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State of Mental Health in New Mexico

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State of Mental Health in New Mexico

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Foreword

The New Mexico Department of Health (NMDOH) is pleased to present its first statewide report of mental health indicators. This report is dedicated to the many groups and organizations in our state that have been working tirelessly to promote mental health and prevent mental disorders and to the people they serve.

NMDOH agrees with the World Health Organization (WHO)'s assertion that there is "no health without mental health."¹ Mental health is an integral part of well-being, is essential for maintaining healthy family and interpersonal relationships and allows an individual to live a full and productive life. Unfortunately, globally and in the United States, the burden of mental illness is among the highest of all diseases.² Mental disorders also have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today's most pressing chronic diseases, including diabetes, heart disease, and cancer. They have long-lasting effects that not only include high psychosocial and economic costs for people living with the disorder, but also for their families, schools, workplaces, and communities.³

As demonstrated in this report, mental disorders are a concern for all residents of New Mexico, from children to older adults, and are associated with age, gender, education, income level, race and ethnicity, geographical location and sexual orientation. For this reason, NMDOH is striving to improve mental health by increasing knowledge and informing the integration of health services.

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TABLE OF CONTENTS

List of Figures v

List of Appendix Tables x

Acronymsxvi

1 Introduction 1

 1.1 Purpose 1

 1.3 How to Use This Report 3

 1.4 New Mexico Demographics 4

2 Youth 5

 2.1 Mental Distress 5

 2.1.1 Feelings of Sadness/Hopelessness 6

 2.1.2 Non-suicidal Self-injury (NSSI)..... 11

 2.1.3 Major Depressive Episode..... 14

 2.2 Suicidal Behaviors..... 15

 2.2.1 Seriously Considered Suicide 15

 2.2.2 Made a Plan to Attempt Suicide 19

 2.2.3 Attempted Suicide..... 22

 2.2.4 Injured in a Suicide Attempt 26

 2.2.5 Emergency Department Encounter for Intentional Self-injury 30

 2.3 Hospitalization for Acute Episode of Mental Illness 34

 2.4 Death by Intentional Self-harm (Suicide) 38

3 Adults 40

 3.1 Mental Distress 40

 3.1.1 Mental Distress – 6+ Days 40

 3.1.2 Major Depressive Episode..... 48

 3.1.3 Any Mental Illness 53

 3.1.4 Serious Mental Illness 54

 3.2 Suicidal Behaviors 55

 3.2.1 Serious Thoughts About Suicide..... 55

 3.2.2 Suicide Attempt..... 60

 3.2.3 Emergency Department Encounter for Intentional Self-injury 63

 3.3 Hospital Admission for Acute Episode of Mental Illness 66



3.4 Death by Intentional Self-harm (Suicide)..... 70

4 All Ages..... 78

4.1 Suicidal Behaviors..... 78

4.1.1 Emergency Department Encounter for Intentional Self-injury 78

4.2 Hospital Admission for Acute Episode of Mental Illness..... 81

4.3 Death by Intentional Self-harm (Suicide) 85

5 Summary 94

5.1 Additional sources of surveillance and support..... 94

5.2 Areas of Need..... 95

5.3 Recommendations 96

Appendix A: Data Sources & Definitions..... 97

Appendix B: Public Resources 106

Appendix C: State Indicator Tables – Youth..... 109

Appendix D: State Indicator Tables – Adult 127

Appendix E: State Indicator Tables – All Ages..... 143

Appendix F: New Mexico Health Region Indicator Tables – Northwest 151

Appendix G: New Mexico Health Region Indicator Tables – Northeast 172

Appendix H: New Mexico Health Region Indicator Tables – Metro 193

Appendix I: Health Region Indicator Tables – Southeast..... 214

Appendix J: Health Region Indicator Tables – Southwest..... 235



LIST OF FIGURES

Figure 1. Feelings of sadness/hopelessness in the past 12 months by year, grades 9-12, New Mexico and United States, 2003-2015.....	6
Figure 2. Feelings of sadness or hopelessness in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015	7
Figure 3. Feelings of sadness or hopelessness in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015.....	8
Figure 4. Feelings of sadness or hopelessness in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015.....	9
Figure 5. Feelings of sadness or hopelessness in the past 12 months by urban-rural residence, grades 9-12, New Mexico, 2015.....	10
Figure 6. Non-suicidal self-injury in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015.....	11
Figure 7. Non-suicidal self-injury in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015.....	12
Figure 8. Non-suicidal self-injury in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015.....	13
Figure 9. Major depressive episode in the past 12 months by year, 12-17 years, New Mexico and United States, 2009-2016.....	14
Figure 10. Seriously considered suicide in the past 12 months, grades 9-12, New Mexico and United States, 2003-2015.....	15
Figure 11. Seriously considered suicide in the past 12 months, by grade and sex, Grades 9-12, New Mexico, 2015.....	16
Figure 12. Seriously considered suicide in the past 12 months, by race/ethnicity and sex, Grades 9-12, New Mexico, 2015.....	17
Figure 13. Seriously considered suicide in the past 12 months, by sexual orientation, Grades 9-12, New Mexico, 2015.....	18
Figure 14. Made a plan to attempt suicide in the past 12 months by year, grades 9-12, New Mexico and United States, 2003-2015.....	19
Figure 15. Made a plan to attempt suicide in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015.....	20
Figure 16. Made a plan to attempt suicide in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015.....	21
Figure 17. Attempted suicide in the past 12 months by year, grades 9-12, New Mexico, 2003-2015.....	22
Figure 18. Attempted suicide in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015.....	23
Figure 19. Attempted suicide in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015.....	24

Figure 20. Attempted suicide in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015..... 25

Figure 21. Injured in a suicide attempt in the past 12 months by year, grades 9-12, New Mexico, 2003-2015..... 26

Figure 22. Injured in a suicide attempt in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015..... 27

Figure 23. Injured in a suicide attempt in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015..... 28

Figure 24. Injured in a suicide attempt in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015..... 29

Figure 25. Emergency department encounter for intentional self-injury by year, 10-19 years, New Mexico, 2010-2014..... 30

Figure 26. Emergency department encounter for intentional self-injury by year and sex, 10-19 years, New Mexico, 2010-2014..... 31

Figure 27. Emergency department encounter for intentional self-injury by age group and sex, 10-19 years, New Mexico, 2014..... 32

Figure 28. Emergency department encounter for intentional self-injury by health region, 10-19 years, New Mexico, 2014..... 33

Figure 29. Hospitalization for mental disorders by year, 12-17 years, New Mexico, 2007-2016.....34

Figure 30. Hospitalization for mental disorders by year and sex, 12-17 years, New Mexico, 2007-2016..... 35

Figure 31. Hospitalization for mental disorders by age group and sex, 12-17 years, New Mexico, 2016..... 36

Figure 32. Hospitalization for mental disorders by sex and diagnostic group, 12-17 years, New Mexico, 2016..... 37

Figure 33. Death by intentional self-harm (suicide) by year, 12-17 years, New Mexico and United States, 2007-2016..... 38

Figure 34. Death by intentional self-harm (suicide) by age group and sex, 12-17 years, New Mexico, 2012-2016..... 39

Figure 35. Mental distress (6+ days) in the past 30 days by year, 18+ years, New Mexico and United States, 2011-2016..... 41

Figure 36. Mental distress (6+ days) in the past 30 days by age group, 18+ years, New Mexico, 2016..... 42

Figure 37. Mental distress (6+ days) in the past 30 days by race/ethnicity and sex, 18+ years, New Mexico, 2014-2016..... 43

