every year, about 300 children are killed and another 400,000 go to hospital emergency rooms due to bicycle injuries [22]. Children between five and 14 have the highest injury rate of all bicycle riders, and bicycle injuries are one of the leading causes of injury deaths in this age group [22]. The most serious injuries can be prevented by wearing a bicycle helmet, which can reduce the likelihood of head injury by up to 85 percent [22]. Seventeen states and the District of Columbia have helmet laws applying to young bicyclists (New Mexico is not one of these) [23]. Helmets are important for riders of all ages, especially because older bicyclists represent more than two-thirds of bicycle deaths [23].
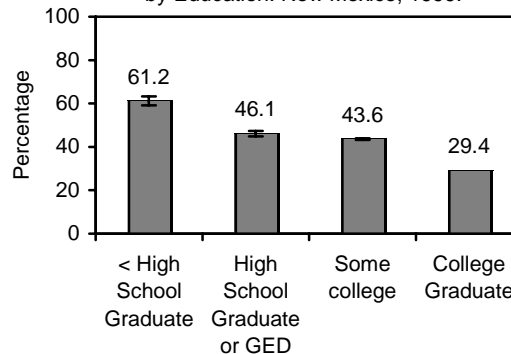
In New Mexico,

❖ *44.5% of households who have children 5-16 years of age said that their children seldom or never wore bicycle helmets when riding a bike. This percentage was higher than the U.S. percentage (34.7%) but not statistically different from the percentage for the Region (44.1%).*

❖ *Households with lower education and income were more likely to have children 5-16 years of age who seldom or never wore a bike helmet when riding a bike.*

Percentage of Households with Kids 5-16 Years Old Who Seldom or Never Wore a Bike Helmet. New Mexico, Region*, and U.S.**, 1999.
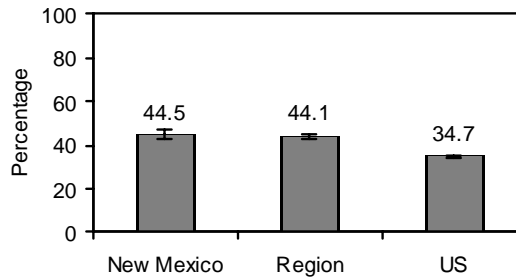

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Households with Kids 5-16 Years Old Who Seldom or Never Wore a Bike Helmet, by Education. New Mexico, 1999.

Percentage of Households with Kids 5-16 Years Old Who Seldom or Never Wore a Bike Helmet, by Household Income. New Mexico, 1999.
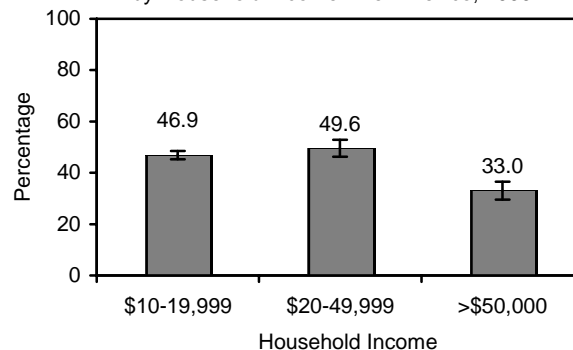
Injury Control - Bike Helmets

Table 43. Percentage of New Mexican households with kids 5-16 years old who seldom or never wear a bike helmet

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	734	44.5	± 4.1
GENDER			
Males	307	45.0	± 6.3
Females	427	44.0	± 5.3
AGE			
18-24	47*	-	-
25-34	225	40.0	± 7.0
35-44	304	46.9	± 6.1
45-54	135	40.8	± 8.9
55-64	15*	-	-
65-74	5*	-	-
75+	3*	-	--
RACE/ETHNICITY			
White, non-Hispanic	312	42.4	± 6.3
Hispanic	345	47.2	± 5.8
Native American	45*	-	-
Other	29*	-	-
EDUCATION			
Less than High School Graduate	127	61.2	± 9.4
High School Graduate or G.E.D.	196	46.1	± 8.0
Some College	220	43.6	± 7.2
College Graduate	191	29.4	± 7.0
INCOME			
Less than $10,000	41*	-	-
$10-19,999	135	46.9	± 9.2
$20-49,999	306	49.6	± 6.6
$50,000 or more	193	33.0	± 7.0
EMPLOYMENT			
Employed	551	44.7	± 4.7
Unemployed	40*	-	-
Other**	141	39.8	± 9.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	159	50.7	± 9.2
NE (HD II)	111	31.7	± 9.5
SW (HD III)	141	56.2	± 9.4
SE (HD IV)	111	53.4	± 10.2
Bernalillo County	209	33.3	± 7.0

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.

*   Estimates bases on cells with <50 respondents are considered unreliable.

Injury Control - Smoke Detectors

Question: "When was the last time you or someone else deliberately tested all of the smoke detectors in your house?"

Answers: "Within the past month", "Within the past 6 months", "Within the past year", "One or more years ago", "Never", or "No smoke detectors in home".

Each year in the United States, more than 400,000 residential fires account for approximately 3,600 deaths and 18,600 injuries [24]. Many fire victims die of inhalation of smoke and toxic gases, not because of burns. When properly installed and maintained, the home smoke detector is one of the best and least expensive ways to provide early warning when a fire begins and can reduce the risk of death by 40-50% [25].

In New Mexico,

❖ *10.2% of adults said that they live in households with no smoke detectors. This percentage was higher than the percentage for the Region (8.0%) and the U.S. (5.6%).*

❖ *Of those with smoke detectors, 23.9% said that their smoke detectors had not been checked during the past year. This percentage was higher than the percentage for the Region (21.6%) and the U.S. (18.7%).*

❖ *The percentage of Native Americans (18.3%) and Hispanics (12.3%) who were living in households without smoke detectors (18.3%) was higher that the percentage of White non-Hispanics (8.1%) and Others (6.0%)*

❖ *Adults with lower education and income were more likely to live in households without smoke detectors.*

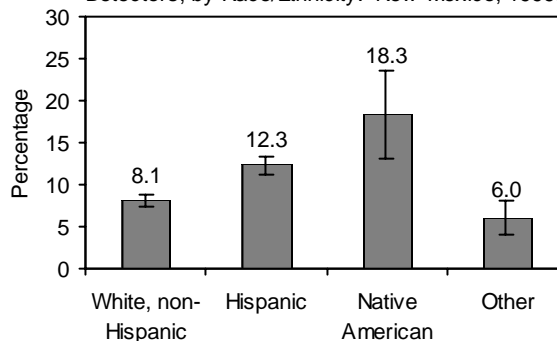Percentage of Adults Living in Households With No Smoke Detectors. New Mexico, Region*, and U.S.**, 1999.
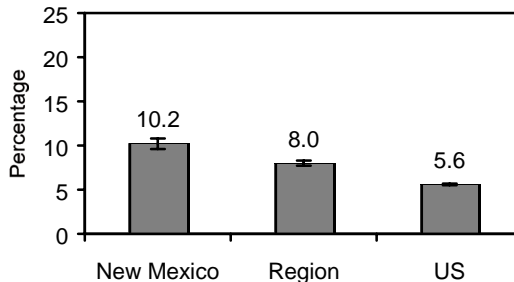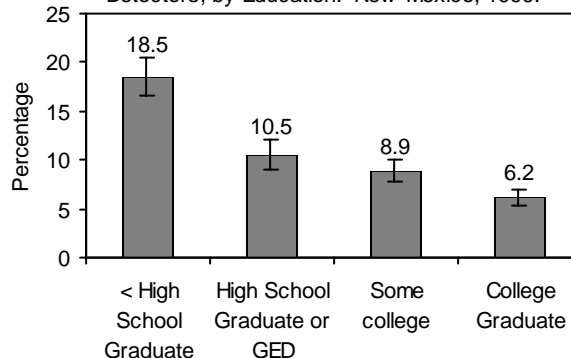

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
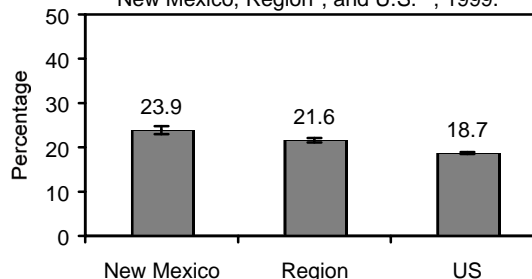Source: U.S. BRFSS, 1999.

Percentage of Adults Living in Households With No Smoke Detectors, by Race/Ethnicity. New Mexico, 1999.

Percentage of Adults Living in Households With No Smoke Detectors, by Education. New Mexico, 1999.

