

HEALTH BEHAVIORS AND INJURY AMONG NEW MEXICAN ADULTS

Results from the 2023 New Mexico Behavioral Risk Factor Surveillance System

Presented by the
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BRFSS data and supporting documentation are available at:
www.cdc.gov/brfss

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

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

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

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Executive Summary

Health Behaviors and Injury

Health behaviors such as alcohol consumption, smoking cigarettes, and engaging in recreational physical activity all impact the risk of health conditions such as chronic disease, cancer, and mental health disorders. Chronic “heavy” drinking (defined as 14+ drinks per week for males & 7+ drinks per week for females) is strongly associated with numerous alcohol related diseases, most notably alcohol-related chronic liver disease.¹ Smoking cigarettes harms nearly every organ of the body and is the leading cause of preventable death in the US.² Understanding risk and health behaviors across the population is critical for implementing targeted health promotion efforts.

Behavioral Risk Factor Surveillance System (BRFSS)

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

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

The data presented in this report are the estimated population percentages of adults with a particular health condition, risk factor, or behavior. By BRFSS convention and the New Mexico Department of Health’s Small Numbers Rule, when a particular estimate is based on less than 50 respondents, the estimate is not presented because estimates based on small sample sizes are considered unreliable.³ This impacts reporting for the two smallest race/ethnic populations in NM (Asian/Native Hawaiian or Pacific Islander and Black/African American) when reporting for a single year.

¹ Centers for Disease Control and Prevention. Alcohol and Public Health. Alcohol Use and Your Health. (2022)
<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

² U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014.
https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf

³ New Mexico Rule for Small Numbers and Public Data Release.
<https://ibis.doh.nm.gov/contentfile/docs/Standards/NMSmallNumbersRule2006.pdf>

Health Behaviors and Injury in New Mexico

In New Mexico, adults 18-44 years old have higher prevalence of binge drinking alcohol, cigarette smoking, e-cigarette use, and cannabis use than older adults. Many negative health impacts are associated with those activities.

- Acute binge drinking is strongly associated with injuries and death from motor vehicle crashes, homicide, suicide, falls and drug overdose.⁴
- People who smoke cigarettes are 2 to 4 times more likely to have coronary heart disease and stroke.⁵
- E-cigarettes are not safe for youth, pregnant women, or adults who do not use tobacco products. They can contain harmful substances such as nicotine, heavy metals like lead, and cancer-causing agents.⁶
- Cannabis use is associated with health concerns such as cognitive impairment, mental health conditions, driving impairment, cancer, respiratory conditions, and gastrointestinal conditions.^{7,8}

New Mexican adults 18-44 years old also have higher prevalence of suicidal ideation and experiencing sexual violence than older adults. The CDC defines sexual violence as “sexual activity when consent is not obtained or freely given.”⁹ Beyond acute trauma, experiencing sexual violence increases risk for health issues including post-traumatic stress disorder, depression, cardiovascular disease, and gastrointestinal disorders.⁹

Adults who are lesbian, gay, bisexual or another sexual orientation (LGB), are disproportionately impacted by sexual violence, suicidal ideation, and substance use. LGB adults have over 4 times higher prevalence of past year suicidal ideation compared to heterosexual adults, 2.5 times greater prevalence of e-cigarette use, and almost twice the burden of alcohol binge drinking and cannabis use.

⁴ Centers for Disease Control and Prevention. Alcohol and Public Health. Alcohol Use and Your Health. (2022) <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

⁵ U.S. Department of Health and Human Services. The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2014. Printed with corrections, January 2014. https://www.ncbi.nlm.nih.gov/books/NBK179276/pdf/Bookshelf_NBK179276.pdf

⁶ Centers for Disease Control and Prevention. (2020a). About electronic cigarettes (E-cigarettes). https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html

⁷ National Academies of Sciences, Engineering, and Medicine. 2017. The health effects of cannabis and cannabinoids: The current state of evidence and recommendations for research. Washington, DC: The National Academies Press.

⁸ Colorado Department of Public Health and Environment. Monitoring Health Concerns Related to Marijuana in Colorado: 2022 Summary. <https://marijuanahealthreport.colorado.gov/reports-and-summaries>

⁹ Centers for Disease Control and Prevention, National Center for Injury Prevention and Control, Division of Violence Prevention. Fast Facts: Preventing Sexual Violence. June 22, 2022. <https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html>

Definitions of Frequently Used Terms

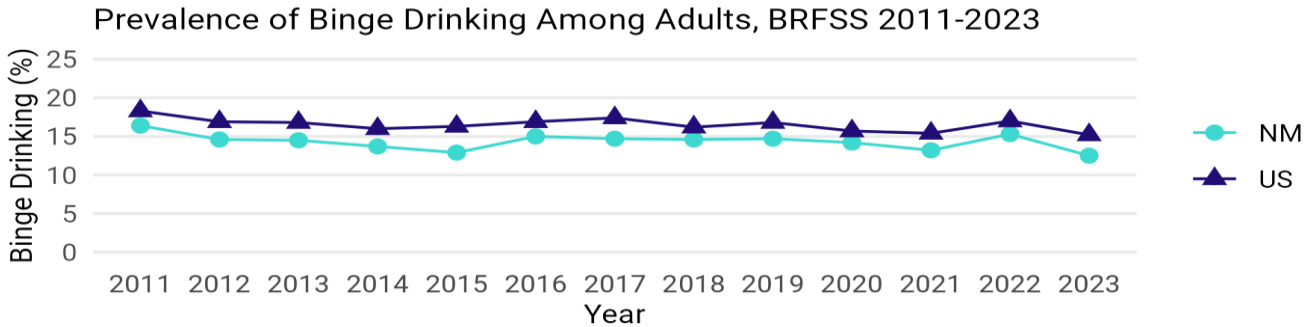
- **chronic:** continuing for a long time, ongoing
- **prevalence:** percentage of people with a sickness or condition
- **sample size:** the number of people who answered the survey questions
- **confidence interval:** the range of uncertainty around an estimate
- **independent living disability:**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

Alcohol Use

Binge Drinking

Survey Question:

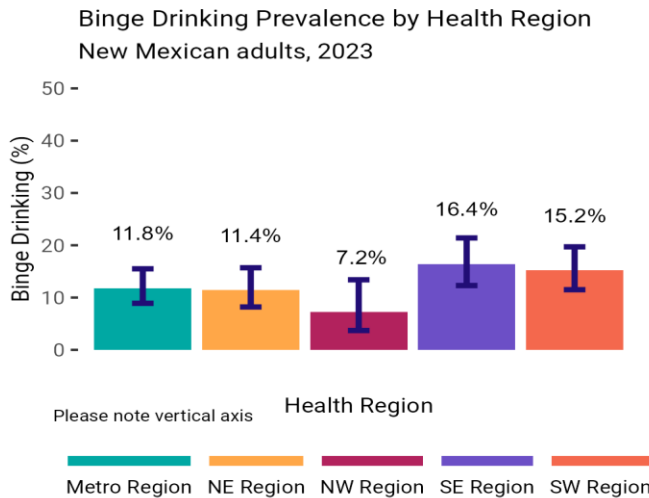
Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [X = 5 for men, X = 4 for women] or more drinks on an occasion?



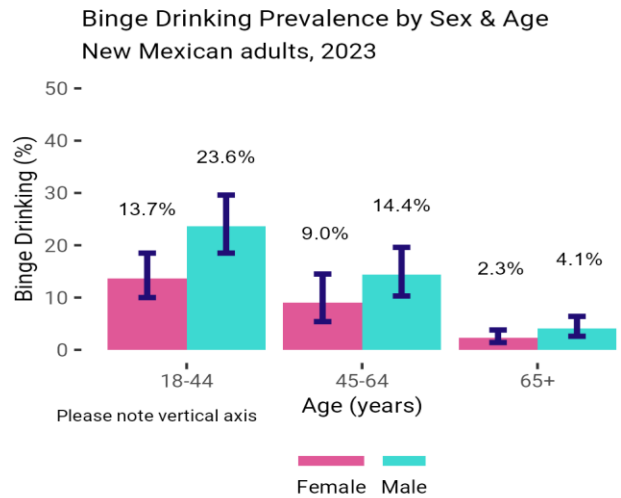
Please note vertical axis

Among New Mexican adults:

- 12.5% have engaged in binge drinking at least once in the past 30 days.
- Males have 1.8 times higher prevalence of binge drinking than females.
- Those who identify as lesbian, gay, bisexual, or some other sexual orientation have 1.9 times higher prevalence of binge drinking than adults who identify as heterosexual.



Please note vertical axis



Please note vertical axis

| | | Binge Drinking (%) * | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|-----------------------------|--------------------------------------------|
| Total | State | 12.5 | [10.8 - 14.5] |
| Age | 18-44 | 18.6 | [15.4 - 22.4] |
| | 45-64 | 11.6 | [8.8 - 15.2] |
| | 65+ | 3.1 | [2.2 - 4.3] |
| Sex | Male | 16.1 | [13.4 - 19.3] |
| | Female | 9.2 | [7.2 - 11.7] |
| Race/Ethnicity[‡] | AIAN | 6.2 | [2.8 - 13.5] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 15.1 | [12.1 - 18.6] |
| | White | 11.7 | [9.5 - 14.4] |
| Sexual Orientation[§] | Heterosexual | 11.8 | [9.9 - 13.9] |
| | LGB, other | 22.9 | [14.9 - 33.4] |
| Disability Status | No Disability | 12.5 | [10.5 - 14.8] |
| | Physical Disability Alone | 12.8 | [8.2 - 19.4] |
| | Independent Living Disability Alone | 17.0 | [10.6 - 26.2] |
| | Both Physical and Independent Living Disability | 8.0 | [4.7 - 13.4] |
| Household Income | <\$15,000 | 9.8 | [5.6 - 16.5] |
| | \$15,000-\$24,999 | 4.6 | [1.8 - 11.1] |
| | \$25,000-\$49,999 | 15.3 | [11.8 - 19.7] |
| | \$50,000-\$74,999 | 15.8 | [10.9 - 22.3] |
| | \$75,000 | 15.3 | [11.9 - 19.4] |
| Education Level | <High School | 12.4 | [7.5 - 19.6] |
| | Highschool Grad/GED | 13.7 | [11.3 - 16.4] |
| | College Graduate | 10.1 | [7.8 - 12.9] |
| Employment Status | Employed | 16.5 | [13.9 - 19.6] |
| | Unemployed/Unable to work | 9.9 | [5.8 - 16.4] |
| | Homemaker/Student | 11.6 | [7.1 - 18.4] |
| | Retired | 5.2 | [3.2 - 8.2] |
| Urban/Rural | Metropolitan (Metro) | 11.4 | [8.3 - 15.4] |
| | Small Metro | 12.4 | [9.3 - 16.4] |
| | Mixed Urban/Rural | 14.4 | [11.3 - 18.1] |
| | Rural | 11.5 | [7.4 - 17.4] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who binge drank in the past 30 days.