Figure 38. Mental distress (6+ days) in the past 30 days by age group and race/ethnicity, 18+ years, New Mexico, 2014-2016..... 44

Figure 39. Mental distress (6+ days) in the past 30 days by sexual orientation, 18+ years, New Mexico, 2016..... 45



Figure 40. Mental distress (6+ days) in the past 30 days by household income, 18+ years, New Mexico, 2016.....	46
Figure 41. Mental distress (6+ days) in the past 30 days by education level, 18+ years, New Mexico, 2016.....	47
Figure 42. Current Depression, 18+ years, New Mexico, 2011-2016.....	49
Figure 43. Current Depression by age group and sex, 18+ years, New Mexico and United States, 2016.....	50
Figure 44. Current Depression by sexual orientation, 18+ years, New Mexico and United States, 2016.....	51
Figure 45. Major depressive episode in the past year, 18+ years, New Mexico and United States, 2009-2016.....	52
Figure 46. Any mental illness in the past year, 18+ years, New Mexico and United States, 2009-2016.....	53
Figure 47. Serious mental illness in the past year, 18+ years, New Mexico and United States, 2009-2016.....	54
Figure 48. Considered suicide in the past year, 18+ years, New Mexico, 2011-2016.....	55
Figure 49. Considered suicide in the past year by age group, 18+ years, New Mexico, 2016.....	56
Figure 50. Considered suicide in the past year by race/ethnicity, 18+ years, New Mexico, 2016.....	57
Figure 51. Considered suicide in the past year by sexual orientation, 18+ years, New Mexico, 2016.....	58
Figure 52. Had serious thoughts of suicide in the past year, 18+ years, New Mexico and United States, 2009-2016.....	59
Figure 53. Made a suicide attempt in the past year by year, 18+ years, New Mexico, 2011-2016.....	60
Figure 54. Made a suicide attempt in the past year by age group, 18+ years, New Mexico, 2016.....	61
Figure 55. Made a suicide attempt in the past year by health region, 18+ years, New Mexico, 2016.....	62
Figure 56. Emergency department encounter for intentional self-injury by year, 18+ years, New Mexico, 2010-2014.....	63
Figure 57. Emergency department encounter for intentional self-injury by age group and sex, 18+ years, New Mexico, 2014.....	64
Figure 58. Emergency department encounter for intentional self-injury by health region, 18+ years, New Mexico, 2014.....	65
Figure 59. Hospitalization for mental disorders by year, 18+ years, New Mexico, 2007-2016....	66
Figure 60. Hospitalization for mental disorders by year and sex, 18+ years, New Mexico, 2007-2016.....	67
Figure 61. Hospitalization for mental disorders by age group and sex, 18+ years, New Mexico, 2016.....	68

Figure 62. Hospitalization for mental disorders by sex and diagnostic group, 18+ years, New Mexico, 2016..... 69

Figure 63. Death by intentional self-harm (suicide) by year, 18+ years, New Mexico and U.S., 2007-2016..... 70

Figure 64. Death by intentional self-harm (suicide) by New Mexico Health Region, 18+ years, New Mexico, 2012-2016..... 71

Figure 65. Death by intentional self-harm (suicide) by urban-rural residence, 18+ years, New Mexico, 2012-2016..... 72

Figure 66. Death by intentional self-harm (suicide) by age group and sex, 18+ years, New Mexico, 2012-2016..... 73

Figure 67. Death by intentional self-harm (suicide) by race/ethnicity and sex, 18+ years, New Mexico, 2012-2016..... 74

Figure 68. Death by intentional self-harm (suicide) by sex and cause of death, 18+ years, New Mexico, 2016..... 75

Figure 69. Death by intentional self-harm (suicide) by sex and cause of death, 18+ years, New Mexico, 2016..... 76

Figure 70. Death by intentional self-harm (suicide) by age group and cause of death, 18+ years, New Mexico, 2012-2016..... 77

Figure 71. Emergency department encounter for intentional self-injury by year, New Mexico, 2010-2014..... 78

Figure 72. Emergency department encounter for intentional self-injury by year and sex, New Mexico, 2010-2014..... 79

Figure 73. Emergency department encounter for intentional self-injury by age group and sex, New Mexico, 2014..... 80

Figure 74. Hospitalization for mental disorders by year, New Mexico, 2007-2016..... 81

Figure 75. Hospitalization for mental disorders by year and sex, New Mexico, 2007-2016..... 82

Figure 76. Hospitalization for mental disorders by age group and sex, New Mexico, 2016..... 83

Figure 77. Hospitalization for mental disorders by diagnostic group and sex, New Mexico, 2016..... 84

Figure 78. Death by intentional self-harm (suicide)s by year, New Mexico and U.S., 2007-2016..... 85

Figure 79. Death by intentional self-harm (suicide) by year and sex, New Mexico, 2007-2016.. 86

Figure 80. Death by intentional self-harm (suicide) by health region, New Mexico, 2012-2016. 87

Figure 81. Death by intentional self-harm (suicide) by urban and rural counties, New Mexico, 2012-2016..... 88

Figure 82. Death by intentional self-harm (suicide) by age group, New Mexico, 2012-2016..... 89

Figure 83. Death by intentional self-harm (suicide) by race/ethnicity, New Mexico, 2012-2016..... 90

Figure 84. Death by intentional self-harm (suicide) by cause of death, New Mexico, 2012-2016..... 91



Figure 85. Death by intentional self-harm (suicide) by sex and cause of death, New Mexico, 2012-2016..... 92

Figure 86. Death by intentional self-harm (suicide) by age group and cause of death, New Mexico, 2012-2016..... 93



LIST OF APPENDIX TABLES

Table C1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, New Mexico, 2015.....	110
Table C2. Non-suicidal Self-injury in the past 12 months, grades 9-12, New Mexico, 2015.....	112
Table C3. Seriously considered suicide in the past 12 months, grades 9-12, New Mexico, 2015.....	114
Table C4. Made a plan to attempt suicide in the past 12 months, grades 9-12, New Mexico, 2015.....	116
Table C5. Attempted suicide in the past 12 months, grades 9-12, New Mexico, 2015.....	118
Table C6. Injured in a suicide attempt in the past 12 months, grades 9-12, New Mexico, 2015.....	120
Table C7. Emergency department encounter for intentional self-injury, 10-19 years, New Mexico, 2014.....	122
Table C8. Hospitalization for acute episode of mental illness, 12-17 years, New Mexico, 2016.....	124
Table C9. Death by intentional self-harm (suicide), 12-17 years, New Mexico, 2012-2016.....	126
Table D1. Mental distress (6+ days) in the past 30 days, 18+ years, New Mexico, 2016.....	128
Table D2. Current Depression, 18+ years, New Mexico, 2016.....	130
Table D3. Considered suicide in the past year, 18+ years, New Mexico, 2016.....	132
Table D4. Made a suicide attempt in the past year by year, 18+ years, New Mexico, 2016.....	134
Table D5. Emergency department encounter for intentional self-injury, 18+ years, New Mexico, 2014.....	136
Table D6. Hospitalization for acute episode of mental illness, 18+ years, New Mexico, 2016...	138
Table D7. Death by intentional self-harm (suicide), 18+ years, New Mexico, 2012-2016.....	140
Table E1. Emergency department encounter for intentional self-injury, New Mexico, 2014....	144
Table E2. Hospitalization for acute episode of mental illness, New Mexico, 2016.....	146
Table E3. Death by intentional self-harm (suicide), New Mexico, 2012-2016.....	148
Table F1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	153
Table F2. Non-suicidal self-injury in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	154
Table F3. Seriously considered suicide in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	155
Table F4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	156
Table F5. Attempted suicide in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	157
Table F6. Injured in a suicide attempt in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015.....	158