Percentae of Adults Living in Households With Smoke Detectors That Have Not Been Tested During the Past Year. New Mexico, Region*, and U.S.**, 1999.

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Injury Control - Smoke Detectors

Table 44. Percentage of New Mexicans living in households lacking smoke detectors

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,185	10.2	± 1.3
AGE			
18-24	291	11.2	± 4.1
25-34	561	6.5	± 2.3
35-44	712	7.2	± 2.1
45-54	620	9.9	± 2.5
55-64	431	12.9	± 3.9
65-74	358	13.5	± 4.1
75+	207	23.2	± 9.4
RACE/ETHNICITY			
White, non-Hispanic	1,710	8.1	± 1.5
Hispanic	1,183	12.3	± 2.0
Native American	134	18.3	± 10.5
Other	141	6.0	± 4.0
EDUCATION			
Less than High School Graduate	495	18.5	± 3.8
High School Graduate or G.E.D.	826	10.5	± 2.9
Some College	875	8.9	± 2.1
College Graduate	985	6.2	± 1.6
INCOME			
Less than $10,000	257	17.0	± 5.2
$10-19,999	559	13.0	± 3.0
$20-49,999	1,350	9.8	± 1.8
$50,000 or more	713	2.6	± 1.7
EMPLOYMENT			
Employed	1,959	8.0	± 1.4
Unemployed	124	10.9	± 6.0
Other**	1,101	13.7	± 2.6
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	558	10.6	± 3.7
NE (HD II)	506	10.3	± 2.7
SW (HD III)	612	12.1	± 3.0
SE (HD IV)	536	15.1	± 3.4
Bernalillo County	968	5.7	± 1.6

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Injury Control - Smoke Detectors

Table 45. Percentage of New Mexicans living in households with smoke detectors that have not been tested in the past year

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	2,862	23.9	± 2.6
AGE			
18-24	261	29.8	± 4.1
25-34	528	22.2	± 3.8
35-44	659	23.2	± 3.6
45-54	551	27.4	± 4.2
55-64	380	23.7	± 5.2
65-74	312	19.6	± 4.8
75+	166	17.2	± 6.2
RACE/ETHNICITY			
White, non-Hispanic	1,576	23.2	± 2.3
Hispanic	1,026	25.7	± 3.1
Native American	113	19.2	± 7.8
Other	131	23.0	± 8.0
EDUCATION			
Less than High School Graduate	397	26.8	± 4.9
High School Graduate or G.E.D.	748	19.7	± 3.2
Some College	796	24.7	± 3.6
College Graduate	918	25.5	± 3.0
INCOME			
Less than $10,000	213	26.0	± 7.4
$10-19,999	480	21.4	± 4.1
$20-49,999	1,218	23.1	± 2.7
$50,000 or more	695	26.7	± 3.7
EMPLOYMENT			
Employed	1,793	24.9	± 2.2
Unemployed	111	15.0	± 7.2
Other**	957	22.9	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	504	23.7	± 4.1
NE (HD II)	440	26.1	± 5.0
SW (HD III)	544	29.3	± 4.3
SE (HD IV)	459	16.7	± 3.6
Bernalillo County	911	23.2	± 3.1

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
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§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.
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** Other includes homemakers, students, retirees, and those who are unable to work.

HIV/AIDS

Question: "What are your chances of getting infected with HIV, the virus that causes AIDS?"

Answer: "High", "Medium", "Low", or "None".

In New Mexico, AIDS cases have been tracked since 1981. As of December 1999, about 1,890 AIDS cases have been reported in the state. Among the cases reported in New Mexico, the most prevalent risk factor category was men having sex with men, followed by injection drug use. This BRFSS question, posed to all adults less than 65 years of age, asked the respondent to rate his/her chance of becoming infected with HIV. This 'perceived risk' does not presume any understanding of HIV transmission on the part of the respondent.
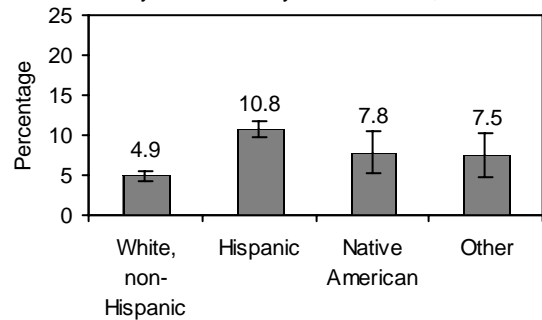
In New Mexico,

❖ *7.6% of adults felt that they were at high or medium risk for becoming infected with HIV. This figure was not statistically different from the percentages with perceived risk in the Region (6.6%) and the U.S. (7.4%).*

.

❖ *The percentage of Hispanics who felt that they were at high to medium risk of HIV infection (10.8%) was about twice as high as the percentage of White non-Hispanics (4.9%).*

❖ *The percentage of people with high to medium perceived risk of becoming infected with HIV was higher in younger age groups.*

❖ *Adults with incomes in the $10,000 to $19,999 range had higher perceived risk of becoming infected with HIV than the other income groups.*

Percentage of Adults at High or Medium Perceived Risk of Becoming Infected with HIV. New Mexico, Region*, and U.S.**, 1999.
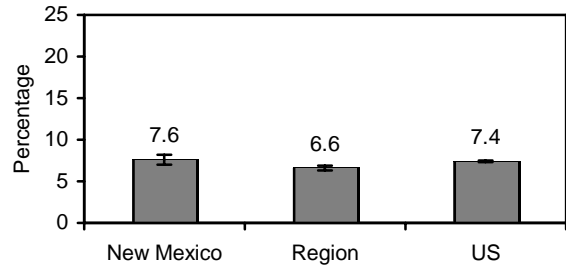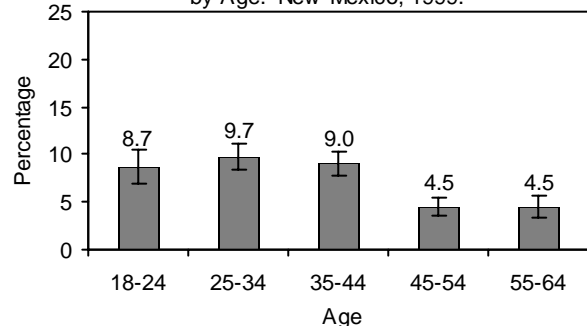

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
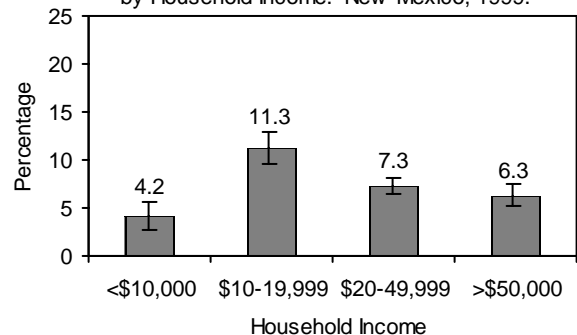Source: U.S. BRFSS, 1999.

Percentage of Adults at High or Medium Perceived Risk of Becoming Infected with HIV, by Race/Ethnicity. New Mexico, 1999.

Percentage of Adults at High or Medium Perceived Risk of Becoming Infected with HIV, by Age. New Mexico, 1999.

Percentage of Adults Who Are at High or Medium Perceived Risk of Becoming Infected with HIV, by Household Income. New Mexico, 1999.

Table 46. Percentage of New Mexicans at high or medium perceived risk of becoming infected with HIV

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	2,781	7.6	± 1.2
GENDER			
Males	1,259	8.5	± 1.7
Females	1,522	6.7	± 1.4
AGE			
18-24	332	8.7	± 3.3
25-34	585	9.7	± 2.7
35-44	755	9.0	± 2.3
45-54	653	4.5	± 1.7
55-64	451	4.5	± 2.1
RACE/ETHNICITY			
White, non-Hispanic	1,430	4.9	± 1.3
Hispanic	1,085	10.8	± 2.0
Native American	125	7.8	± 5.2
Other	126	7.5	± 5.3
EDUCATION			
Less than High School Graduate	361	8.9	± 3.6
High School Graduate or G.E.D.	735	8.1	± 2.3
Some College	794	7.7	± 2.1
College Graduate	889	5.0	± 1.6
INCOME			
Less than $10,000	192	4.2	± 2.8
$10-19,999	464	11.3	± 3.4
$20-49,999	1,210	7.3	± 1.6
$50,000 or more	683	6.3	± 2.1
EMPLOYMENT			
Employed	2,116	8.0	± 1.3
Unemployed	131	10.1	± 6.5
Other**	633	5.8	± 2.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	499	5.9	± 2.2
NE (HD II)	437	7.6	± 2.8
SW (HD III)	529	8.8	± 2.9
SE (HD IV)	451	8.7	± 2.9
Bernalillo County	861	7.2	± 2.1

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§   For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

**   Other includes homemakers, students, retirees, and those who are unable to work.
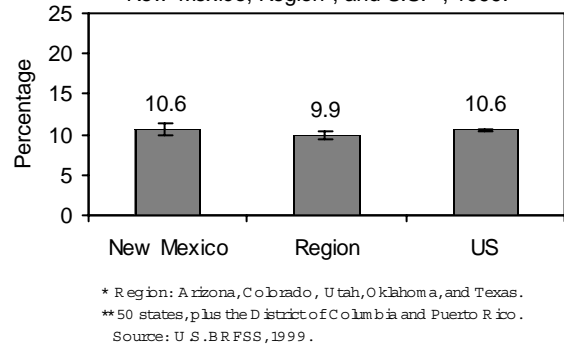
HIV/AIDS

Question: "If you had a teenager who was sexually active, would you encourage him or her to use a condom?"