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

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

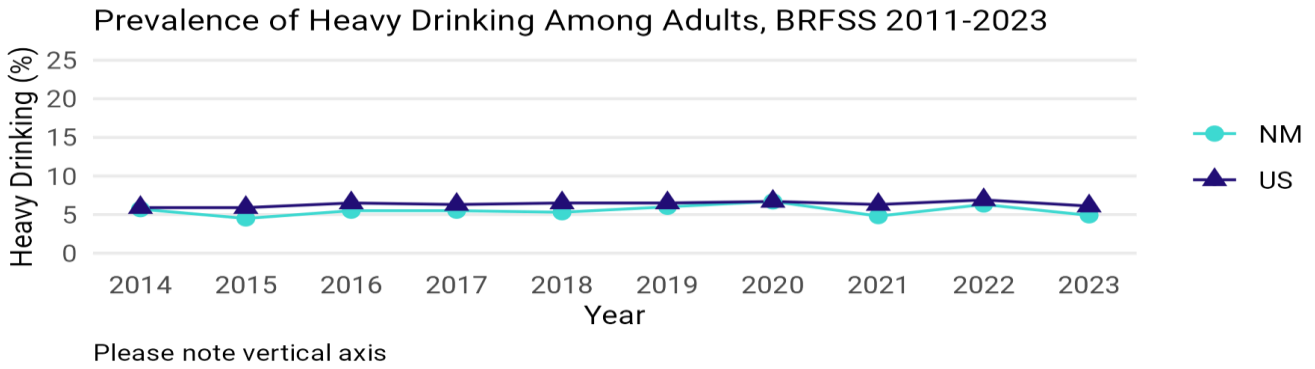
[§] Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Heavy Drinking

Survey Question:

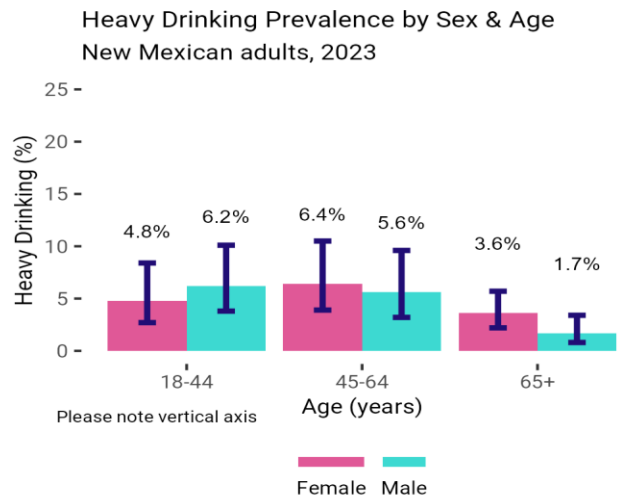
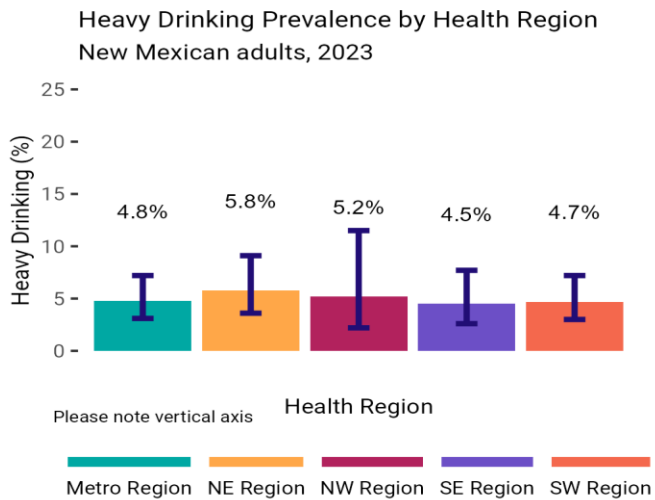
During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

Heavy Drinking: 15+ drinks per week for males & 8+ drinks per week for females



Among New Mexican adults:

- 4.9% engaged in heavy alcohol drinking in the past 30 days.
- Males and females had equal prevalence of heavy alcohol drinking.



| | | Heavy Drinking (%)[*] | 95% Confidence Interval[†] |
|-------------------------------------------|----------------------------------------------------|-------------------------------------------|------------------------------------------------|
| Total | State | 4.9 | [3.9 - 6.2] |
| Age | 18-44 | 5.5 | [3.8 - 8.0] |
| | 45-64 | 6.0 | [4.2 - 8.7] |
| | 65+ | 2.7 | [1.9 - 4.0] |
| Sex | Male | 4.9 | [3.5 - 6.9] |
| | Female | 4.9 | [3.6 - 6.7] |
| Race/Ethnicity[‡] | AIAN | 3.4 | [0.9 - 11.5] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 4.6 | [3.1 - 6.7] |
| | White | 5.8 | [4.3 - 7.7] |
| Sexual Orientation[§] | Heterosexual | 5.1 | [4.0 - 6.5] |
| | LGB, other | 9.9 | [4.8 - 19.4] |
| Disability Status | No Disability | 4.3 | [3.2 - 5.8] |
| | Physical Disability Alone | 5.2 | [2.8 - 9.3] |
| | Independent Living Disability Alone | 9.5 | [5.0 - 17.4] |
| | Both Physical and Independent Living Disability | 3.9 | [1.8 - 8.5] |
| Household Income | <\$15,000 | 3.1 | [1.4 - 6.9] |
| | \$15,000-\$24,999 | 3.3 | [1.2 - 8.5] |
| | \$25,000-\$49,999 | 4.2 | [2.6 - 6.8] |
| | \$50,000-\$74,999 | 7.7 | [4.5 - 12.7] |
| | \$75,000 | 7.1 | [4.9 - 10.1] |
| Education Level | <High School | 2.0 | [0.5 - 7.4] |
| | Highschool Grad/GED | 5.6 | [4.2 - 7.5] |
| | College Graduate | 4.9 | [3.4 - 6.8] |
| Employment Status | Employed | 6.3 | [4.7 - 8.4] |
| | Unemployed/Unable to work | 4.6 | [1.9 - 10.7] |
| | Homemaker/Student | 1.4 | [0.4 - 4.2] |
| | Retired | 4.0 | [2.6 - 6.0] |
| Urban/Rural | Metropolitan (Metro) | 5.2 | [3.4 - 8.0] |
| | Small Metro | 4.6 | [3.0 - 7.0] |
| | Mixed Urban/Rural | 6.2 | [4.2 - 9.2] |
| | Rural | 6.8 | [3.7 - 12.2] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who had 14+ drinks per week (males) or 7+ drinks per week (females) in the past 30 days.

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

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

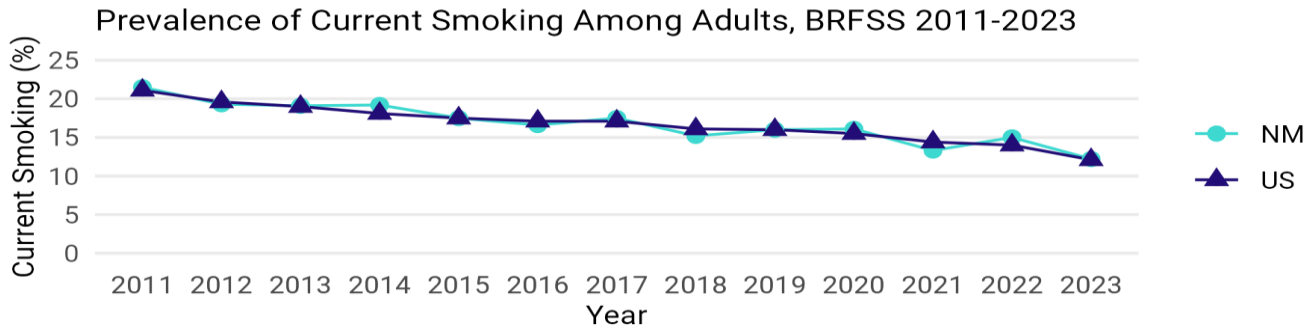
§ Abbreviations: Lesbian, gay, bisexual or something else (LGB/Other).

Nicotine Use

Current Cigarette Smoking

Survey Question:

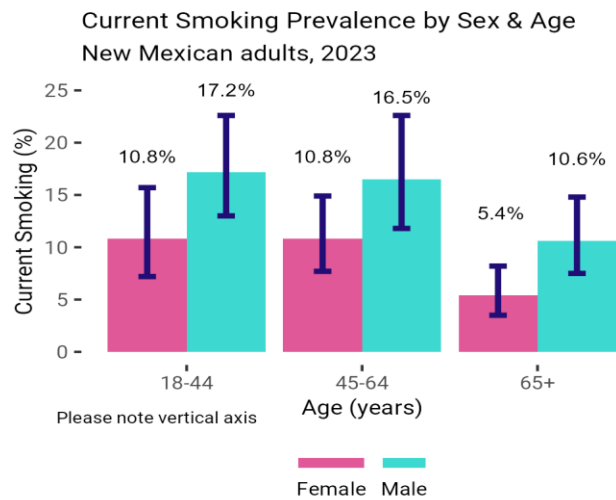
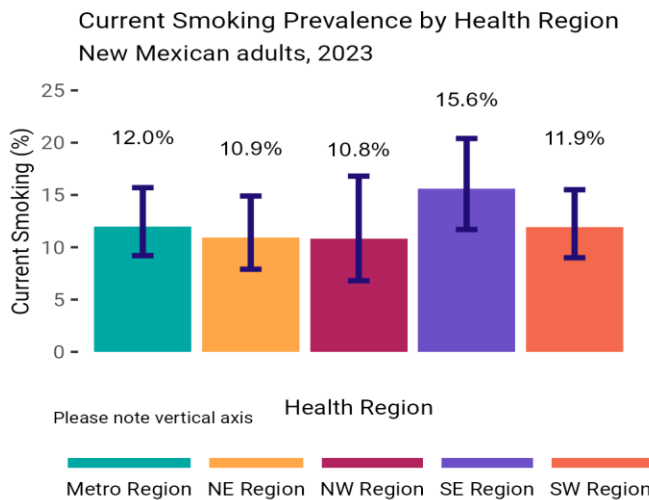
Do you now smoke cigarettes every day, some days, or not at all?



Please note vertical axis

Among New Mexican adults:

- **12.2%** currently smoke cigarettes.
- Those aged 18-44 have 1.8 times higher prevalence of current smoking than those 65 years and older.
- Those with an annual household income less than \$15,000 have 3.5 times higher prevalence of current smoking than those with an annual household income of \$75,000 or greater.



| | | Current Smoking (%)[*] | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|----------------------------------------|--------------------------------------------|
| Total | State | 12.2 | [10.5 - 14.1] |
| Age | 18-44 | 14.0 | [11.1 - 17.5] |
| | 45-64 | 13.6 | [10.7 - 17.1] |
| | 65+ | 7.8 | [5.9 - 10.1] |
| Sex | Male | 15.3 | [12.7 - 18.4] |
| | Female | 9.3 | [7.3 - 11.7] |
| Race/Ethnicity[‡] | AIAN | 11.0 | [6.2 - 18.6] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 12.9 | [10.2 - 16.2] |
| | White | 11.9 | [9.7 - 14.6] |
| Sexual Orientation[§] | Heterosexual | 12.9 | [11.0 - 15.0] |
| | LGB, other | 12.0 | [6.4 - 21.6] |
| Disability Status | No Disability | 9.3 | [7.6 - 11.4] |
| | Physical Disability Alone | 14.5 | [10.0 - 20.6] |
| | Independent Living Disability Alone | 18.5 | [11.6 - 28.0] |
| | Both Physical and Independent Living Disability | 21.7 | [16.3 - 28.3] |
| Household Income | <\$15,000 | 25.2 | [17.6 - 34.7] |
| | \$15,000-\$24,999 | 10.1 | [6.5 - 15.5] |
| | \$25,000-\$49,999 | 16.2 | [12.9 - 20.2] |
| | \$50,000-\$74,999 | 15.7 | [10.7 - 22.5] |
| | \$75,000 | 7.3 | [4.9 - 10.7] |
| Education Level | <High School | 16.0 | [10.7 - 23.2] |
| | Highschool Grad/GED | 14.2 | [11.9 - 16.8] |
| | College Graduate | 5.8 | [4.2 - 7.8] |
| Employment Status | Employed | 12.7 | [10.3 - 15.6] |
| | Unemployed/Unable to work | 21.6 | [16.2 - 28.1] |
| | Homemaker/Student | 8.1 | [4.3 - 14.6] |
| | Retired | 8.2 | [6.1 - 10.8] |
| Urban/Rural | Metropolitan (Metro) | 12.3 | [9.2 - 16.3] |
| | Small Metro | 11.5 | [8.7 - 15.0] |
| | Mixed Urban/Rural | 13.3 | [10.5 - 16.7] |
| | Rural | 17.2 | [11.6 - 24.9] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who currently smoke cigarettes.