Table F7. Emergency department encounter for intentional self-injury, 10-19 years, Northwest New Mexico Health Region, 2014.....	159
Table F8. Hospitalization for acute episode of mental illness, 12-17 years, Northwest New Mexico Health Region, 2016.....	160
Table F9. Death by intentional self-harm (suicide), 12-17 years, Northwest New Mexico Health Region, 2012-2016.....	161
Table F10. Mental distress (6+ days) in the past 30 days, 18+ years, Northwest New Mexico Health Region, 2016.....	162
Table F11. Current depression, 18+ years, Northwest New Mexico Health Region, 2016.....	163
Table F12. Considered suicide in the past year, 18+ years, Northwest New Mexico Health Region, 2016.....	164
Table F13. Made a suicide attempt in the past year, 18+ years, Northwest New Mexico Health Region, 2016.....	165
Table F14. Emergency department encounter for intentional self-injury, 18+ years, Northwest New Mexico Health Region, 2014.....	166
Table F15. Hospitalization for acute episode of mental illness, 18+ years, Northwest New Mexico Health Region, 2016.....	167
Table F16. Death by intentional self-harm (suicide), 18+ years, Northwest New Mexico Health Region, 2012-2016.....	168
Table F17. Emergency department encounter for intentional self-injury, Northwest New Mexico Health Region, 2014.....	169
Table F18. Hospitalization for acute episode of mental illness, Northwest New Mexico Health Region, 2016.....	170
Table F19. Death by intentional self-harm (suicide), Northwest New Mexico Health Region, 2012-2016.....	171
Table G1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	174
Table G2. Non-suicidal self-injury in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	175
Table G3. Seriously considered suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	176
Table G4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	177
Table G5. Attempted suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	178
Table G6. Injured in a suicide attempt in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015.....	179
Table G7. Emergency department encounter for intentional self-injury, 10-19 years, Northeast New Mexico Health Region, 2014.....	180
Table G8. Hospitalization for acute episode of mental illness, 12-17 years, Northeast New Mexico Health Region, 2016.....	181

Table G9. Death by intentional self-harm (suicide), 12-17 years, Northeast New Mexico Health Region, 2012-2016.....	182
Table G10. Mental distress (6+ days) in the past 30 days, 18+ years, Northeast New Mexico Health Region, 2016.....	183
Table G11. Current depression, 18+ years, Northeast New Mexico Health Region, 2016.....	184
Table G12. Considered suicide in the past year, 18+ years, Northeast New Mexico Health Region, 2016.....	185
Table G13. Made a suicide attempt in the past year, 18+ years, Northeast New Mexico Health Region, 2016.....	186
Table G14. Emergency department encounter for intentional self-injury, 18+ years, Northeast New Mexico Health Region, 2014.....	187
Table G15. Hospitalization for acute episode of mental illness, 18+ years, Northeast New Mexico Health Region, 2016.....	188
Table G16. Death by intentional self-harm (suicide), 18+ years, Northeast New Mexico Health Region, 2012-2016.....	189
Table G17. Emergency department encounter for intentional self-injury, Northeast New Mexico Health Region, 2014.....	190
Table G18. Hospitalization for acute episode of mental illness, Northeast New Mexico Health Region, 2016.....	191
Table G19. Death by intentional self-harm (suicide), Northeast New Mexico Health Region, 2012-2016.....	192
Table H1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	195
Table H2. Non-suicidal self-injury in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	196
Table H3. Seriously considered suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	197
Table H4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	198
Table H5. Attempted suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	199
Table H6. Injured in a suicide attempt in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015.....	200
Table H7. Emergency department encounter for intentional self-injury, 10-19 years, Metro New Mexico Health Region, 2014.....	201
Table H8. Hospitalization for acute episode of mental illness, 12-17 years, Metro New Mexico Health Region, 2016.....	202
Table H9. Death by intentional self-harm (suicide), 12-17 years, Metro New Mexico Health Region, 2012-2016.....	203
Table H10. Mental distress (6+ days) in the past 30 days, 18+ years, Metro New Mexico Health Region, 2016.....	204

Table H11. Current depression, 18+ years, Metro New Mexico Health Region, 2016.....	205
Table H12. Considered suicide in the past year, 18+ years, Metro New Mexico Health Region, 2016.....	206
Table H13. Made a suicide attempt in the past year, 18+ years, Metro New Mexico Health Region, 2016.....	207
Table H14. Emergency department encounter for intentional self-injury, 18+ years, Metro New Mexico Health Region, 2014.....	208
Table H15. Hospitalization for acute episode of mental illness, 18+ years, Metro New Mexico Health Region, 2016.....	209
Table H16. Death by intentional self-harm (suicide), 18+ years, Metro New Mexico Health Region, 2012-2016.....	210
Table H17. Emergency department encounter for intentional self-injury, Metro New Mexico Health Region, 2014.....	211
Table H18. Hospitalization for acute episode of mental illness, Metro New Mexico Health Region, 2016.....	212
Table H19. Death by intentional self-harm (suicide), Metro New Mexico Health Region, 2012-2016.....	213
Table I1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	216
Table I2. Non-suicidal self-injury in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	217
Table I3. Seriously considered suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	218
Table I4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	219
Table I5. Attempted suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	220
Table I6. Injured in a suicide attempt in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015.....	221
Table I7. Emergency department encounter for intentional self-injury, 10-19 years, Southeast New Mexico Health Region, 2014.....	222
Table I8. Hospitalization for acute episode of mental illness, 12-17 years, Southeast New Mexico Health Region, 2016.....	223
Table I9. Death by intentional self-harm (suicide), 12-17 years, Southeast New Mexico Health Region, 2012-2016.....	224
Table I10. Mental distress (6+ days) in the past 30 days, 18+ years, Southeast New Mexico Health Region, 2016.....	225
Table I11. Current depression, 18+ years, Southeast New Mexico Health Region, 2016.....	226
Table I12. Considered suicide in the past year, 18+ years, Southeast New Mexico Health Region, 2016.	227

Table I13. Made a suicide attempt in the past year, 18+ years, Southeast New Mexico Health Region, 2016.....	228
Table I14. Emergency department encounter for intentional self-injury, 18+ years, Southeast New Mexico Health Region, 2014.....	229
Table I15. Hospitalization for acute episode of mental illness, 18+ years, Southeast New Mexico Health Region, 2016.....	230
Table I16. Death by intentional self-harm (suicide), 18+ years, Southeast New Mexico Health Region, 2012-2016.....	231
Table I17. Emergency department encounter for intentional self-injury, Southeast New Mexico Health Region, 2014.....	232
Table I18. Hospitalization for acute episode of mental illness, Southeast New Mexico Health Region, 2016.....	233
Table I19. Death by intentional self-harm (suicide), Southeast New Mexico Health Region, 2012-2016.....	234
Table J1. Feelings of sadness/hopelessness in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	237
Table J2. Non-suicidal self-injury in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	238
Table J3. Seriously considered suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	239
Table J4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	240
Table J5. Attempted suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	241
Table J6. Injured in a suicide attempt in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015.....	242
Table J7. Emergency department encounter for intentional self-injury, 10-19 years, Southwest New Mexico Health Region, 2014.....	243
Table J8. Hospitalization for acute episode of mental illness, 12-17 years, Southwest New Mexico Health Region, 2016.....	244
Table J9. Death by intentional self-harm (suicide), 12-17 years, Southwest New Mexico Health Region, 2012-2016.....	245
Table J10. Mental distress (6+ days) in the past 30 days, 18+ years, Southwest New Mexico Health Region, 2016.....	246
Table J11. Current depression, 18+ years, Southwest New Mexico Health Region, 2016.....	247
Table J12. Considered suicide in the past year, 18+ years, Southwest New Mexico Health Region, 2016.....	248
Table J13. Made a suicide attempt in the past year, 18+ years, Southwest New Mexico Health Region, 2016.....	249
Table J14. Emergency department encounter for intentional self-injury, 18+ years, Southwest New Mexico Health Region, 2014.....	250