Sexual contact is a major mode of transmission of HIV, the virus that causes AIDS. Condom use is recommended as an effective means of reducing exposure to HIV. This BRFSS question gauges attitudes toward AIDS prevention for sexually-active teenagers. This question was posed to all adults less than 65 years of age.
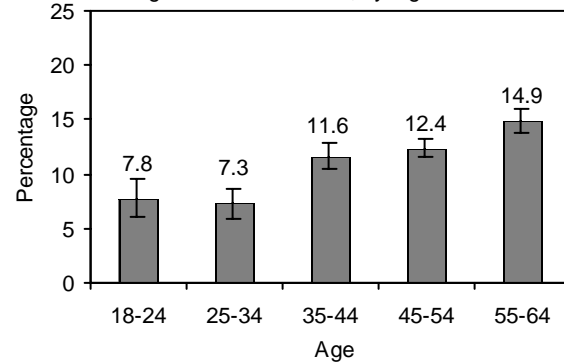
In New Mexico,

❖ *10.6% of adults would not advise their sexually-active teenager to use a condom to prevent HIV infection. This was not statistically different from the percentage for the Region (9.9%) or the U.S. (10.6%).*

❖ *The percentages of adults who would not advise their sexually-active teenager to use a condom to prevent HIV infection was higher among older age groups than among younger age groups.*

❖ *Adults with lower household incomes were more likely to advise their sexually-active teenager to use a condom to prevent HIV infection than adults with higher household incomes.*

❖ *Males were less likely than females to be willing to advise a sexually-active teenager to use a condom to prevent HIV infection.*
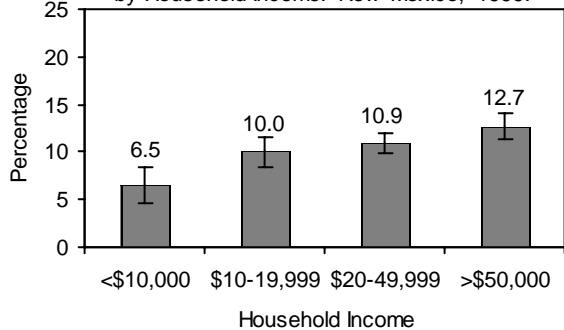
Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom. New Mexico, Region*, and U.S.**, 1999.

* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom, by Age. New Mexico, 1999.

Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom, by Household Income. New Mexico, 1999.

Percentage of Adults Who Would Not Advise Their Sexually-Active Teenager to Use a Condom, by Sex. New Mexico, 1999.
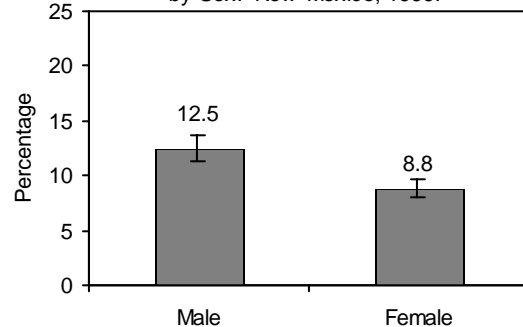
Table 47. Percentage of New Mexicans who would not encourage a sexually-active teenager to use a condom

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	2,780	10.6	± 1.3
GENDER			
Males	1,251	12.5	± 2.2
Females	1,529	8.8	± 1.5
AGE			
18-24	332	7.8	± 4.2
25-34	588	7.3	± 2.2
35-44	751	11.6	± 2.5
45-54	654	12.4	± 2.9
55-64	450	14.9	± 4.0
RACE/ETHNICITY			
White, non-Hispanic	1,421	11.6	± 2.0
Hispanic	1,094	9.0	± 1.8
Native American	124	11.7	± 6.0
Other	127	14.5	± 6.7
EDUCATION			
Less than High School Graduate	368	10.3	± 4.2
High School Graduate or G.E.D.	734	8.9	± 2.2
Some College	794	11.7	± 2.7
College Graduate	882	11.5	± 2.3
INCOME			
Less than $10,000	193	6.5	± 3.8
$10-19,999	474	10.0	± 2.9
$20-49,999	1,210	10.9	± 2.2
$50,000 or more	676	12.7	± 2.7
EMPLOYMENT			
Employed	2,012	10.3	± 1.5
Unemployed	128	8.4	± 5.2
Other**	639	12.2	± 3.0
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	492	11.3	± 3.0
NE (HD II)	443	7.6	± 2.7
SW (HD III)	520	12.1	± 3.6
SE (HD IV)	456	12.5	± 3.6
Bernalillo County	864	9.9	± 2.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Fruit and Vegetables

Question: "How often do you drink fruit juices such as orange, grapefruit, or tomato?"

Question: "Not counting juice, how often do you eat fruit?"

Question: "Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?"

Populations consuming diets high in fruits and vegetables tend to have a lower cancer risk. Fruits, vegetables, and grains contain a number of nutrients, including carotenoids, vitamin A, and vitamin C [26]. The cancers for which there is evidence of a protective effect from fruit and vegetables include those of the lung, colon and rectum, breast, oral cavity, esophagus, stomach, pancreas, uterus, cervix, and ovary. Persons with low fruit and vegetable intake have about twice the risk of epithelial cancers of the respiratory and digestive tracts as those with high intake [27]. The National Cancer Institute recommends that adults should consume at least 5 servings of fruit and vegetables a day for good health.
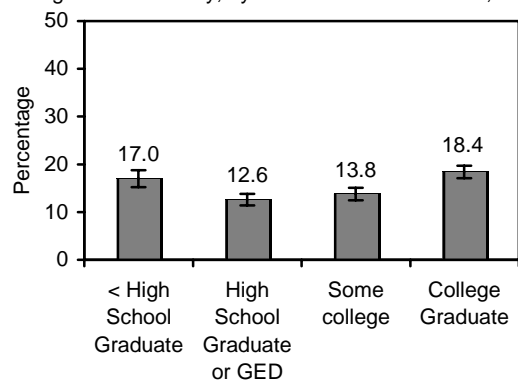
In New Mexico,

❖ *Only 15.4% of adults said that they consumed at least 5 servings of fruit and vegetables per day. This was not statistically different from the percentage of respondents in Other States (15.7%).*

❖ *Education and income had no impact on whether adults ate at least 5 servings of fruit and vegetables per day.*

❖ *Adults in older age groups were more likely than those in younger age groups to eat at least 5 servings of fruit and vegetables per day.*

Percentage of Adults Who Eat At Least 5 Servings of Fruit and Vegetables Per Day. New Mexico, Other States*, 1999.
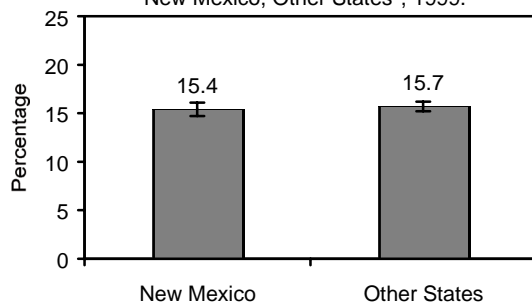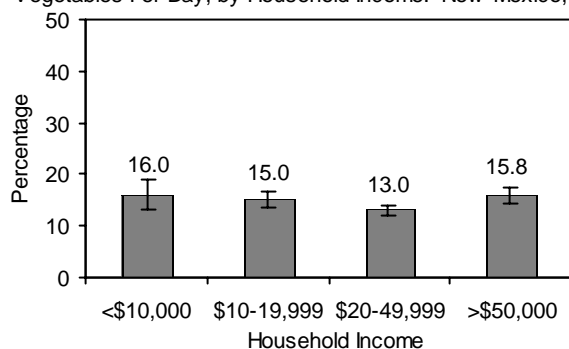
* Other States: Arizona, Illinois, Ohio, South Dakota, Utah, and Virginia.
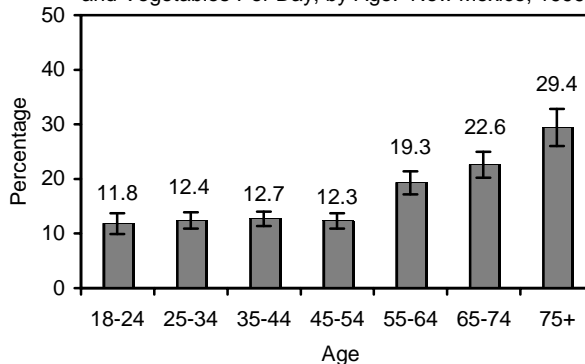Source: U.S. BRFSS, 1999.