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

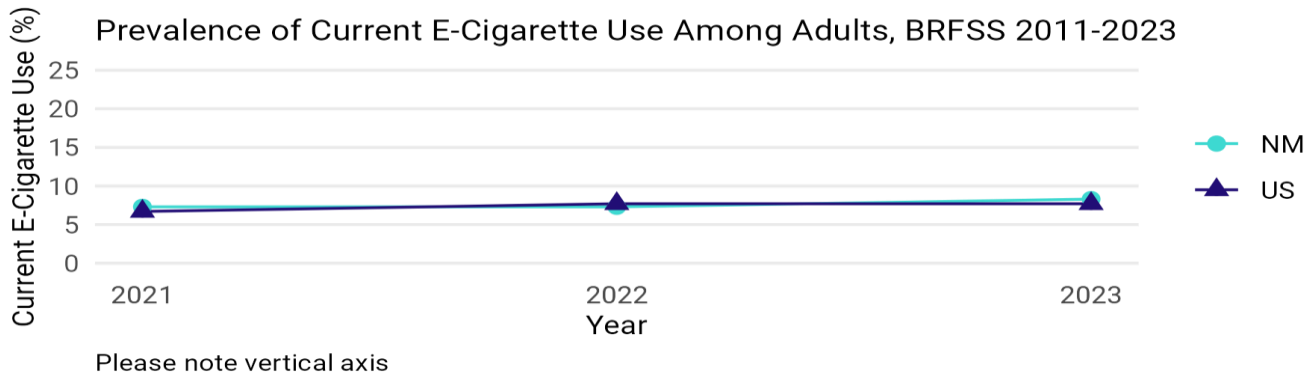
‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

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

Current E-Cigarette Use

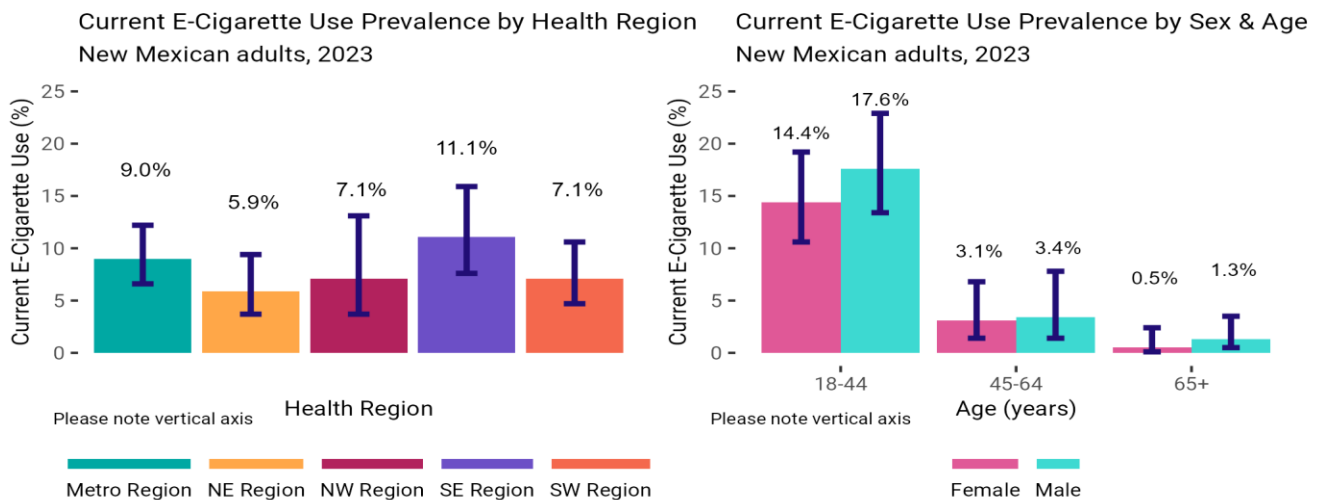
Survey Question:

Would you say you have never used e-cigarettes or other electronic vaping products in your entire life or now use them every day, use them some days, or used them in the past but do not currently use them at all?



Among New Mexican adults:

- **8.3%** currently use e-cigarettes.
- Those ages 18-44 years have 5 times higher prevalence of current e-cigarette use than those aged 45-64.
- Those who identify as lesbian, gay, bisexual, or another sexual orientation have 2.5 times higher prevalence of current e-cigarette use than adults who identify as heterosexual.



| | | Current E-Cigarette Use (%)[*] | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|------------------------------------------------|--------------------------------------------|
| Total | State | 8.3 | [6.8 - 10.0] |
| Age | 18-44 | 16.0 | [13.1 - 19.5] |
| | 45-64 | 3.2 | [1.8 - 5.8] |
| | 65+ | 0.9 | [0.4 - 2.0] |
| Sex | Male | 9.4 | [7.3 - 12.1] |
| | Female | 7.2 | [5.4 - 9.5] |
| Race/Ethnicity[‡] | AIAN | 8.4 | [4.1 - 16.5] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 9.3 | [7.1 - 12.0] |
| | White | 7.5 | [5.5 - 10.1] |
| Sexual Orientation[§] | Heterosexual | 7.0 | [5.6 - 8.8] |
| | LGB, other | 17.4 | [10.7 - 26.9] |
| Disability Status | No Disability | 8.0 | [6.3 - 10.1] |
| | Physical Disability Alone | 4.0 | [1.7 - 8.9] |
| | Independent Living Disability Alone | 15.8 | [10.1 - 23.9] |
| | Both Physical and Independent Living Disability | 8.1 | [4.6 - 13.8] |
| Household Income | <\$15,000 | 9.3 | [5.2 - 16.1] |
| | \$15,000-\$24,999 | 7.7 | [4.0 - 14.2] |
| | \$25,000-\$49,999 | 11.9 | [8.6 - 16.2] |
| | \$50,000-\$74,999 | 8.6 | [5.2 - 13.8] |
| | \$75,000 | 6.2 | [4.1 - 9.2] |
| Education Level | <High School | 10.1 | [6.1 - 16.2] |
| | Highschool Grad/GED | 10.2 | [8.1 - 12.6] |
| | College Graduate | 3.0 | [1.9 - 4.8] |
| Employment Status | Employed | 11.0 | [8.7 - 13.7] |
| | Unemployed/Unable to work | 8.0 | [5.0 - 12.6] |
| | Homemaker/Student | 9.6 | [5.6 - 16.0] |
| | Retired | 1.4 | [0.5 - 3.3] |
| Urban/Rural | Metropolitan (Metro) | 8.0 | [5.6 - 11.3] |
| | Small Metro | 7.5 | [5.1 - 11.0] |
| | Mixed Urban/Rural | 8.6 | [6.2 - 11.8] |
| | Rural | 3.2 | [1.0 - 10.2] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who currently use e-cigarettes.

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

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

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

Cannabis Use

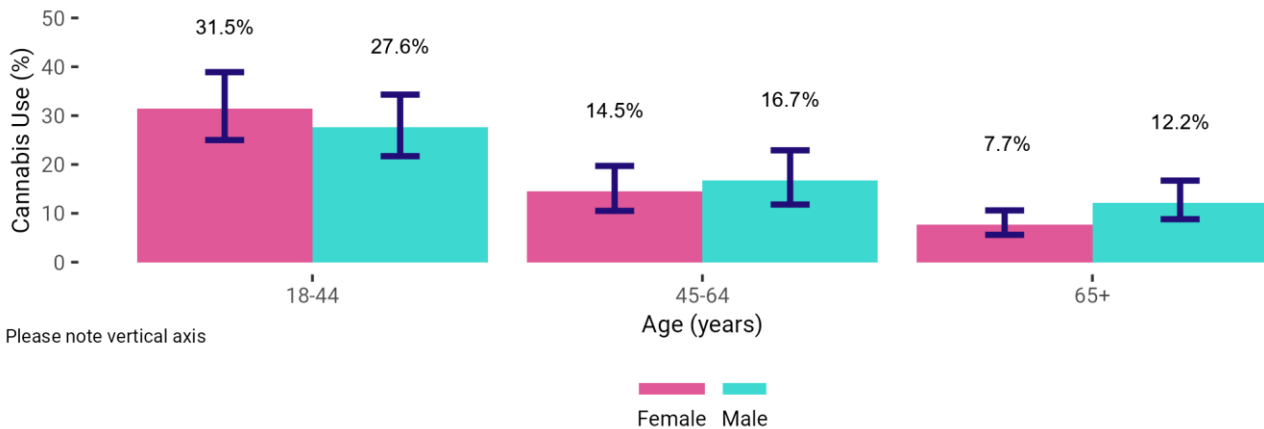
Survey Question:

During the past 30 days, on how many days did you use marijuana or cannabis?

Among New Mexican adults:

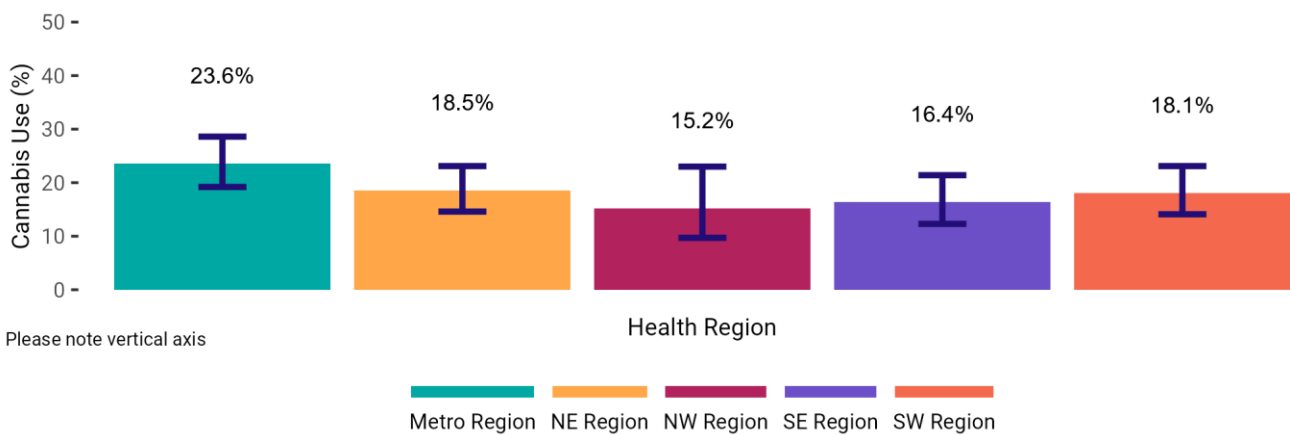
- 19.9% used cannabis at least once in the past 30 days.
- Those 18-44 years have 3 times higher cannabis use than adults 65 and older.
- Those who identify as lesbian, gay, bisexual, or another sexual orientation have 1.9 times higher prevalence of cannabis use than adults who identify as heterosexual.
- Adults whose highest level of education is a high school degree or GED have 1.7 times higher prevalence of cannabis use than adults with a college degree.

Cannabis Use Prevalence by Sex & Age
New Mexican adults, 2023



Please note vertical axis

Cannabis Use Prevalence by Health Region
New Mexican adults, 2023



Please note vertical axis

| | | Cannabis Use[*] | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|---------------------------------|--------------------------------------------|
| Total | State | 19.9 | [17.6 - 22.4] |
| Age | 18-44 | 29.5 | [25.0 - 34.5] |
| | 45-64 | 15.6 | [12.3 - 19.4] |
| | 65+ | 9.7 | [7.7 - 12.2] |
| Sex | Male | 20.3 | [17.1 - 24.0] |
| | Female | 19.4 | [16.2 - 23.1] |
| Race/Ethnicity[‡] | AIAN | 14.9 | [8.4 - 25.2] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 20.7 | [17.0 - 24.9] |
| | White | 21.2 | [18.1 - 24.7] |
| Sexual Orientation[§] | Heterosexual | 18.8 | [16.4 - 21.5] |
| | LGB, other | 35.8 | [26.1 - 46.8] |
| Disability Status | No Disability | 17.3 | [14.7 - 20.3] |
| | Physical Disability Alone | 11.8 | [7.7 - 17.7] |
| | Independent Living Disability Alone | 41.7 | [31.8 - 52.4] |
| | Both Physical and Independent Living Disability | 24.0 | [18.2 - 30.9] |
| Household Income | <\$15,000 | 27.2 | [19.1 - 37.2] |
| | \$15,000-\$24,999 | 21.0 | [14.3 - 29.8] |
| | \$25,000-\$49,999 | 25.5 | [21.1 - 30.4] |
| | \$50,000-\$74,999 | 21.3 | [15.4 - 28.7] |
| | \$75,000 | 16.9 | [12.6 - 22.4] |
| Education Level | <High School | 14.8 | [9.5 - 22.4] |
| | Highschool Grad/GED | 23.5 | [20.2 - 27.2] |
| | College Graduate | 14.2 | [11.6 - 17.3] |
| Employment Status | Employed | 22.5 | [18.9 - 26.5] |
| | Unemployed/Unable to work | 30.0 | [23.3 - 37.7] |
| | Homemaker/Student | 16.3 | [10.5 - 24.6] |
| | Retired | 11.0 | [8.6 - 13.9] |
| Urban/Rural | Metropolitan (Metro) | 23.5 | [19.1 - 28.6] |
| | Small Metro | 19.3 | [15.7 - 23.5] |
| | Mixed Urban/Rural | 15.1 | [12.0 - 18.8] |
| | Rural | 23.6 | [16.7 - 32.2] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have used cannabis in the past 30 days.