Table J15. Hospitalization for acute episode of mental illness, 18+ years, Southwest New Mexico Health Region, 2016..... 251

Table J16. Death by intentional self-harm (suicide), 18+ years, Southwest New Mexico Health Region, 2012-2016..... 252

Table J17. Emergency department encounter for intentional self-injury, Southwest New Mexico Health Region, 2014..... 253

Table J18. Hospitalization for acute episode of mental illness, Southwest New Mexico Health Region, 2016..... 254

Table J19. Death by intentional self-harm (suicide), Southwest New Mexico Health Region, 2012-2016..... 255



ACRONYMS

ACEs Adverse Childhood Experiences

AMI Any Mental Illness

BRFSS Behavioral Risk Factor Surveillance System

CDC Centers for Disease Control and Prevention

CFR Child Fatality Review

DSM-IV Diagnostic and Statistical Manual of Mental Disorders, 4th edition

DSM-V Diagnostic and Statistical Manual of Mental Disorders, 5th edition

ED Emergency Department

EDD Emergency Department Discharge Dataset

FMD Frequent Mental Distress

GPS Geospatial and Population Studies Program, University of New Mexico

HIDD Hospital Inpatient Discharge Dataset

ICD-9 International Classification of Diseases, version 9

ICD-10 International Classification of Diseases, version 10

NCHS National Center for Health Statistics

NMDOH New Mexico Department of Health

NM-IBIS New Mexico's Indicator-Based Information System

NM-VDRS New Mexico Violent Death Reporting System

NSDUH National Survey on Drug Use and Health

NSSI Non-Suicidal Self-Injury

OSAH Office of School and Adolescent Health

SAMHSA Substance Abuse and Mental Health Services Administration

SMI Serious Mental Illness

WHO World Health Organization

YLD Years Lost due to Disability

YPLL Years of Potential Life Lost

YRBSS Youth Risk Behavior Surveillance System



YRRS New Mexico Youth Risk and Resiliency Survey



1 INTRODUCTION

1.1 PURPOSE

The purposes of this report are to 1) describe the mental health data currently collected by NMDOH, 2) quantify the burden of mental illness and related risk factors and outcomes in New Mexico, and 3) identify mental health disparities in New Mexico.

1.2 BURDEN OF MENTAL ILLNESS

Mental illness is common in the United States and around the world. Mental disorders are generally characterized by "a combination of abnormal thoughts, perceptions, emotions, behavior and relationships with others."⁴ They include depression, bipolar affective disorder, schizophrenia and other psychoses, dementia, intellectual disabilities and developmental disorders including autism, as defined in the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-V)⁵.

Mental illness is one of the main causes of years of healthy life lost due to disability (YLD).⁶ But the estimate of the burden of mental illness may be underestimated by more than a third.⁷ Mental illness affects not only the mental and physical health and well-being of the individual but also has a tremendous impact on families and communities.

In the U.S. in 2015, excluding developmental and substance use disorders, there were an estimated 43.4 million adults aged 18 or older with any mental illness (AMI) within the past year.⁸ This represents nearly one in five of all U.S. adults. AMI can range in impact from no or mild impairment to significantly disabling impairment, such as individuals with serious mental illness (SMI).

The burden of mental illness is particularly concentrated among those who experience disability due to SMI⁹. In the U.S. in 2015, there were an estimated 9.8 million adults aged 18 years or older with SMI within the past year, or 4% of all U.S. adults. Individuals with SMI have higher mortality rates and die earlier than the general population.

Mental disorders are also common in childhood and adolescence. Approximately one in five children either currently or at some point during their life have had a seriously debilitating mental disorder.¹⁰ Adult mental illness is commonly preceded by psychiatric conditions that begin during childhood.

Treatment of mental illness can reduce the level of disability and improve quality of life. However, in 2014, only about 45% of U.S. adults who experienced a mental illness in the past year received mental health care.¹¹ Barriers to receiving treatment include cost and insurance coverage issues, not feeling a need for treatment or thinking that the problem can be handled without treatment, and stigma associated with mental illness. Those who haven't received mental health care on an outpatient basis as well as those who are experiencing a particularly severe episode of mental illness may require hospitalization. Hospitalizations in the U.S. due to mental disorders and substance use accounted for nearly 6 percent of all inpatient stays in 2014, up 20.1 percent from 2005.¹²



4. World Health Organization. Mental Disorders Fact Sheet, April 2017. Retrieved 11/14/17. <http://www.who.int/mediacentre/factsheets/fs396/en/>
5. American Psychiatric Association, 2013. Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
6. World Health Organization, 2004. The Global Burden of Disease. 2004 update. Retrieved 11/14/17. http://www.who.int/healthinfo/global_burden_disease/GBD_report_2004update_full.pdf
7. Vigo, D., Thornicroft, G. & Atun, R. Estimating the true global burden of mental illness. February 2016. Lancet Psychiatry, 3: 171-178.
8. National Institute of Mental Health. Prevalence of Any Mental Illness (AMI) Among U.S. Adults, 2015. Retrieved 11/14/17. <https://www.nimh.nih.gov/health/statistics/prevalence/any-mental-illness-ami-among-us-adults.shtml>
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11. Substance Abuse and Mental Health Services Administration (SAMHSA), September 2015. More Americans continue to receive mental health services, but substance use treatment levels remain low. Retrieved 11/14/17. <https://www.samhsa.gov/newsroom/press-announcements/201509170900>
12. McDermott KW, Elixhauser A, Sun R. Trends in Hospital Inpatient Stays in the United States, 2005–2014. HCUP Statistical Brief #225. June 2017. Agency for Healthcare Research and Quality, Rockville, MD. Retrieved 11/20/17. www.hcup-us.ahrq.gov/reports/statbriefs/sb225-Inpatient-US-Stays-Trends.pdf

1.3 HOW TO USE THIS REPORT

For a list of acronyms and terms used in this report, refer to page xvi.

Sections 2 through 4 present core indicators for “Youth”, “Adults” and “All Ages”, respectively. Trend data is shown for each indicator, and indicators with statistically-significant* differences between groups – by sex, age or grade, race/ethnicity, health region, urban/rural residence or other sociodemographic variables – are highlighted. Rates for indicators reflecting “All Ages” are per 100,000 population and are directly age-adjusted using 2000 U.S. standard population weights; those for indicators reflecting “Youth” and “Adults” are crude rates per 100,000 population. For figures in this report, the height of each bar indicates the value of the point estimate, while the fine vertical lines atop each bar represent the size of each confidence interval, i.e., the stability of each estimate.

Section 5 identifies additional sources of surveillance and support, areas of need and recommendations going forward.

Appendix A describes the methods used to collect the data described in this report, as well as the definitions of certain variables. Each figure includes the name of the dataset from which the measurement was derived.

Appendix B lists resources available for New Mexico residents seeking help with mental illness.

Tables reflecting each indicator, stratified by geography, i.e., county, New Mexico Health Region, urban-rural designation, sex, age or grade and race/ethnicity, if available, are presented for youth (Appendix C), adults (Appendix D) and all ages (Appendix E).

Appendices F-J are self-contained sections, illustrating all indicators by public health region which present the burden of mental illness and suicidal behavior for counties within each region, the health region and the state of New Mexico.