Percentage of Adults Who Eat At Least 5 Servings of Fruit and Vegetables Per Day, by Education. New Mexico, 1999.

Percentage of Adults Who Eat At Least 5 Servings of Fruit and Vegetables Per Day, by Household Income. New Mexico, 1999.

Percentage of Adults Who Eat At Least 5 Servings of Fruit and Vegetables Per Day, by Age. New Mexico, 1999.

Fruit and Vegetables

Table 48. Percentage of New Mexicans who reported eating at least five servings of fruits and vegetables per day

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,488	15.4	± 1.3
GENDER			
Males	1,532	14.3	± 1.9
Females	1,956	16.3	± 1.8
AGE			
18-24	338	11.8	± 3.8
25-34	600	12.4	± 3.0
35-44	769	12.7	± 2.6
45-54	670	12.3	± 27
55-64	464	19.3	± 4.1
65-74	399	22.6	± 4.7
75+	242	29.4	± 6.8
RACE/ETHNICITY			
White, non-Hispanic	1,870	15.2	± 1.8
Hispanic	1,302	14.5	± 2.1
American Indian/Alaskan Native	142	14.8	± 6.2
Other	153	21.2	± 7.1
EDUCATION			
< High School Graduate	553	17.0	± 3.5
High School Graduate or G.E.D.	912	12.6	± 2.4
Some College	951	13.8	± 2.5
College Graduate	1,067	18.4	± 2.6
INCOME			
<$10,000	274	16.0	± 5.6
$10-19,999	606	15.0	± 3.2
$20-49,999	1,462	13.0	± 1.9
$50,000 or more	770	15.8	± 2.9
EMPLOYMENT			
Employed	2,117	13.0	± 1.6
Unemployed	132	10.7	± 5.5
Other**	1,237	20.0	± 2.6
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	590	13.1	± 2.9
NE (HD II)	552	19.9	± 4.0
SW (HD III)	675	14.1	± 2.9
SE (HD IV)	589	14.6	± 3.2
Bernalillo County	1,065	15.3	± 2.4

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
↗   For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
     For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.
**   Other includes homemakers, students, retirees, and those who are unable to work.
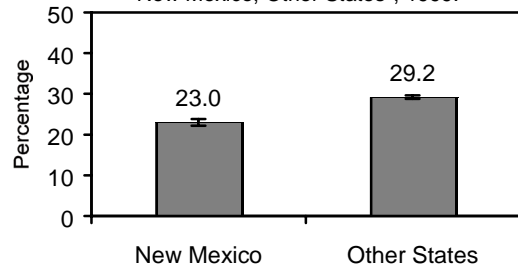
Exercise

Among the health benefits of regular physical activity [28,29] are: reduced risk of coronary heart disease, lower heart rate and blood pressure, reduced weight, lower serum triglyceride levels, increased "good" cholesterol, reduced risk of Type II diabetes mellitus, reduced risk of osteo-porosis by increasing bone density, boosting of immune function, beneficial effect on clotting mechanisms and improved psychological well-being and quality of life.

Those who engaged in regular and sustained physical activity reported physical activity done for 30 minutes or more per session, five or more times per week, regardless of intensity.
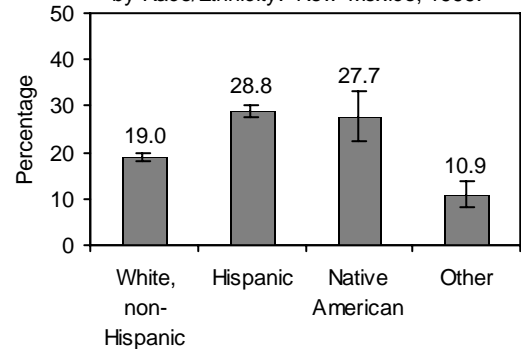
In New Mexico,

❖ *About 23% of adults engaged in no leisure-time physical activities within the previous month. This was lower than the percentage in the Other States (29.2%) that asked this question.*

❖ *Hispanics (28.8%) were more likely than White non-Hispanics (19.0%) or Others (10.6%) to have been physically inactive during the previous month.*

❖ *Adults with lower income and education were more likely to have engaged in no leisure-time physical activities during the past month.*

❖ *26.5% of adults engaged in regular and sustained physical activities. This was higher than the percentage of adults engaging in such physical activities in Other States (20.6%).*

Percentage of Adults Who Engaged in No Leisure-Time Physical Activities During the Past Month. New Mexico, Other States*, 1999.

* Other States: Georgia, Hawaii, Illinois, Michigan, Nebraska, Ohio, Oklahoma, Tennessee, Utah, and Virginia.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Race/Ethnicity. New Mexico, 1999.

Percentage of Adults Who Engaged in No Leisure-Time Physical Activities During the Past Month, by Education. New Mexico, 1999.

Percentage of Adults Who Engaged in No Leisure-Time Physical Activities during the Past Month, by Household Income. New Mexico, 1999.

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Exercise

❖ *Regular and sustained physical activity was more common among White non-Hispanics (29.9%) than among Hispanics (20.6%).*

❖ *Adults with higher education and incomes were more likely to engage in regular and sustained physical activity.*

Percentage of Adults Who Engaged in Regular and Sustained Physical Activities During the Past Month. New Mexico, Other States*, 1999.
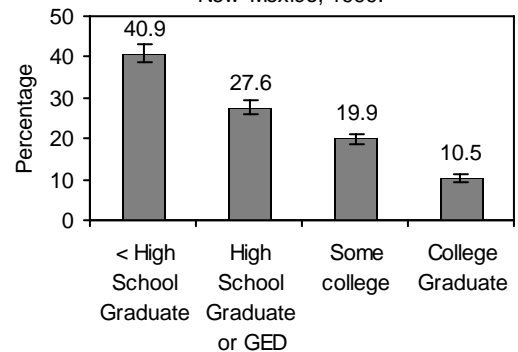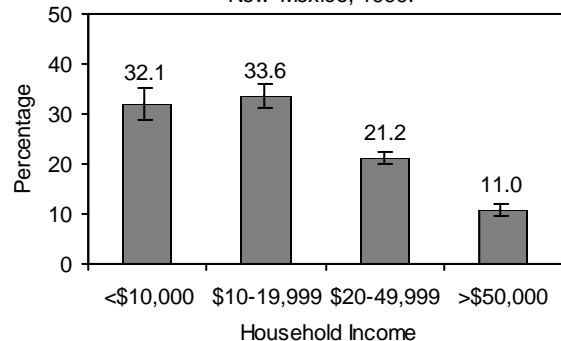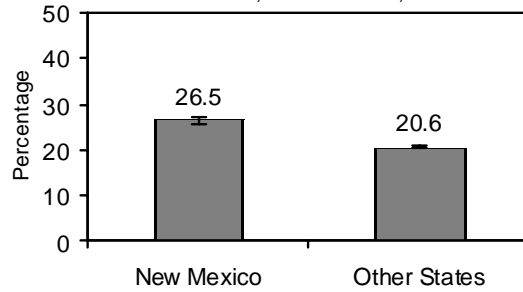

* Other States: Georgia, Hawaii, Illinois, Michigan, Nebraska, New Mexico, Ohio, Oklahoma, Tennessee, Utah, and Virginia.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Engaged in Regular and Sustained Physical Activities during the Past Month, by Race/Ethnicity. New Mexico, 1999.

Percentage of Adults Who Engaged in Regular and Sustained Physical Activities during the Past Month, by Education. New Mexico, 1999.