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

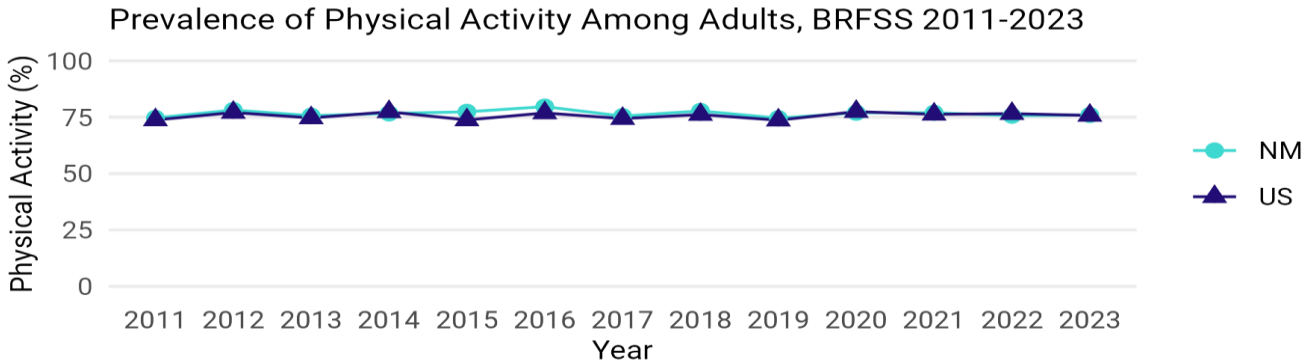
‡ Abbreviations: American Indian or Alaska Native (AIAN), Asian or Native Hawaiian or Pacific Islander (Asian/NHOPI), Black or African American (Black/AA)

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

Physical Activity

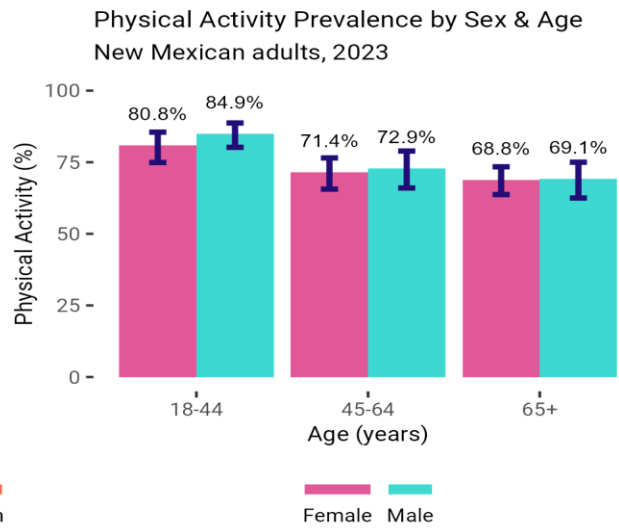
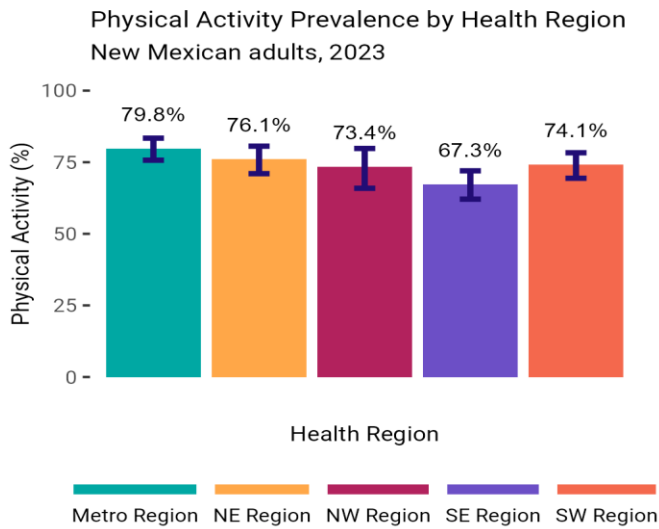
Survey Question:

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?



Among New Mexican adults:

- **76.0%** engaged in physical activities in the past month other than their regular job.
- Those aged 18-44 have 1.2 times higher prevalence of physical activity than adults 65 and older.
- White adults have 1.1 times higher prevalence of physical activity than Hispanic adults.



| | | Physical Activity (%) [*] | 95% Confidence Interval [†] |
|---------------------------------------|-------------------------------------------------|------------------------------------|--------------------------------------|
| Total | State | 76.0 | [73.7 - 78.1] |
| Age | 18-44 | 82.9 | [79.2 - 86.0] |
| | 45-64 | 72.1 | [67.7 - 76.1] |
| | 65+ | 68.9 | [64.9 - 72.7] |
| Sex | Male | 77.4 | [74.0 - 80.4] |
| | Female | 74.6 | [71.4 - 77.5] |
| Race/Ethnicity[‡] | AIAN | 73.0 | [63.3 - 80.9] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 71.6 | [67.7 - 75.2] |
| | White | 81.1 | [78.3 - 83.6] |
| Sexual Orientation[§] | Heterosexual | 75.2 | [72.7 - 77.5] |
| | LGB, other | 84.2 | [73.5 - 91.1] |
| Disability Status | No Disability | 82.6 | [80.0 - 85.0] |
| | Physical Disability Alone | 60.8 | [53.6 - 67.6] |
| | Independent Living Disability Alone | 81.7 | [73.1 - 88.0] |
| | Both Physical and Independent Living Disability | 44.6 | [37.4 - 52.0] |
| Household Income | <\$15,000 | 53.2 | [43.2 - 62.9] |
| | \$15,000-\$24,999 | 64.9 | [56.1 - 72.8] |
| | \$25,000-\$49,999 | 72.1 | [67.6 - 76.2] |
| | \$50,000-\$74,999 | 80.4 | [74.2 - 85.4] |
| | \$75,000 | 87.3 | [84.0 - 90.0] |
| Education Level | <High School | 58.7 | [51.0 - 66.0] |
| | Highschool Grad/GED | 75.2 | [72.1 - 78.0] |
| | College Graduate | 86.7 | [83.6 - 89.3] |
| Employment Status | Employed | 82.4 | [79.4 - 85.2] |
| | Unemployed/Unable to work | 59.1 | [52.1 - 65.8] |
| | Homemaker/Student | 72.8 | [64.6 - 79.7] |
| | Retired | 71.3 | [67.0 - 75.3] |
| Urban/Rural | Metropolitan (Metro) | 80.6 | [76.3 - 84.2] |
| | Small Metro | 75.2 | [70.8 - 79.1] |
| | Mixed Urban/Rural | 70.0 | [65.8 - 73.8] |
| | Rural | 78.6 | [71.0 - 84.6] |

~ Estimate suppressed because sample size <50.

^{*} Among NM adults, the proportion of each demographic who participated in any physical activity or exercise other than their regular job in the past month.

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

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

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

Firearm Safety

Firearms in Household

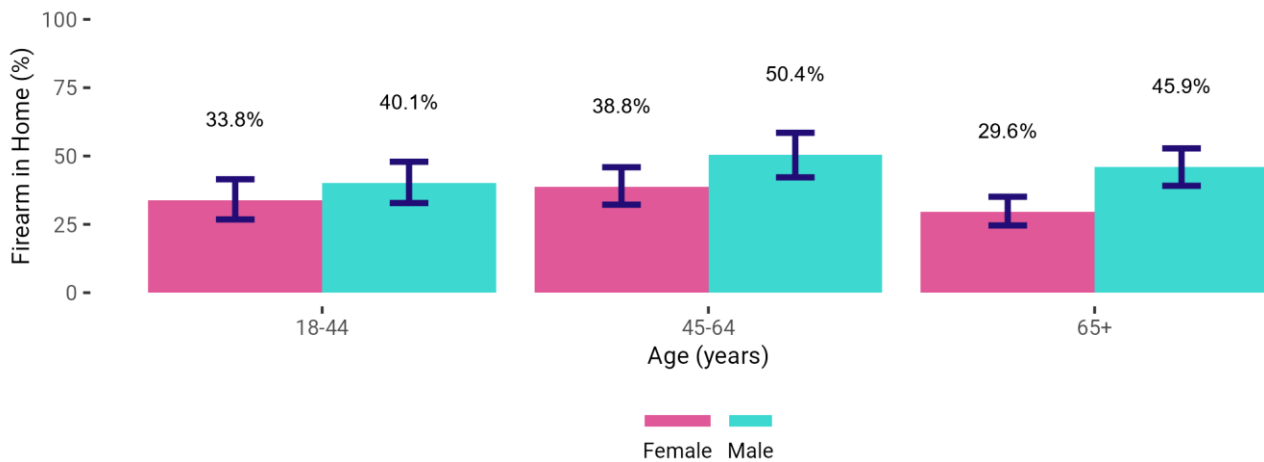
Survey Question:

Are any firearms now kept in or around your home?

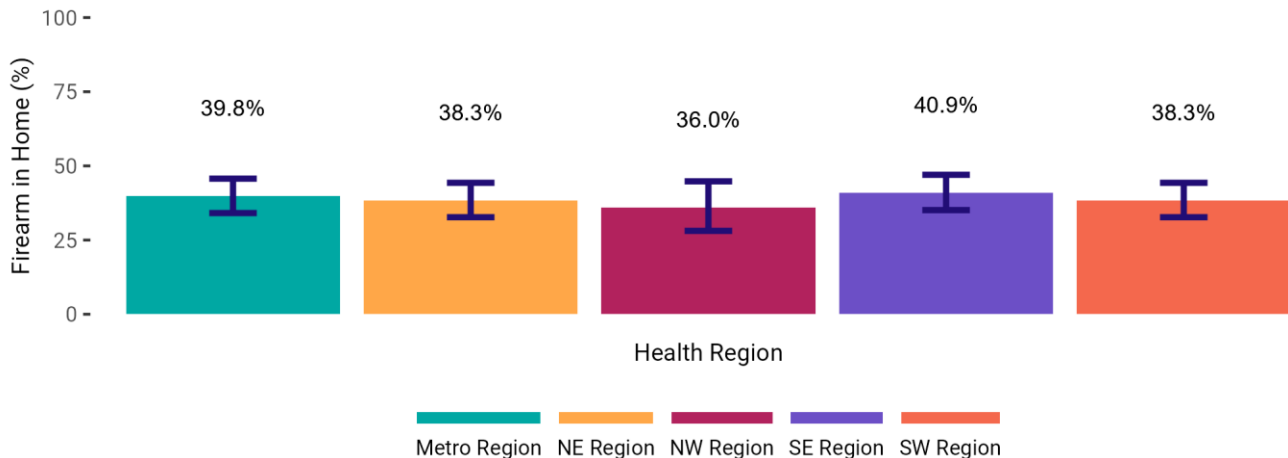
Among New Mexican adults:

- 39.0% have at least one firearm in or around their home.
- 36.6% more households of White adults have firearms than households of Hispanic adults.
- 46.2% more households with an annual income of \$75,000+ have a firearm than households with an income of \$50,000-\$74,999.
- Households with an annual income of \$75,000 are 3.4 times more likely than households with an annual income of less than \$15,000 to have a firearm.