* Throughout this report, statistically-significant differences are determined based on use of a 95% confidence interval, indicating the range of values within which the statistic would fall 95% of the time if one were to calculate the statistic from an infinite number of samples of the same size drawn from the same base population. The confidence interval is an indication of the stability of the statistical estimate.

For additional information on confidence intervals, see New Mexico’s Indicator-Based Information System (NM-IBIS) at <https://ibis.health.state.nm.us/resource/ConfidenceInterval.html>).



1.4 NEW MEXICO DEMOGRAPHICS

In 2016, 2,103,586 people lived in the 121,298 square miles of the state of New Mexico, the fifth largest state by land mass and one of the most rural states.¹³ Nearly forty percent of the state's population lived in a U.S. Department of Health and Human Services Primary Care Health Professional Shortage area.¹⁴ Nearly 50 percent of residents are Hispanic, 38% are non-Hispanic white, 10.6% are non-Hispanic American Indian or Alaska Native, 2.5% are non-Hispanic Black, and less than 2% non-Hispanic Asian or Pacific Islander. The American Indian population represents 23 federally recognized tribes, pueblos, and nations, as well as urban off-reservation populations. From 2010 to 2016, the number of New Mexicans over the age of 65 increased 3.3%. The median household income (in 2016 dollars) from 2012-2016 was \$45,674.¹⁵ Almost 10% of the population was born outside of the United States. About 85% of the adult population has at least a high school degree. In 2014, veterans represented nearly 10% of the civilian population 18 years and older.¹⁶

NOTE: The population data in this report were produced by the University of New Mexico Geospatial and Population Studies (GPS) program and are considered the most accurate available for New Mexico. They are the official estimates used in the New Mexico Department of Health. In August of 2018, this program provided NMDOH with new intercensal population estimates for 2010-2017 by year, age, sex, race, Hispanic ethnicity and geography, including county. In addition to providing the 2017 estimates, the population counts were re-estimated going back to 2010 to align with a U.S. Census Bureau revision. Population estimates used in this report to produce rates were calculated prior to this August revision; thus, rates for the 2010-2017 period may be slightly different from those calculated using the new population estimates.

13. University of New Mexico, Geospatial and Population Studies Program. Retrieved November 2017 (<https://gps.unm.edu/pru/estimates>)

14. New Mexico State Health Assessment. Retrieved November 2017 (<https://nmhealth.org/publication/view/report/407/>)

15. U. S. Census Bureau, Quick Facts New Mexico, July 2017. Retrieved November 2017 (<https://www.census.gov/quickfacts/NM>)

16. New Mexico Department of Workforce Solutions, 2015 Veterans Profile. Retrieved November 2017 (https://www.dws.state.nm.us/Portals/0/DM/LMI/2015_Veterans_Profile.pdf)

2 YOUTH

2.1 MENTAL DISTRESS

Depression is a common mental disorder characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, tiredness and poor concentration.¹⁷ Depressive symptoms can be chronic, lasting over a long period of time, or episodic and recurring, impairing individuals' ability to function at work or school and to cope with daily life. In 2015, the WHO ranked depression as the single largest contributor to global disability (7.5% of all years lived with disability) and anxiety as sixth (3.4%).¹⁸ When depression is severe, it can lead to suicide.¹⁷

Estimates of the prevalence of depression in the general population come from national and state surveys that use both screening and diagnostic measures to quantify mental illness.

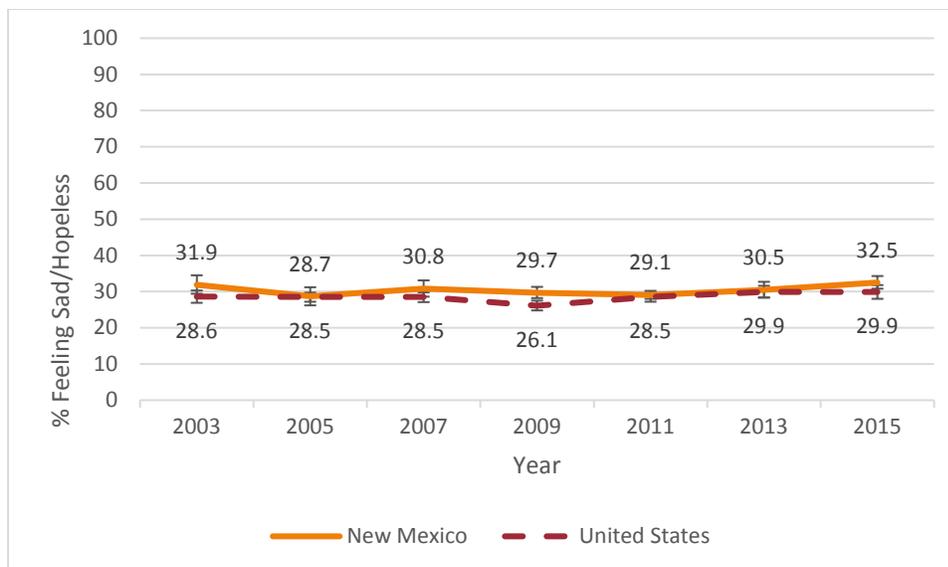
17. World Health Organization, April 2017. Mental Disorders Fact Sheet. Retrieved 11/16/17 (<http://www.who.int/mediacentre/factsheets/fs396/en/>)

18. World Health Organization, 2017. Depression and Other Common Mental Disorders. Global health estimates. Retrieved 11/14/17 (<http://apps.who.int/iris/bitstream/10665/254610/1/WHO-MSD-MER-2017.2-eng.pdf>)

2.1.1 Feelings of Sadness/Hopelessness

Feelings of sadness or hopelessness are a risk factor for depression. Students who report feelings of sadness or hopelessness are more likely than other students to report suicide attempts, cigarette smoking, binge drinking and illicit drug use. The numerator includes students grades 9-12 in a New Mexico public school who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months. The denominator includes all students who answered this question.

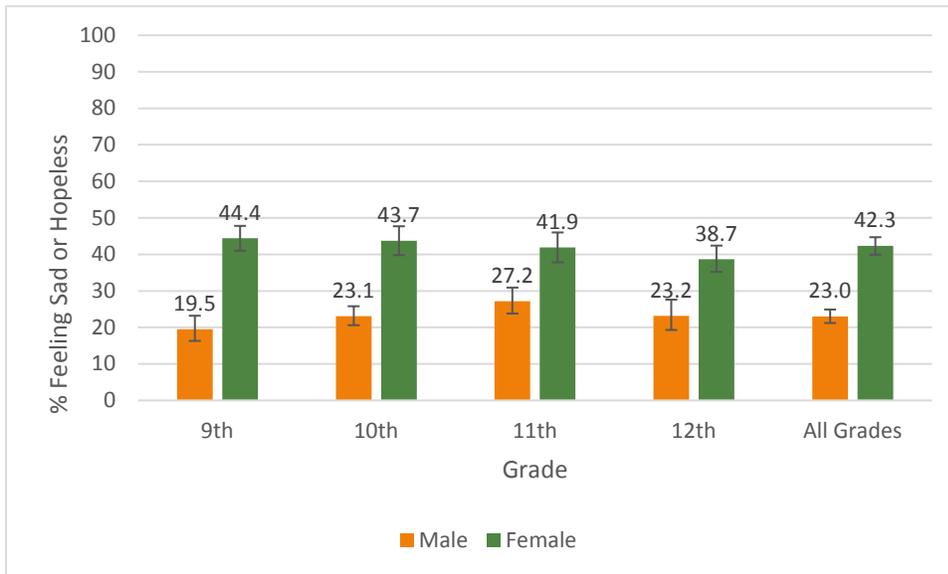
Figure 1. Feelings of sadness/hopelessness in the past 12 months by year, grades 9-12, New Mexico and United States, 2003-2015



YRRS and YRBSS data.