Percentage of Adults Who Engaged in Regular and Sustained Physical Activities during the Past Month, by Household Income. New Mexico, 1999.

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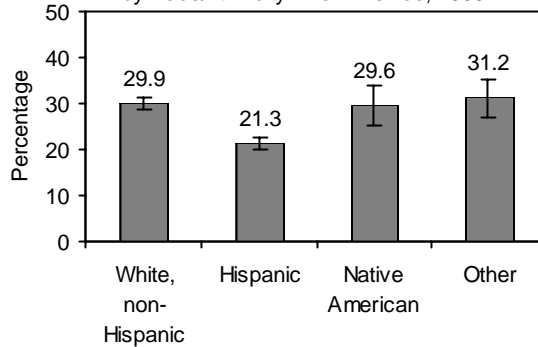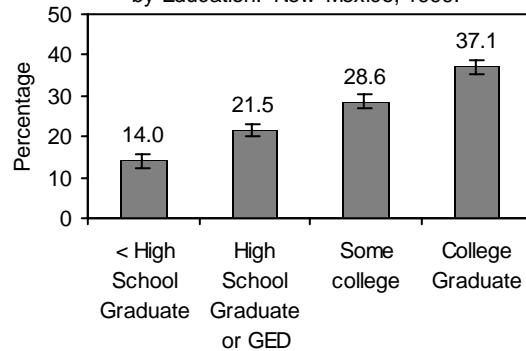
Exercise

Table 49. Percentage of New Mexicans who engaged in no leisure-time physical activities during the past month

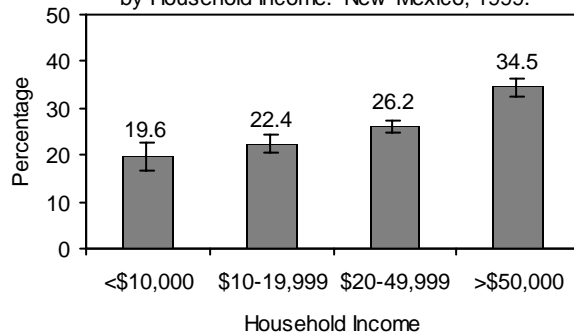|	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,392	23.0	± 1.6
GENDER			
Males	1,491	20.9	± 2.3
Females	1,901	25.0	± 2.3
AGE			
18-24	334	19.9	± 4.7
25-34	582	19.3	± 3.4
35-44	755	20.9	± 3.2
45-54	653	24.9	± 3.8
55-64	448	24.6	± 4.4
65-74	388	24.1	± 4.8
75+	229	40.3	± 8.5
RACE/ETHNICITY			
White, non-Hispanic	1,834	19.0	± 1.9
Hispanic	1,256	28.8	± 2.8
Native American	137	27.7	± 10.5
Other	150	10.9	± 5.4
EDUCATION			
Less than High School Graduate	530	40.9	± 4.8
High School Graduate or G.E.D.	882	27.6	± 3.4
Some College	935	19.9	± 2.8
College Graduate	1,042	10.5	± 2.0
INCOME			
Less than $10,000	268	32.1	± 6.3
$10-19,999	590	33.6	± 4.3
$20-49,999	1,430	21.2	± 2.4
$50,000 or more	758	11.0	± 2.4
EMPLOYMENT			
Employed	2,067	20.6	± 2.0
Unemployed	130	32.7	± 9.1
Other**	1,193	26.3	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	584	22.6	± 4.2
NE (HD II)	538	19.4	± 3.8
SW (HD III)	661	25.1	± 3.7
SE (HD IV)	574	28.1	± 4.0
Bernalillo County	1,029	20.9	± 2.8

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Exercise

Table 50. Percentage of New Mexicans who reported regular and sustained physical activity (≥ 5 times per week, more than 30 min each time)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,392	26.5	± 1.6
GENDER			
Males	1,491	27.0	± 2.5
Females	1,901	26.1	± 2.2
AGE			
18-24	334	25.6	± 5.2
25-34	582	24.5	± 3.8
35-44	755	26.6	± 3.4
45-54	653	26.0	± 3.7
55-64	448	28.7	± 4.6
65-74	388	33.1	± 5.3
75+	229	20.2	± 6.0
RACE/ETHNICITY			
White, non-Hispanic	1,834	29.9	± 2.3
Hispanic	1,256	21.3	± 2.5
Native American	137	29.6	± 9.0
Other	150	31.2	± 8.1
EDUCATION			
Less than High School Graduate	530	14.0	± 3.2
High School Graduate or G.E.D.	882	21.5	± 3.0
Some College	935	28.6	± 3.2
College Graduate	1,042	37.1	± 3.3
INCOME			
Less than $10,000	268	19.6	± 5.7
$10-19,999	590	22.4	± 3.7
$20-49,999	1,430	26.2	± 2.5
$50,000 or more	758	34.5	± 3.7
EMPLOYMENT			
Employed	2,067	25.7	± 2.1
Unemployed	130	21.5	± 7.6
Other**	1,193	28.5	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	584	26.2	± 4.0
NE (HD II)	538	26.7	± 4.3
SW (HD III)	661	27.4	± 3.8
SE (HD IV)	574	21.9	± 3.7
Bernalillo County	1,029	28.7	± 3.1

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.
↗   For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
     For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.
**   Other includes homemakers, students, retirees, and those who are unable to work.

Weight

Question: "About how much do you weigh without shoes?"

*Question: "About how tall are you without shoes?"*

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

Body Mass Index (BMI) is the measurement of choice for many obesity researchers and other health professionals. BMI is a calculation based on height and weight and is not gender-specific. BMI = weight in pounds x 704.5/(height in inches)[2]. The BRFSS identifies overweight as a BMI of 25-29.9, and obesity as a BMI of 30 or greater.

In New Mexico,

❖ *37.4% of adults were overweight and an additional 17.7% were obese based upon body mass index (BMI). This rate of being overweight was was not statistically different from the rates for the Region (36.4%) and the U.S. (36.7%). The rate for obesity (17.7%) was not statistically different from the rate for the Region (19.1%), but lower than the rate for the U.S. (19.4%).*

❖ *The rate of being overweight was higher in men (45.6%) than women (29.4%), whereas the rate of obesity was not statistically different in men (16.8%) and women (18.6%).*

❖ *The percentage of adults who are over weight or obese increased with age to the 55-64 year age group, then declined in older age groups.*

Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index. New Mexico, Region*, and U.S.**, 1999.
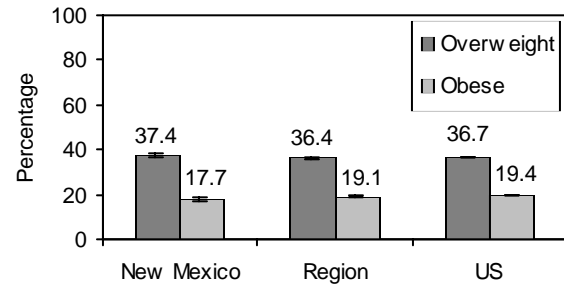
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
** 50 states, plus the District of Columbia and Puerto Rico.
Source: U.S. BRFSS, 1999.

Percentage of Adults Who Are Overweight or Obese Based on Body Mass Index, by Race/Ethnicity. New Mexico, 1999.
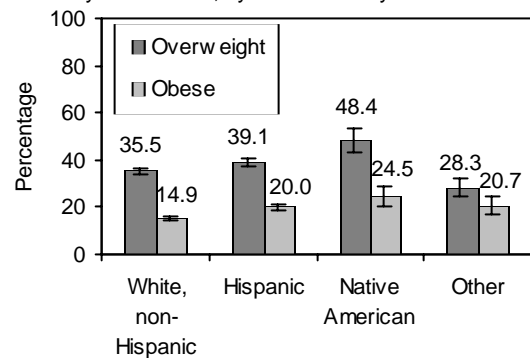
Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Sex. New Mexico, 1999.

Percentage of Adults Who Are Overweight or Obese based on Body Mass Index, by Age. New Mexico, 1999.