Firearm in Home Prevalence by Sex & Age
New Mexican adults, 2023



Firearm in Home Prevalence by Health Region
New Mexican adults, 2023



| | | Firearm in Home[*] | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|------------------------------------|--------------------------------------------|
| Total | State | 39.0 | [36.1 - 42.1] |
| Age | 18-44 | 36.9 | [31.8 - 42.3] |
| | 45-64 | 44.3 | [39.1 - 49.7] |
| | 65+ | 36.7 | [32.6 - 41.0] |
| Sex | Male | 44.6 | [40.1 - 49.2] |
| | Female | 34.1 | [30.2 - 38.1] |
| Race/Ethnicity[‡] | AIAN | 32.1 | [22.2 - 43.9] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 34.4 | [29.7 - 39.3] |
| | White | 47.0 | [43.0 - 51.1] |
| Sexual Orientation[§] | Heterosexual | 40.1 | [37.0 - 43.3] |
| | LGB, other | 28.9 | [20.0 - 39.8] |
| Disability Status | No Disability | 42.6 | [38.9 - 46.5] |
| | Physical Disability Alone | 37.3 | [30.0 - 45.1] |
| | Independent Living Disability Alone | 28.3 | [19.7 - 38.8] |
| | Both Physical and Independent Living Disability | 29.1 | [22.6 - 36.5] |
| Household Income | <\$15,000 | 17.0 | [10.4 - 26.6] |
| | \$15,000-\$24,999 | 17.6 | [12.0 - 25.0] |
| | \$25,000-\$49,999 | 30.6 | [25.8 - 35.8] |
| | \$50,000-\$74,999 | 39.4 | [31.9 - 47.4] |
| | \$75,000 | 57.6 | [51.8 - 63.3] |
| Education Level | <High School | 20.0 | [13.4 - 28.8] |
| | Highschool Grad/GED | 41.2 | [37.1 - 45.4] |
| | College Graduate | 44.0 | [39.3 - 48.7] |
| Employment Status | Employed | 44.1 | [39.6 - 48.8] |
| | Unemployed/Unable to work | 27.7 | [21.2 - 35.3] |
| | Homemaker/Student | 27.1 | [19.5 - 36.4] |
| | Retired | 40.7 | [35.9 - 45.7] |
| Urban/Rural | Metropolitan (Metro) | 39.7 | [34.0 - 45.6] |
| | Small Metro | 31.6 | [27.1 - 36.4] |
| | Mixed Urban/Rural | 41.6 | [37.0 - 46.4] |
| | Rural | 57.8 | [48.2 - 66.8] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have any firearms in or around their home

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

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

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

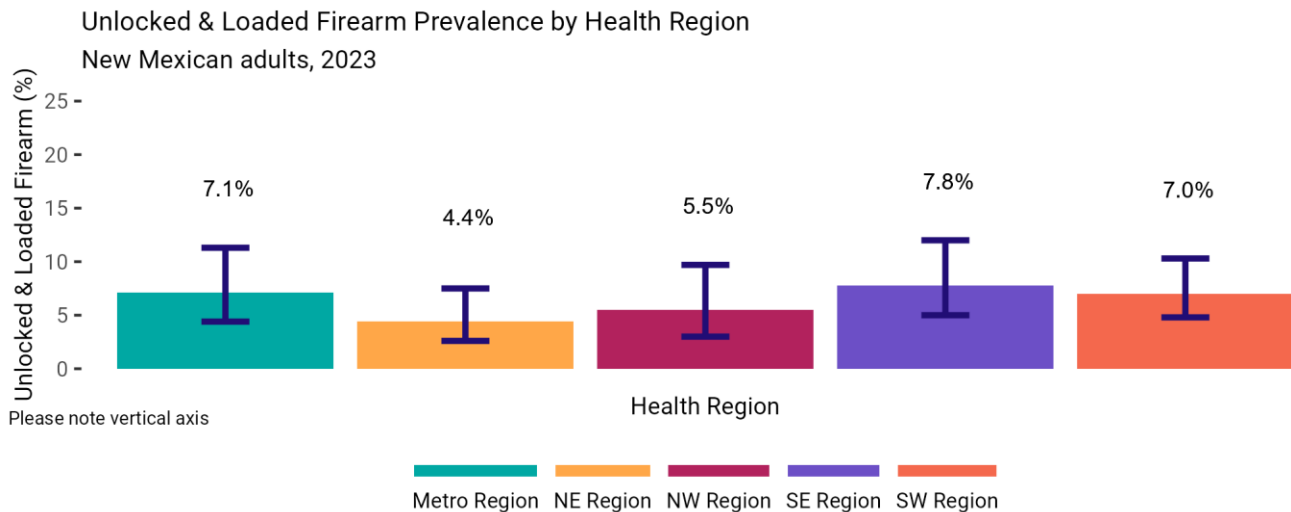
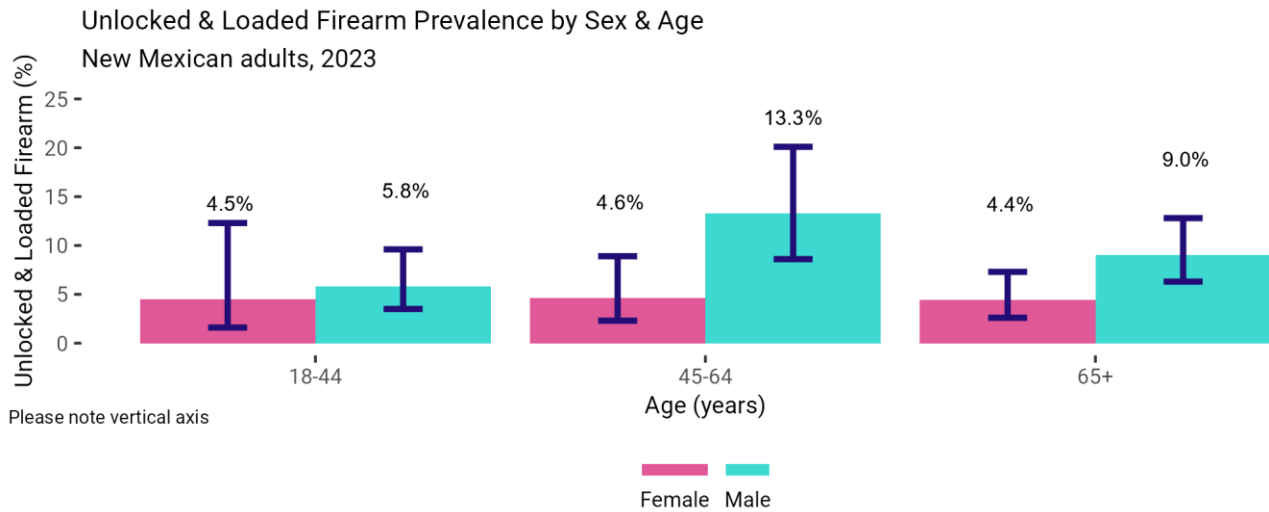
Unlocked & Loaded Firearms

Survey Question:

Are any of these loaded firearms also unlocked?

Among New Mexican adults:

- 6.6% of NM households have at least one unlocked and loaded firearm.
- 5.5 times more households of heterosexual adults have unlocked and loaded firearms than households of lesbian, gay, bisexual or other sexual orientation adults.



| | | Unlocked & Loaded Firearm [*] | 95% Confidence Interval [†] |
|---------------------------------------|-------------------------------------------------|----------------------------------------|--------------------------------------|
| Total | State | 6.6 | [5.1 - 8.4] |
| Age | 18-44 | 5.2 | [3.0 - 8.8] |
| | 45-64 | 8.8 | [6.0 - 12.5] |
| | 65+ | 6.5 | [4.8 - 8.6] |
| Sex | Male | 8.9 | [6.8 - 11.5] |
| | Female | 4.5 | [2.7 - 7.4] |
| Race/Ethnicity[‡] | AIAN | 2.7 | [0.9 - 8.1] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 5.3 | [3.1 - 8.8] |
| | White | 8.9 | [7.0 - 11.2] |
| Sexual Orientation[§] | Heterosexual | 7.1 | [5.5 - 9.1] |
| | LGB, other | 1.5 | [0.5 - 4.3] |
| Disability Status | No Disability | 6.0 | [4.2 - 8.4] |
| | Physical Disability Alone | 11.9 | [7.4 - 18.4] |
| | Independent Living Disability Alone | 3.8 | [1.6 - 8.7] |
| | Both Physical and Independent Living Disability | 6.6 | [3.7 - 11.3] |
| Household Income | <\$15,000 | 5.2 | [2.1 - 12.1] |
| | \$15,000-\$24,999 | 4.6 | [2.2 - 9.3] |
| | \$25,000-\$49,999 | 6.0 | [4.0 - 8.8] |
| | \$50,000-\$74,999 | 5.2 | [2.7 - 9.8] |
| | \$75,000 | 8.9 | [5.7 - 13.7] |
| Education Level | <High School | 3.5 | [1.0 - 11.2] |
| | Highschool Grad/GED | 7.8 | [5.7 - 10.5] |
| | College Graduate | 5.3 | [3.6 - 7.7] |
| Employment Status | Employed | 7.5 | [5.2 - 10.8] |
| | Unemployed/Unable to work | 5.7 | [3.1 - 10.3] |
| | Homemaker/Student | 1.7 | [0.3 - 7.6] |
| | Retired | 7.5 | [5.4 - 10.3] |
| Urban/Rural | Metropolitan (Metro) | 6.9 | [4.2 - 11.1] |
| | Small Metro | 4.4 | [2.8 - 6.8] |
| | Mixed Urban/Rural | 6.8 | [4.9 - 9.4] |
| | Rural | 11.2 | [6.7 - 18.2] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have a loaded and unlocked firearm in or around their home.

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

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

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

Seatbelt Use

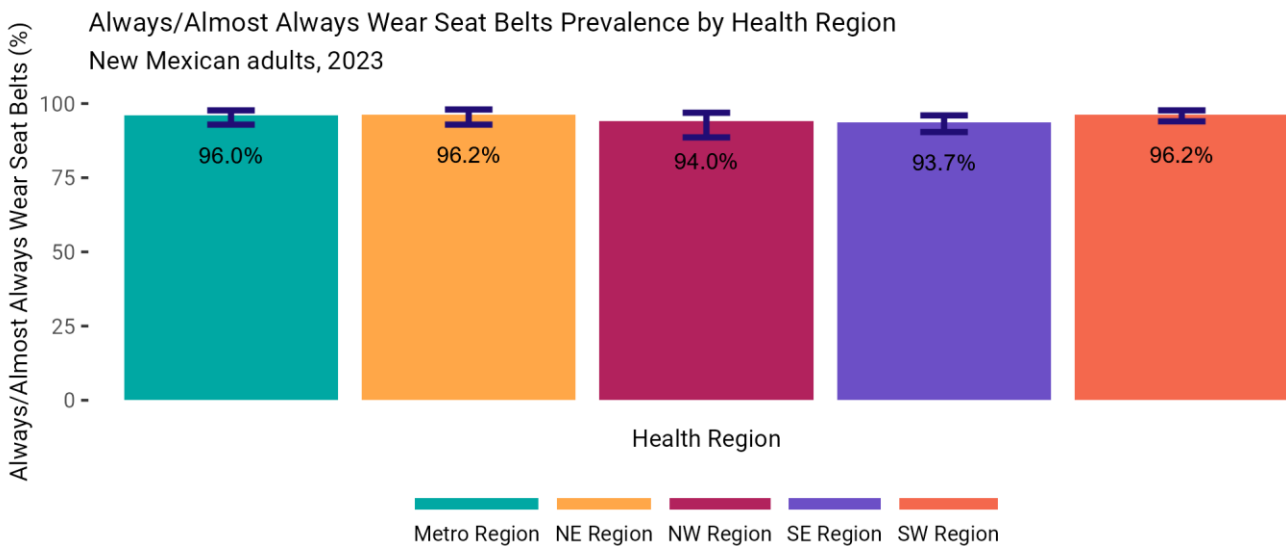
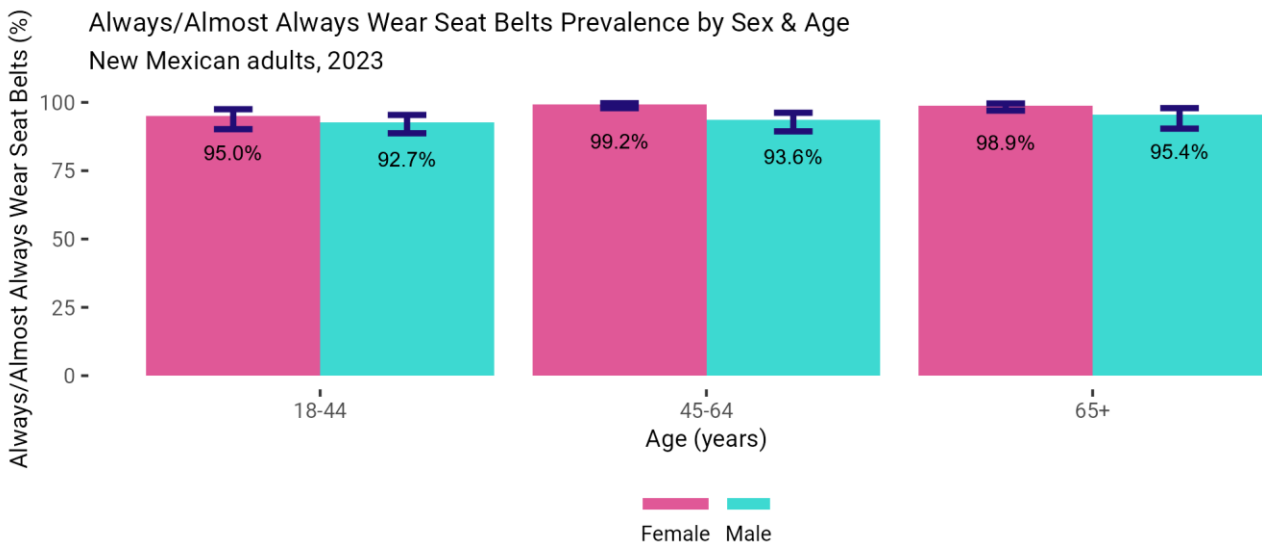
Survey Question:

How often do you use seat belts when you drive or ride in a car? Would you say:

1 Always, 2 Nearly always, 3 Sometimes, 4 Seldom, 5 Never

Among New Mexican adults:

- 95.6% of NM adults always or almost always wear seat belts when driving or riding in a car.
- The prevalence of seat belt use is 8.7% higher among adults without disability than adults with an independent living disability.
- 7.6% more college graduates always or almost always wear seat belts than adults who did not graduate high school or get a GED.



| | | Always/Almost Always Wear Seat Belts [*] | 95% Confidence Interval [†] |
|-------------------------------------------|----------------------------------------------------|------------------------------------------------------|-----------------------------------------|
| Total | State | 95.6 | [94.1 - 96.6] |
| Age | 18-44 | 93.8 | [91.0 - 95.8] |
| | 45-64 | 96.5 | [94.4 - 97.8] |
| | 65+ | 97.3 | [95.0 - 98.6] |
| Sex | Male | 93.7 | [91.3 - 95.4] |
| | Female | 97.3 | [95.3 - 98.5] |
| Race/Ethnicity[‡] | AIAN | 92.1 | [86.0 - 95.6] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 94.6 | [91.8 - 96.5] |
| | White | 97.1 | [95.4 - 98.2] |
| Sexual Orientation[§] | Heterosexual | 95.4 | [93.9 - 96.6] |
| | LGB, other | 96.4 | [84.8 - 99.2] |
| Disability Status | No Disability | 96.6 | [95.1 - 97.7] |
| | Physical Disability Alone | 94.1 | [89.3 - 96.8] |
| | Independent Living Disability Alone | 88.9 | [79.7 - 94.3] |
| | Both Physical and Independent Living Disability | 97.2 | [94.2 - 98.7] |
| Household Income | <\$15,000 | 95.5 | [89.5 - 98.1] |
| | \$15,000-\$24,999 | 95.7 | [91.6 - 97.8] |
| | \$25,000-\$49,999 | 93.6 | [90.0 - 96.0] |
| | \$50,000-\$74,999 | 95.7 | [89.6 - 98.3] |
| | \$75,000 | 97.2 | [94.9 - 98.5] |
| Education Level | <High School | 91.3 | [84.6 - 95.2] |
| | Highschool Grad/GED | 95.3 | [93.4 - 96.8] |
| | College Graduate | 98.2 | [97.2 - 98.8] |
| Employment Status | Employed | 94.3 | [92.0 - 96.0] |
| | Unemployed/Unable to work | 94.0 | [88.6 - 96.9] |
| | Homemaker/Student | 97.3 | [90.4 - 99.3] |
| | Retired | 98.2 | [96.7 - 99.0] |
| Urban/Rural | Metropolitan (Metro) | 96.2 | [92.8 - 98.0] |
| | Small Metro | 96.6 | [94.2 - 98.1] |
| | Mixed Urban/Rural | 94.7 | [92.3 - 96.4] |
| | Rural | 91.7 | [84.7 - 95.6] |

~ Estimate suppressed because sample size <50.

^{*} Among NM adults, the proportion of each demographic who always or almost always wear seat belts when they drive or ride in a car.

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

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

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

Past Year Suicidal Ideation

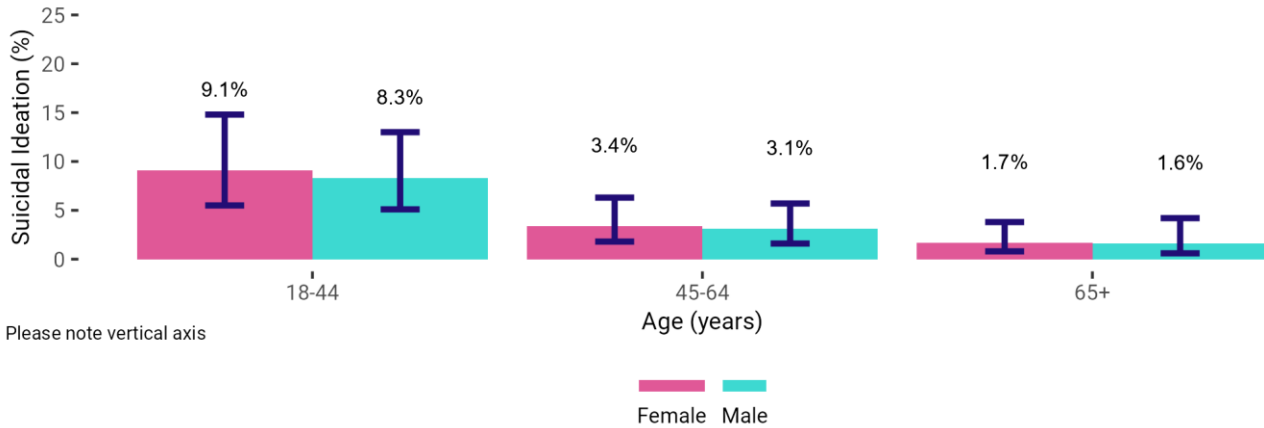
Survey Question:

In the past 12 months, did you ever seriously consider attempting suicide?

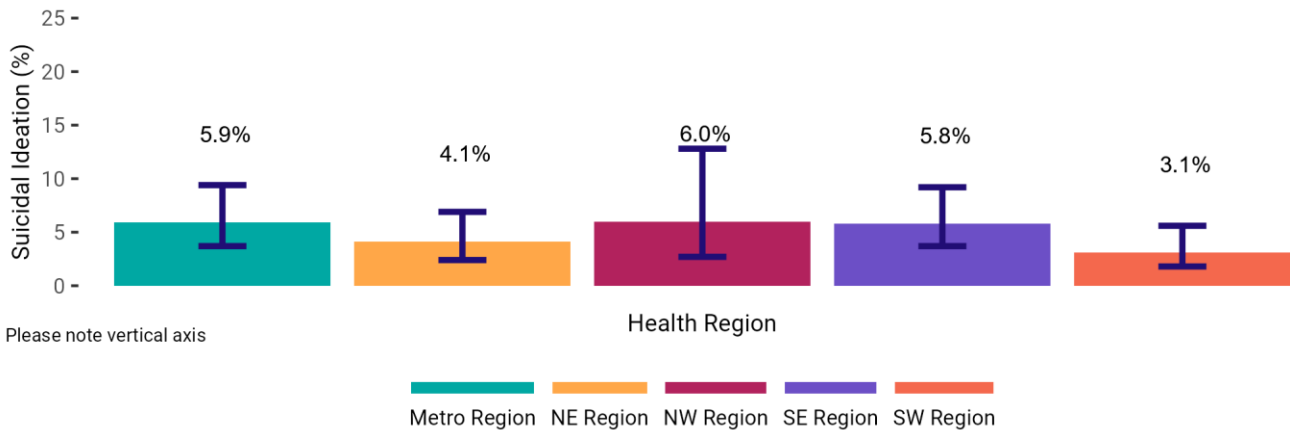
Among New Mexican adults:

- 5.1% have seriously considered attempting suicide within the past 12 months.
- Those aged 18-44 have 1.5 times higher prevalence of suicidal ideation in the past 12 months than adults aged 45-64.
- Lesbian, gay, bisexual or other sexual orientation adults have 4.1 times higher prevalence of suicidal ideation than heterosexual adults.
- Those with an independent living disability have 7.7 times higher prevalence of suicidal ideation than adults without disability.

Suicidal Ideation Prevalence by Sex & Age
New Mexican adults, 2023



Suicidal Ideation Prevalence by Health Region
New Mexican adults, 2023



| | | Past Year Suicidal Ideation [*] | 95% Confidence Interval [†] |
|---------------------------------------|-------------------------------------------------|------------------------------------------|--------------------------------------|
| Total | State | 5.1 | [3.9 - 6.7] |
| Age | 18-44 | 8.7 | [6.1 - 12.2] |
| | 45-64 | 3.3 | [2.1 - 5.1] |
| | 65+ | 1.6 | [0.9 - 3.1] |
| Sex | Male | 5.0 | [3.4 - 7.2] |
| | Female | 5.2 | [3.5 - 7.6] |
| Race/Ethnicity[‡] | AIAN | 11.0 | [5.3 - 21.4] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 3.4 | [2.0 - 5.8] |
| | White | 5.9 | [4.2 - 8.2] |
| Sexual Orientation[§] | Heterosexual | 4.1 | [3.0 - 5.6] |
| | LGB, other | 16.9 | [10.1 - 26.8] |
| Disability Status | No Disability | 2.6 | [1.8 - 3.9] |
| | Physical Disability Alone | 2.4 | [1.1 - 5.0] |
| | Independent Living Disability Alone | 20.0 | [12.3 - 30.8] |
| | Both Physical and Independent Living Disability | 9.4 | [5.7 - 15.2] |
| Household Income | <\$15,000 | 9.8 | [4.8 - 19.0] |
| | \$15,000-\$24,999 | 5.7 | [2.9 - 11.0] |
| | \$25,000-\$49,999 | 6.3 | [4.0 - 9.6] |
| | \$50,000-\$74,999 | 3.8 | [1.5 - 9.3] |
| | \$75,000 | 4.2 | [2.1 - 7.9] |
| Education Level | <High School | 3.7 | [1.6 - 8.5] |
| | Highschool Grad/GED | 5.9 | [4.2 - 8.3] |
| | College Graduate | 4.0 | [2.5 - 6.3] |
| Employment Status | Employed | 5.8 | [4.0 - 8.4] |
| | Unemployed/Unable to work | 12.8 | [8.1 - 19.7] |
| | Homemaker/Student | 1.7 | [0.7 - 3.9] |
| | Retired | 1.5 | [0.8 - 2.9] |
| Urban/Rural | Metropolitan (Metro) | 6.0 | [3.7 - 9.5] |
| | Small Metro | 5.3 | [3.3 - 8.5] |
| | Mixed Urban/Rural | 4.4 | [3.0 - 6.4] |
| | Rural | 1.8 | [0.6 - 4.9] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who seriously considered attempting suicide in the past 12 months.