The prevalence of feelings of sadness or hopelessness among youth in NM and the US has been similar and has remained relatively stable over the past decade. In 2015, the prevalence was 32.5% for New Mexico youth and 29.9% for U.S. youth.

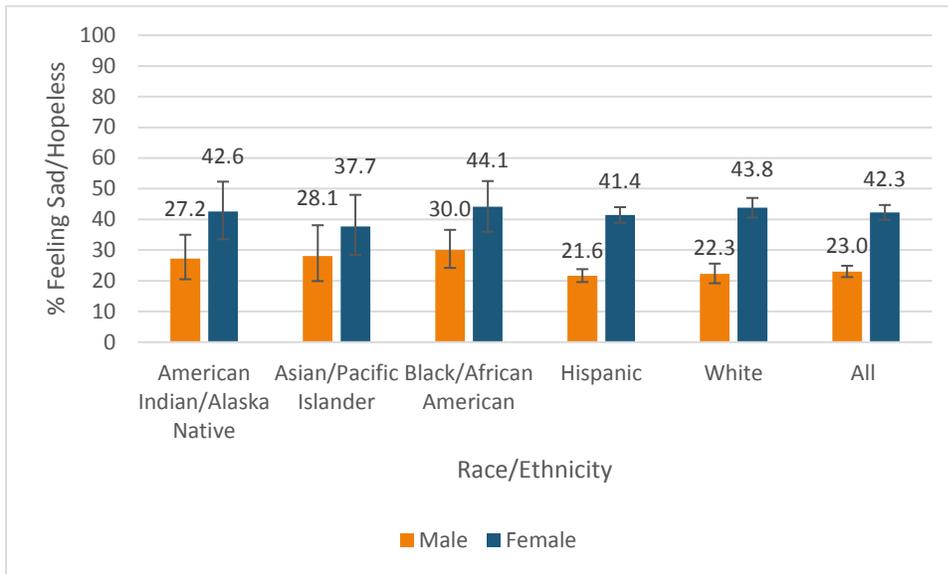
Figure 2. Feelings of sadness or hopelessness in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015



YRRS data.

In 2015, girls had a higher prevalence of feelings of sadness/hopelessness (42.3%) compared to that of boys (23.0%). Eleventh-grade boys reported a higher prevalence of feelings of sadness/hopelessness (27.2%) compared to 9th grade boys (19.5%).

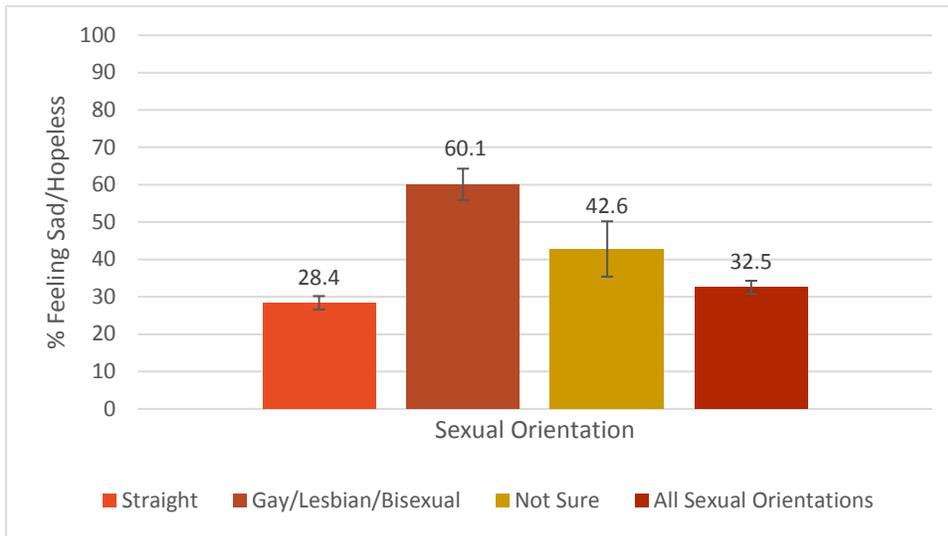
Figure 3. Feelings of sadness or hopelessness in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

Girls had a higher prevalence of feelings of sadness/hopelessness (42.3%) compared to boys (23.0%). The prevalence of feelings of sadness/hopelessness was higher among Black boys (30%) compared to that of Hispanic boys (21.6%).

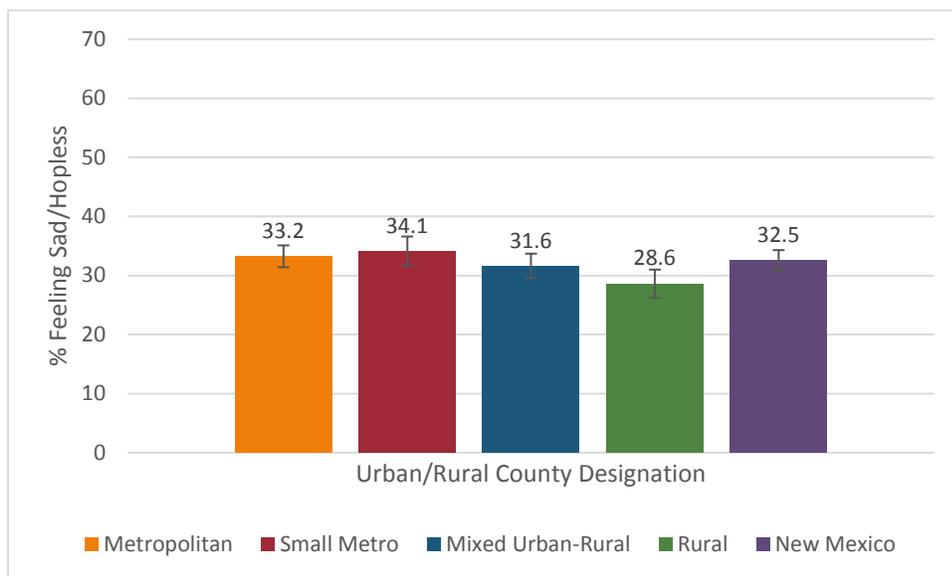
Figure 4. Feelings of sadness or hopelessness in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015



YRRS data.

Students who identified as gay, lesbian or bisexual had a prevalence of feeling sad or hopeless that was more than two times higher (60.1%) than those who identified as straight (28.4%). Those students who responded they were not sure of their sexual orientation had a prevalence of feeling sad or hopeless that was 1½ times higher than that of straight students.