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Weight

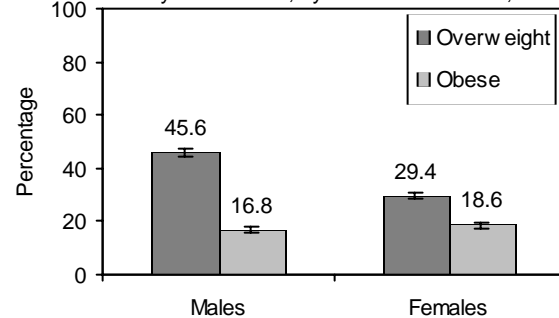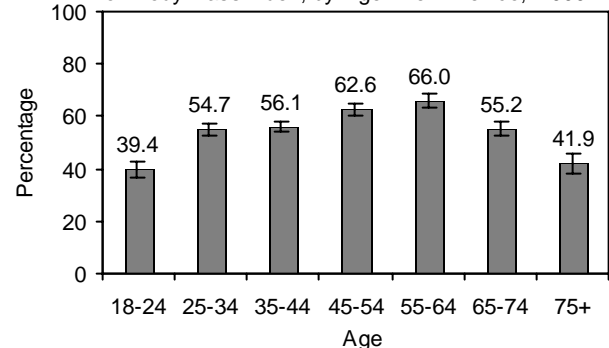Table 51. Percentage of New Mexicans who are overweight (but not obese) based on Body Mass Index (BMI=25-29.9)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,378	37.4	± 1.9
GENDER			
Males	1,509	45.6	± 2.8
Females	1,869	29.4	± 2.3
AGE			
18-24	322	25.4	± 5.5
25-34	581	36.4	± 4.4
35-44	755	37.8	± 3.9
45-54	651	40.0	± 4.2
55-64	452	49.9	± 5.3
65-74	384	36.9	± 5.3
75+	222	33.0	± 7.3
RACE/ETHNICITY			
White, non-Hispanic	1,838	35.5	± 2.4
Hispanic	1,230	39.1	± 3.1
Native American	139	48.4	± 10.2
Other	152	28.3	± 8.1
EDUCATION			
Less than High School Graduate	503	39.8	± 4.9
High School Graduate or G.E.D.	889	33.9	± 3.5
Some College	935	38.4	± 3.6
College Graduate	1,050	38.4	± 3.3
INCOME			
Less than $10,000	259	36.2	± 7.2
$10-19,999	584	35.5	± 4.4
$20-49,999	1,441	37.5	± 2.8
$50,000 or more	761	40.4	± 3.9
EMPLOYMENT			
Employed	2,074	39.7	± 2.4
Unemployed	130	27.6	± 8.7
Other**	1,172	34.2	± 3.1
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	583	39.3	± 4.4
NE (HD II)	536	38.8	± 4.9
SW (HD III)	640	39.4	± 4.3
SE (HD IV)	573	35.7	± 4.4
Bernalillo County	1,041	35.0	± 3.2

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.
For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Weight

Table 52. Percentage of New Mexicans who are obese based on Body Mass Index (BMI$\geq$30)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,378	17.7	± 1.4
GENDER			
Males	1,509	16.8	± 2.1
Females	1,869	18.6	± 2.0
AGE			
18-24	322	14.0	± 4.3
25-34	581	18.3	± 3.5
35-44	755	18.3	± 3.1
45-54	651	22.6	± 3.7
55-64	452	16.1	± 3.7
65-74	384	18.3	± 4.4
75+	222	8.9	± 4.1
RACE/ETHNICITY			
White, non-Hispanic	1,838	14.9	± 1.8
Hispanic	1,230	20.0	± 2.5
Native American	139	24.5	± 8.0
Other	152	20.7	± 7.2
EDUCATION			
Less than High School Graduate	503	22.3	± 4.0
High School Graduate or G.E.D.	889	20.3	± 3.0
Some College	935	17.2	± 2.7
College Graduate	1,050	12.9	± 2.2
INCOME			
Less than $10,000	259	18.5	± 5.5
$10-19,999	584	22.2	± 3.9
$20-49,999	1,441	17.0	± 2.2
$50,000 or more	761	14.9	± 2.8
EMPLOYMENT			
Employed	2,074	17.4	± 1.9
Unemployed	130	22.0	± 8.2
Other**	1,172	17.8	± 2.4
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	583	21.3	± 3.9
NE (HD II)	536	12.7	± 3.1
SW (HD III)	640	18.3	± 3.4
SE (HD IV)	573	22.4	± 3.7
Bernalillo County	1,041	15.1	± 2.5

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document. For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Weight

Table 53. Percentage of New Mexicans who are overweight or obese based on Body Mass Index (BMI>=25)

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,378	55.0	± 1.9
GENDER			
Males	1,509	62.4	± 2.8
Females	1,869	48.0	± 2.6
AGE			
18-24	322	39.4	± 6.1
25-34	581	54.7	± 4.4
35-44	755	56.1	± 3.9
45-54	651	62.6	± 4.1
55-64	452	66.0	± 5.0
65-74	384	55.2	± 5.5
75+	222	41.9	± 8.0
RACE/ETHNICITY			
White, non-Hispanic	1,838	50.4	± 2.6
Hispanic	1,230	59.1	± 3.1
Native American	139	72.9	± 10.6
Other	152	49.0	± 9.0
EDUCATION			
Less than High School Graduate	503	62.1	± 5.0
High School Graduate or G.E.D.	889	54.2	± 3.8
Some College	935	55.7	± 3.6
College Graduate	1,050	51.3	± 3.3
INCOME			
Less than $10,000	259	53.7	± 7.4
$10-19,999	584	57.7	± 4.5
$20-49,999	1,441	54.5	± 2.9
$50,000 or more	761	55.2	± 4.0
EMPLOYMENT			
Employed	2,074	57.1	± 2.4
Unemployed	130	50.0	± 9.6
Other**	1,172	52.0	± 3.3
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	583	60.6	± 4.7
NE (HD II)	536	51.5	± 5.0
SW (HD III)	640	57.7	± 4.4
SE (HD IV)	573	58.1	± 4.5
Bernalillo County	1,041	50.2	± 3.4

†   Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may
      not add to 3,488 across categories for some variables.
↗   For a discussion of the reasons for using weighted estimates, see the Appendix I at the end of this report.
§   For a list of the counties in each public health planning district, see Appendix II at the end of this document.
     For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.
**   Other includes homemakers, students, retirees, and those who are unable to work.

Skin Cancer

Question: "Have you had a sunburn within the last 12 months?"

Exposure of the skin to the sun's rays increases the risk of skin cancer. Reducing sun exposure is therefore highly recommended, either by covering skin, staying indoors, or applying skin lotions that block harmful UV rays.

In New Mexico,

❖ *The percentage of adults who had a sunburn in the past year was 34.9%. This percentage was higher than the percentages for the Region (31.6%) and the U.S. (31.6%).*

❖ *White non-Hispanics were more likely (41.3%) to have had a sunburn in the past year than any of the other racial/ethnic groups.*

❖ *New Mexicans with higher education and income were more likely to have had a sunburn in the past year than those with lower education and income.*

❖ *The risk of having had a sunburn during the past year was significantly higher in the younger age groups. Also, males (40.4%) were more likely than females (29.7%) to have had a sunburn during the past year.*

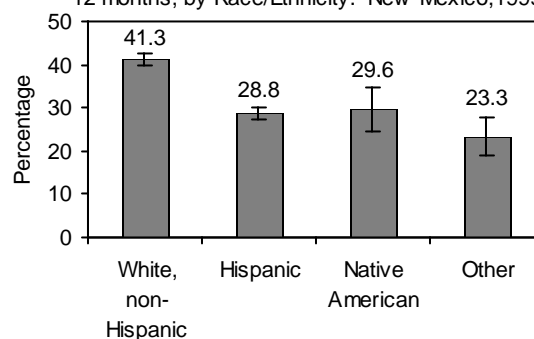Percentage of Adults Who Have Had a Sunburn in the Past 12 months. New Mexico, Region*, and U.S.**, 1999.
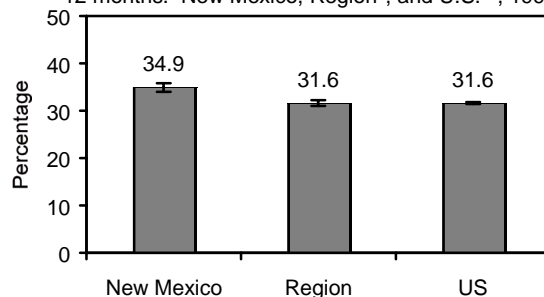
* Region: Arizona, Colorado, Utah, Oklahoma, and Texas.
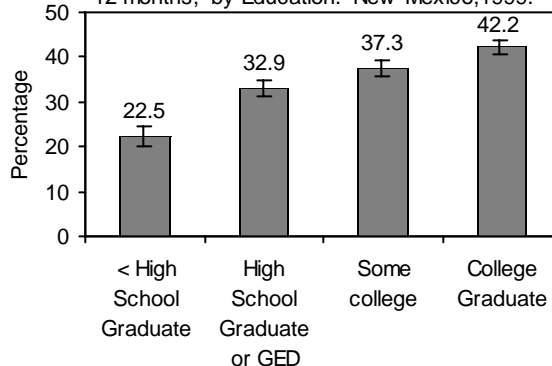** 50 states, plus the District of Columbia and Puerto Rico.
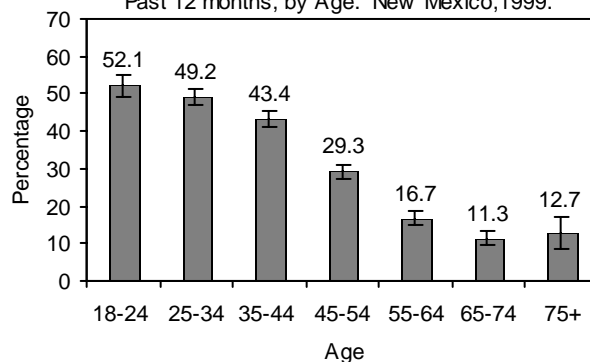Source: U.S. BRFSS, 1999.