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

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

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

Sexual Violence

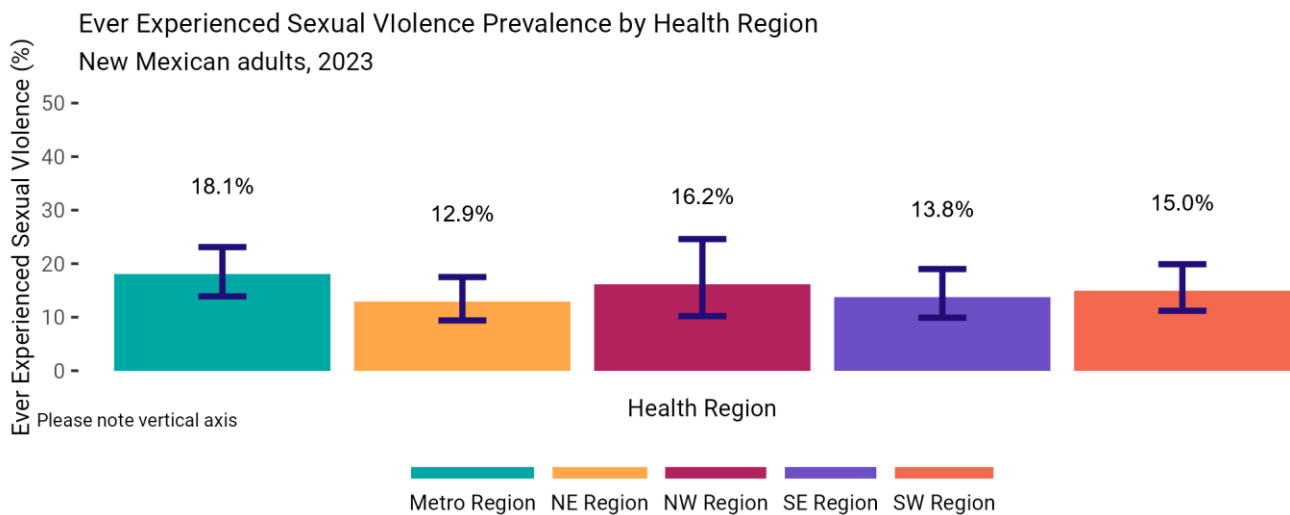
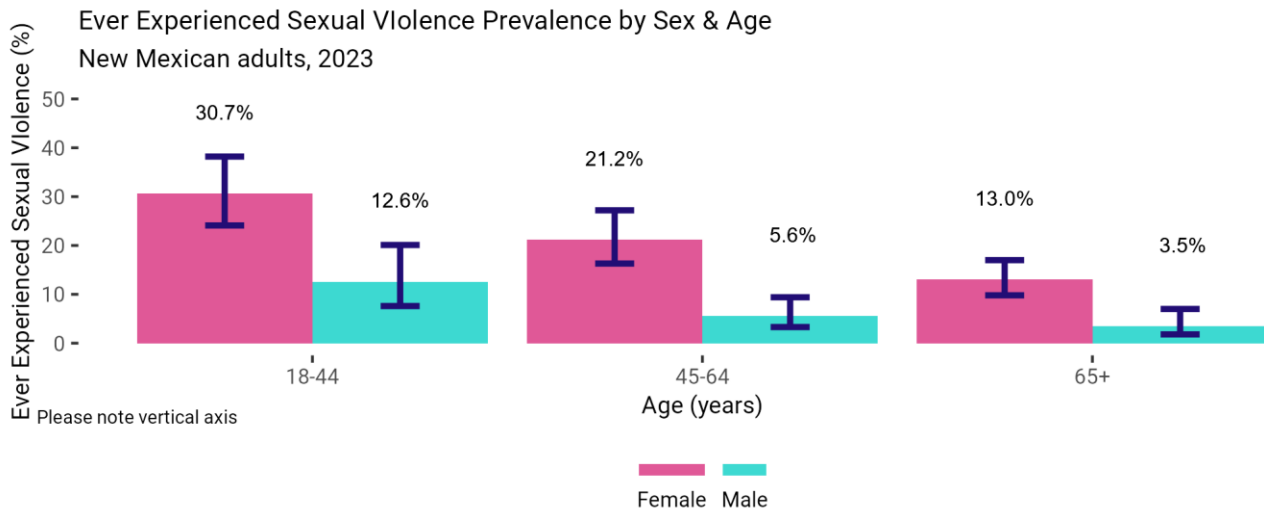
Survey Question:

Has anyone EVER ATTEMPTED to have sex with you after you said or showed that you didn't want to or without your consent, BUT SEX DID NOT OCCUR?

Has anyone EVER had sex with you after you said or showed that you didn't want them to or without your consent?

Among New Mexican adults:

- 15.9% have experienced unwanted sex or an attempt of unwanted sex.
- Females experience 2.8 times higher prevalence of sexual violence than males.
- Adults who are lesbian, gay, bisexual, or another sexual orientation experience 1.1 times higher prevalence sexual violence than adults who are heterosexual.



| | | Ever Experienced Sexual Violence[*] | 95% Confidence Interval[†] |
|---------------------------------------|-------------------------------------------------|-----------------------------------------------------|--------------------------------------------|
| Total | State | 15.9 | [13.7 - 18.4] |
| Age | 18-44 | 21.7 | [17.4 - 26.7] |
| | 45-64 | 13.9 | [10.9 - 17.6] |
| | 65+ | 8.8 | [6.8 - 11.4] |
| Sex | Male | 8.2 | [5.7 - 11.8] |
| | Female | 22.8 | [19.5 - 26.5] |
| Race/Ethnicity[‡] | AIAN | 16.1 | [8.9 - 27.4] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 12.7 | [9.5 - 16.9] |
| | White | 19.7 | [16.6 - 23.3] |
| Sexual Orientation[§] | Heterosexual | 13.9 | [11.7 - 16.5] |
| | LGB, other | 38.2 | [28.0 - 49.5] |
| Disability Status | No Disability | 12.7 | [10.5 - 15.3] |
| | Physical Disability Alone | 8.7 | [5.4 - 13.7] |
| | Independent Living Disability Alone | 39.0 | [28.1 - 51.1] |
| | Both Physical and Independent Living Disability | 21.8 | [15.5 - 29.8] |
| Household Income | <\$15,000 | 22.3 | [13.7 - 34.3] |
| | \$15,000-\$24,999 | 12.3 | [7.3 - 20.0] |
| | \$25,000-\$49,999 | 16.2 | [12.5 - 20.9] |
| | \$50,000-\$74,999 | 17.0 | [10.7 - 25.8] |
| | \$75,000 | 15.0 | [11.2 - 19.7] |
| Education Level | <High School | 11.3 | [5.5 - 22.0] |
| | Highschool Grad/GED | 16.6 | [13.6 - 20.1] |
| | College Graduate | 16.5 | [13.5 - 20.1] |
| Employment Status | Employed | 15.3 | [12.1 - 19.3] |
| | Unemployed/Unable to work | 31.4 | [24.0 - 40.0] |
| | Homemaker/Student | 16.1 | [10.6 - 23.9] |
| | Retired | 9.1 | [6.8 - 11.9] |
| Urban/Rural | Metropolitan (Metro) | 18.2 | [14.0 - 23.3] |
| | Small Metro | 16.2 | [12.6 - 20.6] |
| | Mixed Urban/Rural | 12.9 | [10.0 - 16.6] |
| | Rural | 11.8 | [6.9 - 19.4] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have ever experienced unwanted sex or an attempt of unwanted sex.

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

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

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

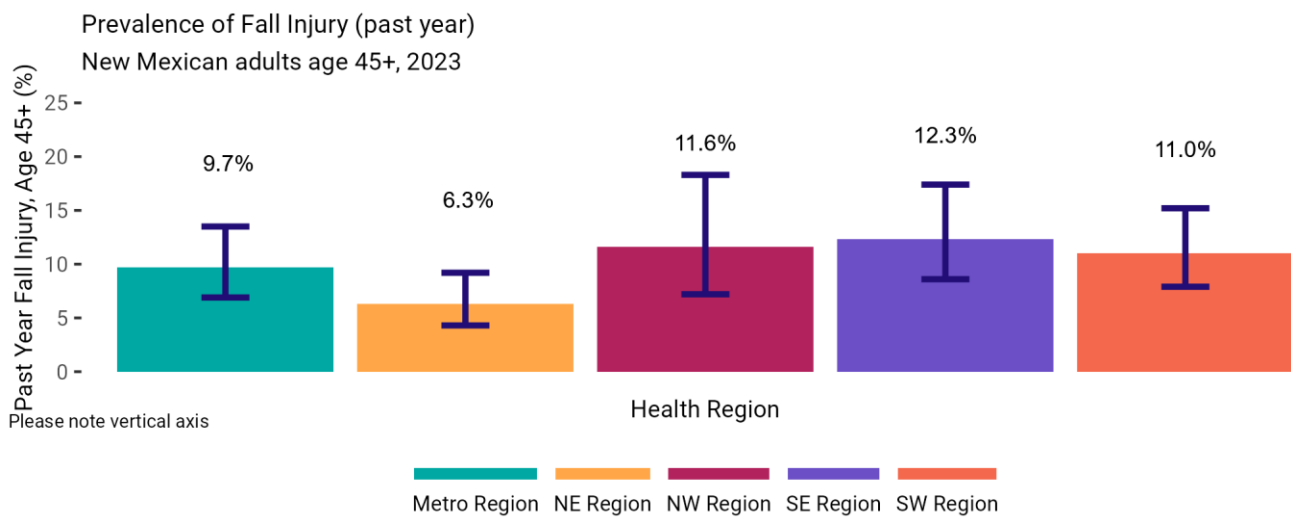
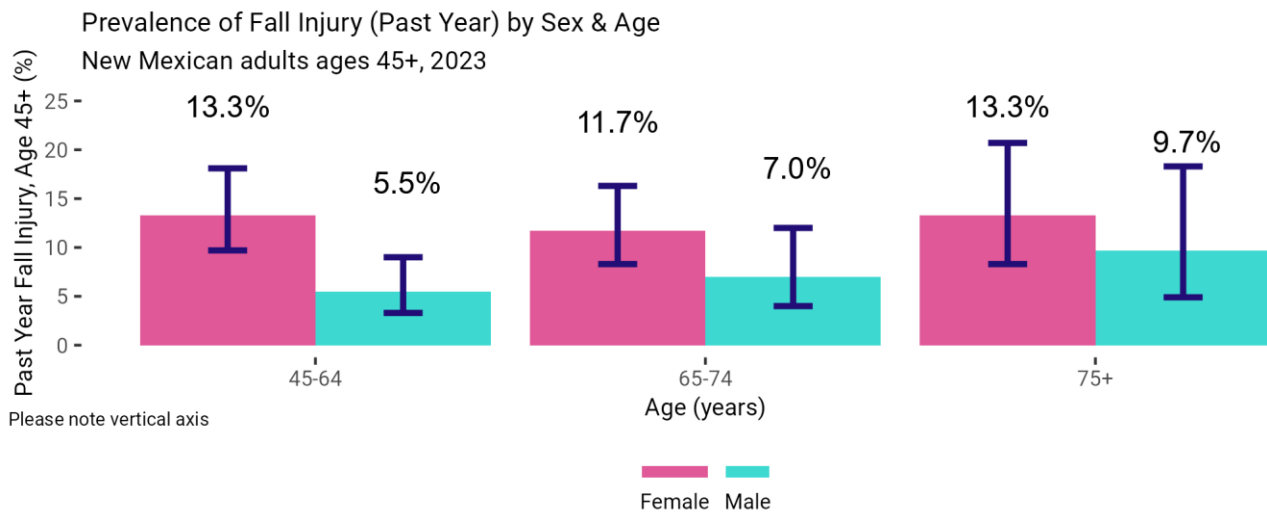
Past Year Fall Injury, Age 45 & older

Survey Question:

How many of these falls caused an injury that limited your regular activities for at least a day or caused you to go to see a doctor?