Figure 5. Feelings of sadness or hopelessness in the past 12 months by urban-rural residence, grades 9-12, New Mexico, 2015



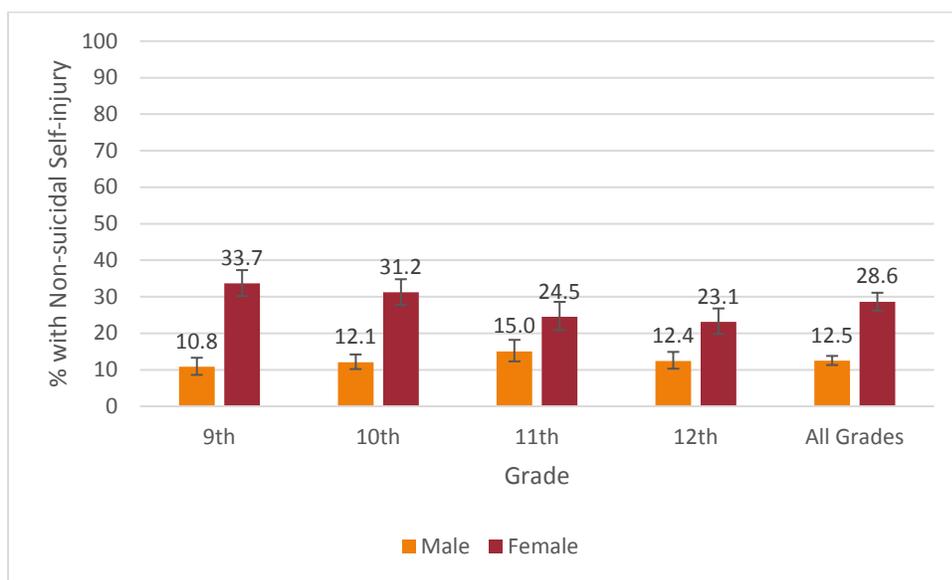
YRRS data.

The prevalence of youth who felt sad or hopeless almost every day for two weeks or more in the past 12 months was lower for youth from Rural counties (28.6%) compared to those from Metropolitan (33.2%) or Small Metro counties (34.1%).

2.1.2 Non-suicidal Self-injury (NSSI)

Anxiety and depression, as well as a range of stressful life events, are correlated with non-suicidal self-injury. Non-suicidal self-injury is also a strong predictor of suicidal behavior, including suicide attempt. The NSSI measure is the percentage of students grades 9-12 in a NM public school who reported hurting themselves without intending to die at least one time, in the past 12 months. The denominator includes all students who answered the survey question.

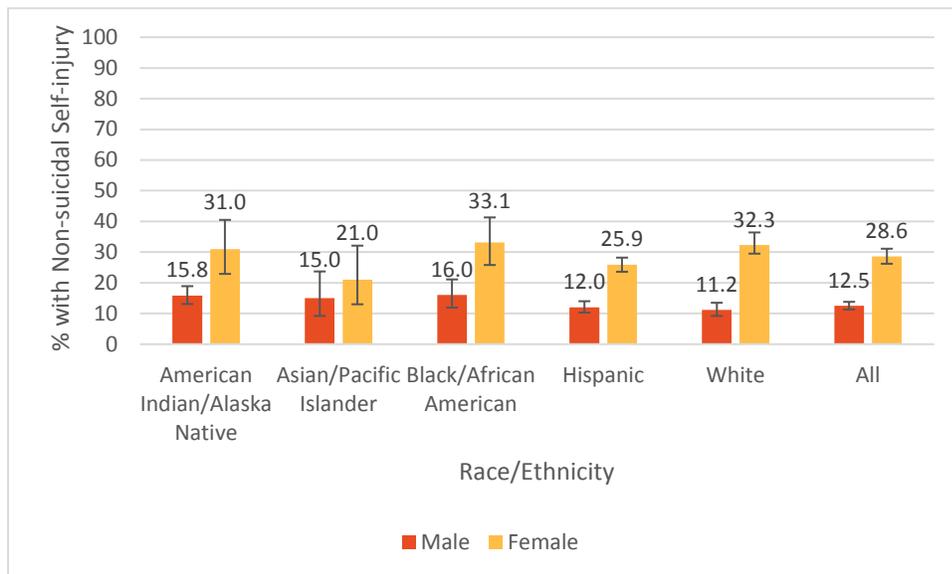
Figure 6. Non-suicidal self-injury in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015



YRRS data.

Girls consistently had a higher prevalence of non-suicidal self-injury compared to boys. Girls in the 9th and 10th grades had a higher prevalence (33.7% and 31.2%, respectively) of non-suicidal self-injury than 12th-grade girls (23.1%).

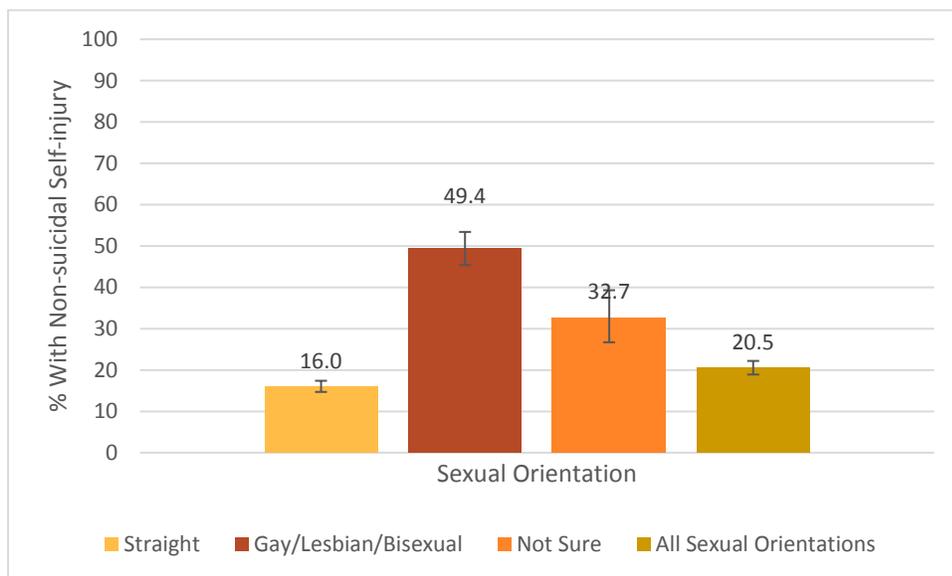
Figure 7. Non-suicidal self-injury in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of non-suicidal self-injury among girls was more than twice that of boys (28.6% and 12.5%, respectively). White girls had a higher prevalence of non-suicidal self-injury than Hispanic girls (32.3% and 25.9%, respectively).

Figure 8. Non-suicidal self-injury in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015



YRRS data.

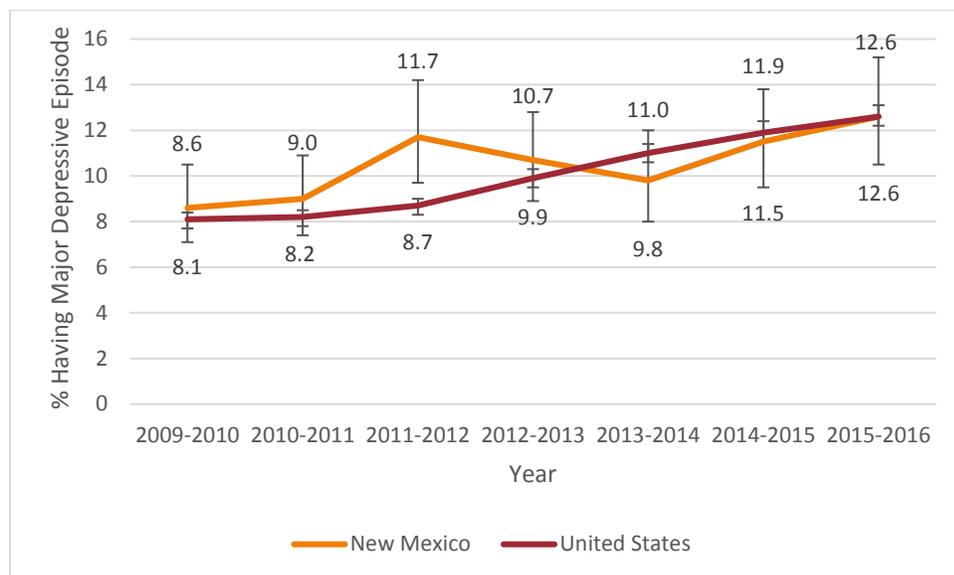
The prevalence of non-suicidal self-injury for students who identified as gay, lesbian or bisexual (49.4%) was more than three times that of those who identified as straight (16%). The prevalence of non-suicidal self-injury for students who reported they were not sure of their sexual orientation (32.7%) was two times higher than that of those who identified as straight.