Percentage of Adults Who Have Had a Sunburn in the Past 12 months, by Race/Ethnicity. New Mexico,1999.

Percentage of Adults Who Have Had a Sunburn in the Past 12 months, by Education. New Mexico,1999.

Percentage of Adults Who Have Had a Sunburn in Past 12 months, by Age. New Mexico,1999.

Skin Cancer

Table 54. Percentage of New Mexicans who had a sunburn in the past 12 months

	Total Number Who Responded †	Weighted Percent (%) ↗	95% Confidence Interval
TOTAL	3,477	34.9	± 1.8
GENDER			
Males	1,530	40.4	± 2.8
Females	1,947	29.7	± 2.4
AGE			
18-24	338	52.1	± 6.2
25-34	598	49.2	± 4.4
35-44	765	43.4	± 3.9
45-54	666	29.3	± 3.8
55-64	464	16.7	± 3.7
65-74	399	11.3	± 3.8
75+	241	12.7	± 8.5
RACE/ETHNICITY			
White, non-Hispanic	1,865	41.3	± 2.5
Hispanic	1,298	28.8	± 2.8
Native American	142	29.6	± 10.4
Other	151	23.3	± 8.5
EDUCATION			
Less than High School Graduate	550	22.5	± 4.4
High School Graduate or G.E.D.	911	32.9	± 3.6
Some College	948	37.3	± 3.5
College Graduate	1,063	42.2	± 3.3
INCOME			
Less than $10,000	273	26.4	± 6.8
$10-19,999	601	27.3	± 4.1
$20-49,999	1,460	36.8	± 2.8
$50,000 or more	768	43.1	± 4.0
EMPLOYMENT			
Employed	2,110	42.5	± 2.4
Unemployed	132	22.5	± 7.5
Other**	1,233	22.6	± 2.9
REGION (NM Health Districts, see map in Appendix II) §			
NW (HD I)	600	35.5	± 4.6
NE (HD II)	551	31.3	± 4.6
SW (HD III)	670	35.5	± 4.2
SE (HD IV)	585	34.3	± 4.3
Bernalillo County	1,064	36.4	± 3.3

† Those who responded don't know/not sure or who refused to respond are excluded. Consequently, the sample sizes may not add to 3,488 across categories for some variables.

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

§ For a list of the counties in each public health planning district, see Appendix II at the end of this document.
 For this analysis, Bernalillo County respondents were removed from District 1 and are presented separately.

** Other includes homemakers, students, retirees, and those who are unable to work.

Environmental Health

Question: "Do you have electricity in your home?"

Question: "Is public sewer service connected to your home?"

Question: "How is water connected to your home?

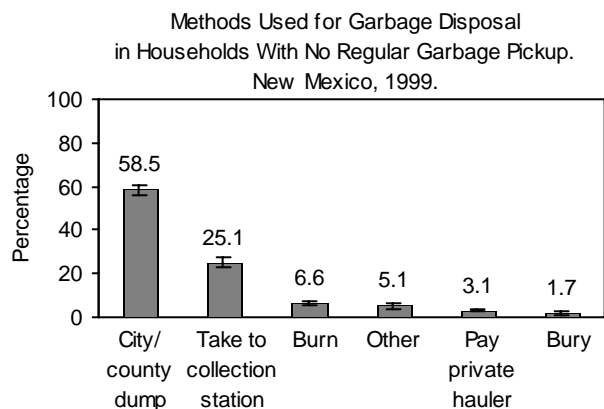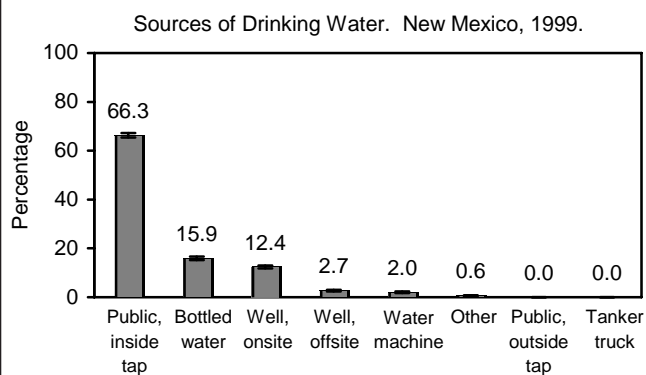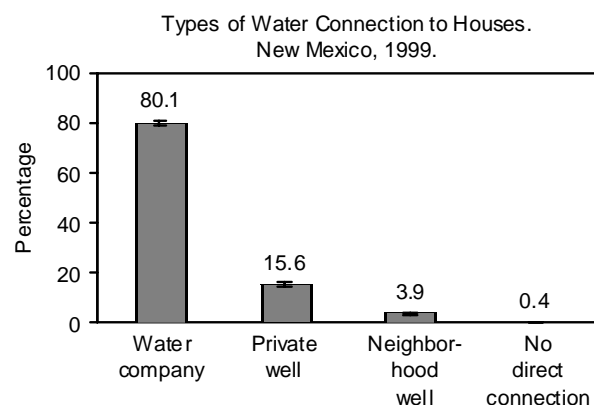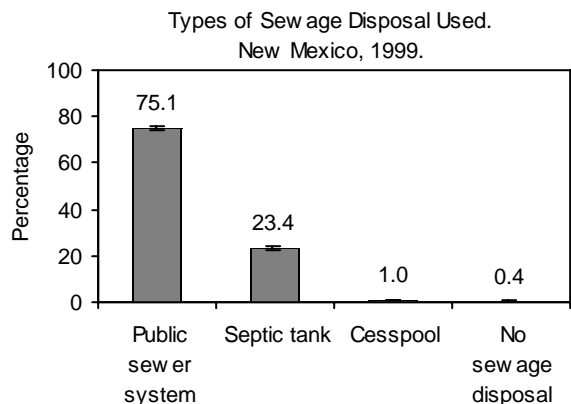*Question: "What is the main source for your drinking water?"*

Question: "Do you have regular garbage pickup at your home?"

Question: "If not, how do you get rid of your garbage?

The State of New Mexico is one of the least populated states in the U.S., with an estimated population density in 2000 of ~15 people/square mile. Nearly half of the approximately 1.8 million people in the state live in the three urban areas of Albuquerque, Santa Fe, and Las Cruces. This means that greater than 50% of the state's inhabitants live in smaller communities or remote areas. This set of questions was added to assess environmental health infrastructure and related practices in the State.

In New Mexico,

❖ *99.9% of households had electricity, 99.6% had sewage disposal, and 99.6% had direct water connection to their houses.*

❖ *Drinking water was obtained from a variety of sources, with public water (66.3%), bottled water (15.9%), onsite well (12.4%), offsite wells (2.7%), and supermarket water machines (2.0%) providing over 99% of drinking water needs.*

❖ *17.7% of households reported that they did not have household garbage pickup.*

❖ *For those without garbage pickup, a variety of methods were used to dispose of garbage, including using a dump (58.5%) or collection station (25.1%), burning (6.6%), paying a hauler to carry it away (3.1%), and burying it (1.7%).*

Types of Sewage Disposal Used. New Mexico, 1999.

Types of Water Connection to Houses. New Mexico, 1999.

Sources of Drinking Water. New Mexico, 1999.

Methods Used for Garbage Disposal in Households With No Regular Garbage Pickup. New Mexico, 1999.

Appendix I - Methods

The Behavioral Risk Factor Surveillance System (BRFSS) is conducted using a randomized telephone survey. One implication of this survey method is that individuals living in households without telephones are not represented in the survey results. More than 94% of U.S. households subscribed to telephone service in 1999. However, in New Mexico, phone coverage was estimated to be 88% [30]. Phone coverage varies considerably from county to county within the state. For example, an estimated 98% of households in Los Alamos County have phones compared with only 55% of households in McKinley County [31,32].