Among New Mexican adults ages 45 and older:

- 9.8% have had a fall that resulted in injury in the past 12 months.
- Those 75 years or older have 1.2 times higher prevalence of fall injury in the past year than those aged 45-74.
- Those with a physical disability have 2.7 times higher prevalence of fall injury than those without disability.



| | | Past Year Fall Injury, Age 45+ [*] | 95% Confidence Interval [†] |
|---------------------------------------|-------------------------------------------------|---------------------------------------------|--------------------------------------|
| Total | State | 9.8 | [8.2 - 11.7] |
| Age | 45-64 | 9.6 | [7.3 - 12.4] |
| | 65-74 | 9.6 | [7.1 - 12.7] |
| | 75+ | 11.7 | [8.0 - 16.9] |
| | | | |
| Sex | Male | 6.6 | [4.7 - 9.1] |
| | Female | 12.7 | [10.2 - 15.6] |
| Race/Ethnicity[‡] | AIAN | 13.6 | [7.0 - 24.9] |
| | Asian/NHOPI | ~ | [~ - ~] |
| | Black/AA | ~ | [~ - ~] |
| | Hispanic | 10.7 | [8.0 - 14.2] |
| | White | 8.7 | [6.9 - 10.9] |
| Sexual Orientation[§] | Heterosexual | 9.6 | [7.9 - 11.6] |
| | LGB, other | 13.7 | [5.7 - 29.7] |
| Disability Status | No Disability | 5.5 | [3.9 - 7.6] |
| | Physical Disability Alone | 15.1 | [10.7 - 20.9] |
| | Independent Living Disability Alone | 7.6 | [3.8 - 14.4] |
| | Both Physical and Independent Living Disability | 22.7 | [17.0 - 29.5] |
| Household Income | <\$15,000 | 18.3 | [10.8 - 29.3] |
| | \$15,000-\$24,999 | 13.2 | [8.1 - 20.7] |
| | \$25,000-\$49,999 | 10.5 | [7.6 - 14.4] |
| | \$50,000-\$74,999 | 10.1 | [5.6 - 17.7] |
| | \$75,000 | 7.1 | [4.9 - 10.1] |
| Education Level | <High School | 11.8 | [7.4 - 18.1] |
| | Highschool Grad/GED | 9.6 | [7.4 - 12.5] |
| | College Graduate | 9.3 | [7.1 - 12.2] |
| Employment Status | Employed | 6.1 | [4.0 - 9.1] |
| | Unemployed/Unable to work | 24.3 | [17.8 - 32.3] |
| | Homemaker/Student | 2.9 | [1.2 - 6.8] |
| | Retired | 10.3 | [7.9 - 13.4] |
| Urban/Rural | Metropolitan (Metro) | 9.2 | [6.4 - 13.0] |
| | Small Metro | 9.4 | [6.7 - 13.1] |
| | Mixed Urban/Rural | 11.2 | [8.6 - 14.5] |
| | Rural | 5.4 | [2.9 - 9.9] |

~ Estimate suppressed because sample size <50.

* Among NM adults, the proportion of each demographic who have had a fall that resulted in injury in the past 12 months.

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

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

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

Technical Notes

Survey Methods

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

Individuals who are 18 years of age or older, use a cell phone, or live in a private residential household with landline telephone service are eligible for the survey. Adults who do not have a cell phone for personal use and do not have access to a landline telephone are not eligible for the survey. Additionally, adults who live in nursing homes, group homes or institutions, such as prisons, are not eligible for the survey. The identity of the respondent is never known to the interviewer, and the last two digits of the phone number are never sent to the CDC. The CDC removes the remaining eight digits of the phone number from the data file after completing a quality assurance protocol. Participation in the survey is voluntary, and all individual information collected is confidential. Identifying information such as name, date of birth, or address, is not collected.

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

Quality assurance

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

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

Strengths and Limitations

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

The BRFSS relies on adults to provide information on their own health behaviors and conditions. Respondents may be reluctant to report behaviors that are considered undesirable such as drinking and driving. Respondents may also have trouble remembering details about past behaviors or may remember them incorrectly. Consequently, the prevalence of behaviors may be underestimated or overestimated by the survey.

Telephone interviews have a number of advantages over other sampling methods such as face-to-face interviews and self-administered questionnaires. The lower cost of telephone interviews makes it possible to include a larger number of adults in the survey than would be possible if a face-to-face survey were conducted. Telephone surveys are also easier to monitor for quality assurance purposes than are face-to-face surveys. Telephone interviews are administered by a trained interviewer while self-administered mail-out surveys may be affected by the literacy of the selected respondents and could be completed by family members other than the one selected, which may affect the accuracy of the information collected and the relative estimates.

Response Rates

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

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

Survey Weighting

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

The sampling weight adjusts for the fact that adults within the population had different probabilities of being included in the sample, because:

- Households with land-line telephone numbers in the low-density stratum had a lower probability of being selected than households with phone numbers in the high-density stratum.
- Households with more than one land-line telephone line had a greater chance of being selected.
- In land-line households housing many adults, each adult had a proportionally smaller chance of being randomly selected than an adult who was the sole adult of the selected household.
- Each cellular telephone number had a probability of selection based on the total number of cell phone numbers in the cell phone sample.

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

2023 NM BRFSS Sample Demographics

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

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

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

Analysis and Presentation

The data in this report are presented in either tables or graphs and are the estimated population percentages of adults with a particular condition, risk factor, or behavior. Like any estimate produced from population surveys, the estimates produced from the BRFSS are subject to error. Two related measures of error are the standard error (SE) and the 95% confidence interval. The *survey*¹⁰ package in R version 4.3.3¹¹ with RStudio¹² was used to analyze the data. The *survey* package incorporates the complex sample design of the BRFSS to calculate appropriate SE and 95% confidence intervals (CI). Tables and plots were created using the *gt*¹³ and *ggplot2*¹⁴ packages respectively.

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

By BRFSS convention and the New Mexico Department of Health's Small Numbers Rule, when a particular estimate is based on less than 50 respondents, the weighted percentage, and associated 95% confidence intervals are not presented because estimates based on small sample sizes are considered unreliable.¹⁵ This often impacts reporting for the two smallest race/ethnic populations in NM (Asian/NHOPI and Black/African American) or other small populations. Reporting on smaller population groups is almost always possible by combining multiple years of data (contact BRFSS epidemiologist for additional information).

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

¹⁰ T. Lumley (2024) *survey: analysis of complex survey samples*. R package version 4.4.

¹¹ R Core Team (2024). *R: A Language and Environment for Statistical Computing*. R Foundation for Statistical Computing, Vienna, Austria. <<https://www.R-project.org/>>.

¹² RStudio 2024.04.0+735 Chocolate Cosmos Release (a00d0e775dbc93e0d79a1bf474e3e8e8de677383, 2024-04-24) for windows Mozilla/5.0 (Windows NT 10.0; Win64; x64) AppleWebKit/537.36 (KHTML, like Gecko) RStudio/2024.04.0+735 Chrome/120.0.6099.291 Electron/28.2.6 Safari/537.36, Quarto 1.4.553

¹³ Iannone R, Cheng J, Schloerke B, Hughes E, Lauer A, Seo J, Brevoort K, Roy O (2024). *_gt: Easily Create Presentation-Ready Display Tables*. R package version 0.11.1, <<https://CRAN.R-project.org/package=gt>>.

¹⁴ H. Wickham. *ggplot2: Elegant Graphics for Data Analysis*. Springer-Verlag New York, 2016.

¹⁵ New Mexico Rule for Small Numbers and Public Data Release.

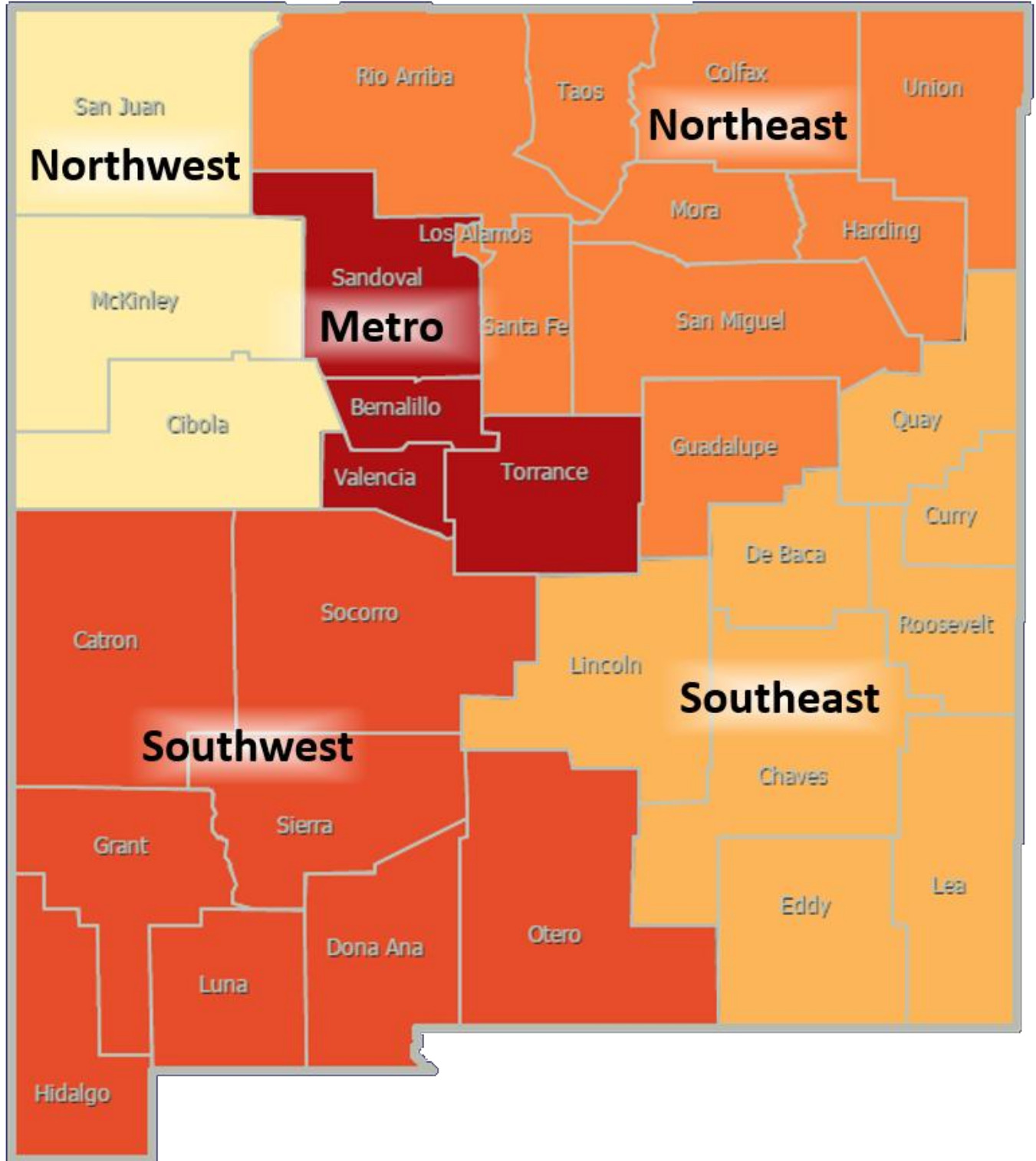
<https://ibis.doh.nm.gov/contentfile/docs/Standards/NMSmallNumbersRule2006.pdf>

In general, population estimates with smaller standard errors (SE) are more precise and reliable than population estimates with larger SE. Sample size influences the magnitude of an estimate's probability of error and so affects the likely precision of the estimate. This issue is particularly relevant to some estimates presented by race/ethnicity where the number of Black/AAs, and Asian/NHOPI sampled was small, resulting in large SE and estimates that were unreliable. Discerning possible differences between rates of conditions or risk factors in these smaller populations and the larger White, non-Hispanic, Hispanic, and AIAN populations was often difficult. This issue is relevant to estimates for any small population group, such as a narrowly defined age group, a small number of respondents with a particular health condition, or a small demographic group such as adults who were retired.

With respect to certain conditions and risk factors, particularly those addressed by core BRFSS questions that were asked of respondents in every state, estimates for New Mexico (NM) were compared to estimates for the U.S. (U.S. = all 50 states, plus the District of Columbia). These data are presented in the form of a trend chart. When a difference is stated, the U.S. median is not within the 95% CI of the NM estimate.

Maps

New Mexico Health Regions



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