Interviews were performed at PC workstations using Ci3 computer-aided telephone interviewing software provided by Sawtooth Software. Random telephone numbers were provided by Genesys Telecommunications Laboratories, Inc.

Calls are made during several time periods throughout the day, in order to maximize the chance of finding respondents at home. The calling periods for the BRFSS in 1999 were:

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

Approximately 1/12 of the annual sample is surveyed each month to avoid bias in the results due to seasonal variation.

Sample selection

Households were chosen at random from all households in the state with telephones, using a disproportionate stratified sampling (DSS) design. Respondents were randomly selected from all adults 18 and older living in the household. The final 1999 sample size was 3,488 adults.

Under DSS, telephone numbers are selected from two strata or lists. One stratum contains blocks of phone numbers with a high proportion of household phone numbers (the high-density stratum). The other stratum contains blocks of phone numbers with a low proportion of household phone numbers (the low-density stratum). Telephone numbers in the high-density stratum are then sampled at a higher rate than telephone numbers in the low-density stratum. As a consequence, during analysis, records from the low-density stratum receive more weight than records from the high-density stratum.

Blocks of 100 numbers with the same area code, prefix, and first two digits of the suffix (sets of 100 telephone numbers with the same first 8 digits) are used to divide phone numbers into the high- and low-density strata. These blocks of 100 phone numbers with the same first 8 digits are called hundred blocks. Lists of telephone numbers from published directories are used to determine the number of listed household numbers in each hundred block. Telephone numbers from hundred blocks that contain no listed household numbers (0 blocks) are assigned to the low-density stratum. Telephone numbers from hundred blocks that contain one or more listed household numbers (1+ blocks) are assigned to the high-density stratum. The reason for this assignment is that nationally one to two percent of telephone numbers in 0 blocks are household numbers while 50 to 55 percent of telephone numbers from 1+ blocks are household numbers. Consequently, sampling at a higher rate from the one plus block stratum results in a higher "hit rate", i.e. more of the telephone numbers are household numbers.

Once a residential household has been selected, a respondent is randomly selected from among all adults aged 18 and over living in the household. After the interview has been completed, the last two digits of the phone number are dropped from the record. The entire telephone number is dropped from the final database, to preserve the respondent's anonymity. Names, SSNs, and addresses are not included in the record.

Appendix I - Methods

Sources of Error

Like any estimates produced from population surveys, the estimates produced from the BRFSS are subject to error. The sources of error can be classified into two categories, sampling error and non-sampling error. The information presented below is abstracted from two sources, The BRFSS User's Guide [33], and an article from the Journal of the American Statistical Association [34].

Sampling error results because the estimates are based on a random sample of the population. Since only a subset of the population of interest responds to the questions, different samples will yield different estimates. However, as long as the sampling plan is followed correctly, because the estimates are based on a probability sample, the amount of sampling error in the estimates is known and is reflected in the standard errors and confidence intervals of the estimates.

The second type of error, non-sampling error, could occur even if a census was taken, that is, even if all members of the state's population were asked to complete the survey questionnaire. Non-sampling errors are not reflected in the standard errors of the estimates, and the magnitude of this error is difficult to quantify. Because of non-sampling error, the total error in the estimate is typically larger than the estimated standard errors shown in the report.

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

1. **Telephone non-coverage** refers to the fact that persons who do not live in residential households with telephones are not represented in the estimates.
   - ❖ Persons living in hospitals, nursing homes, prisons, and college dormitories are excluded.

   - ❖ Rates of telephone non-coverage are higher for some subgroups within the population than for others, e.g. lower income households may be under-represented in the final estimates.

2. **Non-response** is the inability to obtain responses from all individuals selected to be in the sample.
   - ❖ Unit non-response occurs when a respondent cannot be reached or refuses to participate. It can also result from language/cultural barriers, hearing problems or other barriers to participation.

   - ❖ Item non-response refers to the situation where responses to individual questions are missing. This type of error occurs when a respondent refuses to answer a question or doesn't know or can't recall the answer, or the question gets inadvertently skipped in the interview.

3. **Measurement error** is error due to inaccurate responses.
   - ❖ Inaccurate answers may be given by respondents who misunderstand questions, have faulty memory, or deliberately give false answers. The accuracy of the responses may also be influenced by attitudes toward the interview, the interviewer's tone of voice, and the length of the interview.

   - ❖ Recording or data entry errors are another form of measurement error.

Appendix I - Methods

Quality assurance

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

❖ Training the interviewers at hire, at the beginning of each new survey year, and at the beginning of each new month of the survey.

❖ Editing of all completed surveys with follow-up callbacks to the respondent to resolve discrepancies.

❖ Further editing during data entry if responses to questionnaires do not follow pre-programmed database skip patterns.

❖ Frequent, prompt feedback to interviewers.

❖ Editing 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.

❖ Verification callbacks.

· - 10% of the respondents who completed the survey are called back every month and asked to complete a short verification survey. This short survey repeats a subset of the questions asked in the original questionnaire.

Implications of Sampling Design for Estimating Prevalence of Risk Factors and Health Conditions in the Population

The estimated prevalence of a risk behavior for the state is actually a weighted percentage. The pro-portion of respondents in the sample who report engaging in the behavior is adjusted by a weighting factor to produce the prevalence estimate for the state population as a whole. There are several components to the weight used to adjust the sample proportion.

1. The sampling weight reflects the fact that adults within the population have different probabilities of being included in the sample, because:

· ❖ Households with phone numbers in the low-density stratum (described under sample selection above) have a lower probability of being selected than households with phone numbers in the high-density stratum.

· ❖ Households with more than one phone line have a greater chance of being selected.

· ❖ In households containing many adults, each adult has a smaller chance of being randomly selected to complete the survey.

2. A post-stratification weighting procedure is used to adjust for differences in the distribution of the sample by gender and age group compared with the population, as determined by the Census. This component of the weighting process attempts to adjust the estimates so they better reflect the population of the state.

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

STATA 7.0 software was used for all analyses in this report.

Health Districts and Counties of New Mexico
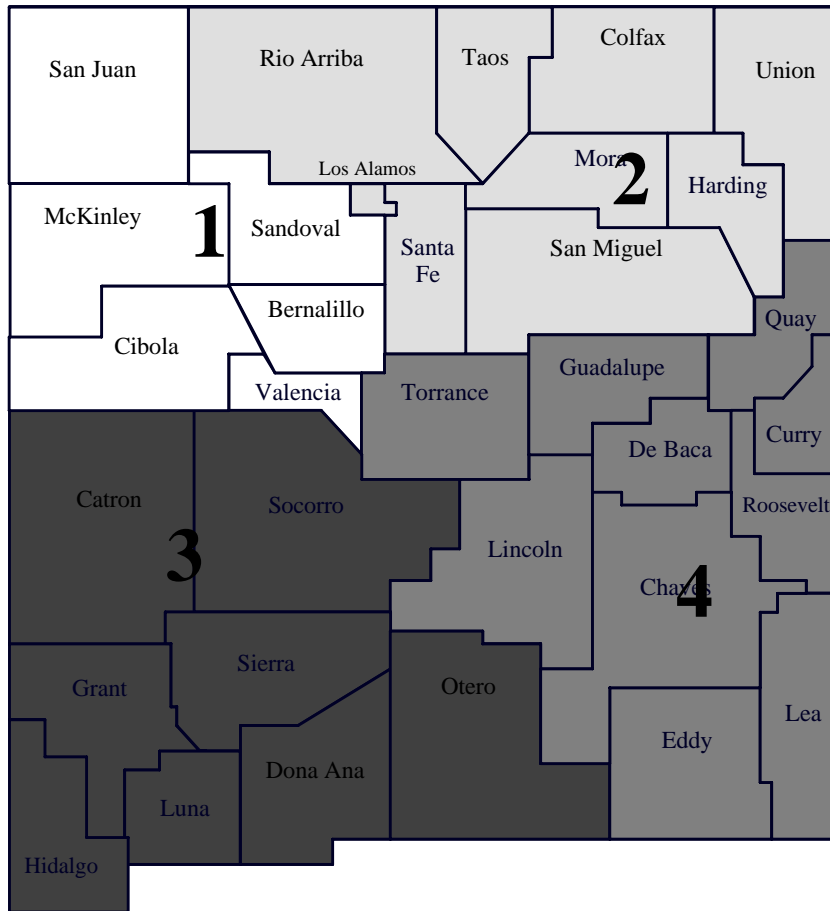
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