2.1.3 Major Depressive Episode

Major Depressive Episode

Healthy People 2020 Objective MHMD-4.1 is to reduce the proportion of adolescents 12 to 17 years of age who experience major depressive episode. The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Survey on Drug Use and Health (NSDUH) provides estimates of major depressive episodes among youth ages 12 to 17 years each year for the United States.

Figure 9. Major depressive episode in the past 12 months by year, 12-17 years, New Mexico and United States, 2009-2016



NSDUH data.

Since surveillance began in 2008, the prevalence of New Mexico youth ages 12 to 17 years having at least one major depressive episode in the past year has trended upward like that of United States youth. In 2015-2016, the New Mexico rate (12.6%) was identical to the United States.

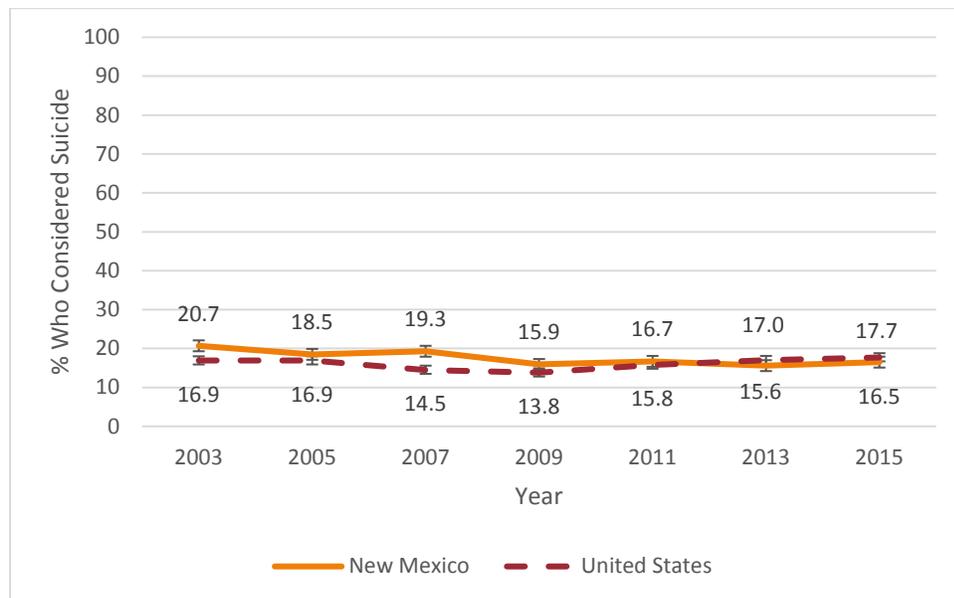
2.2 SUICIDAL BEHAVIORS

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life and is a risk factor for suicide or attempted suicide. Seriously considering suicide and planning suicide are forms of suicidal ideation. Due to the disproportionate rate of suicide occurring in New Mexico for decades and the rising rate of suicide nationwide, understanding the prevalence of risk factors for suicide and the disparities in the New Mexico population is critical for prevention planning. The World Health Organization and the United States Office of the Surgeon General have recommended routine surveillance for suicidal behavior such as attempts and ideation. In doing so, suicide prevention plans can be targeted specifically at communities with high risk and evaluated more thoroughly.

2.2.1 Seriously Considered Suicide

The percentage of New Mexico high school students who had seriously considered suicide at least once in past 12 months is presented below. The denominator is all students who answered the survey question.

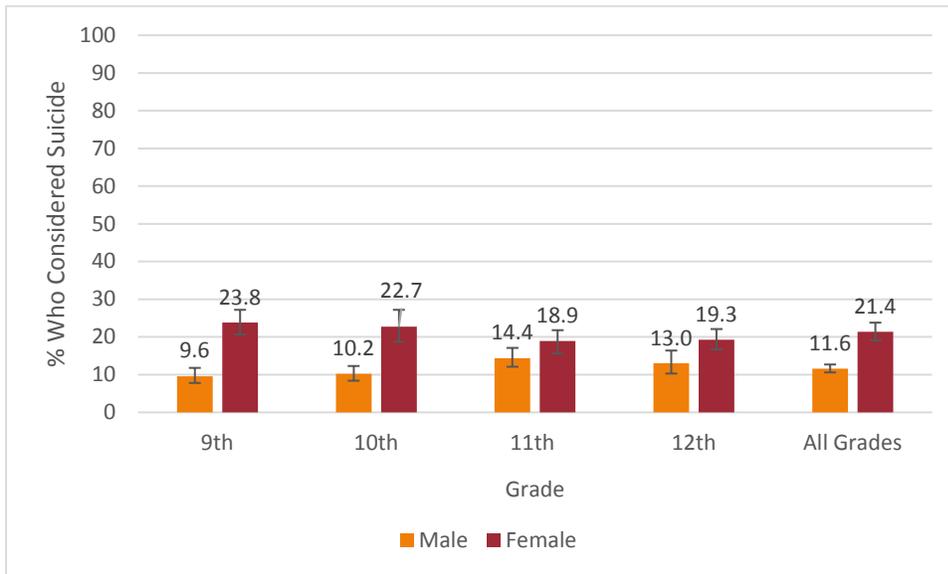
Figure 10. Seriously considered suicide in the past 12 months, grades 9-12, New Mexico and United States, 2003-2015



YRRS and YRBSS data.

While the trend in the U.S. for youth who have seriously considered suicide has steadily gone up since 2009, the NM prevalence has remained relatively stable over the same period.

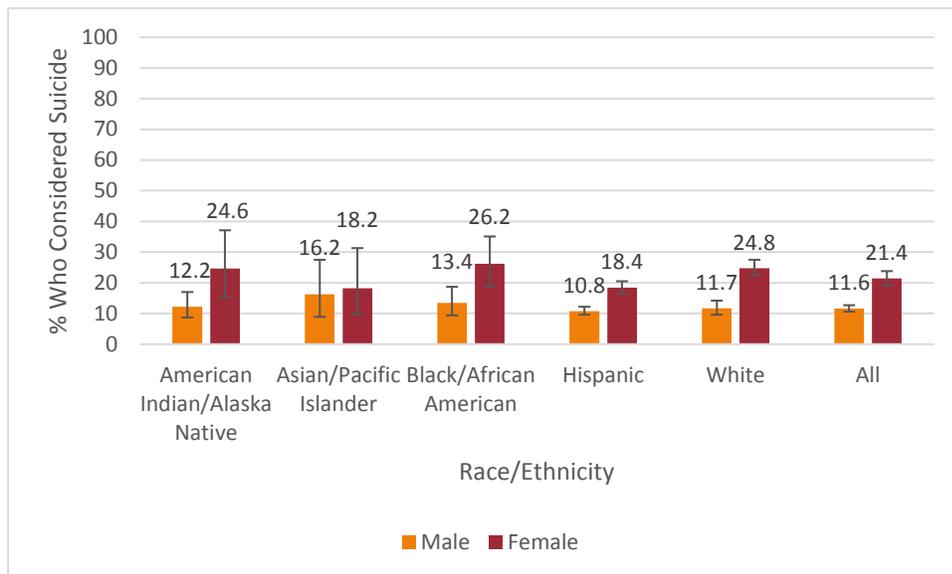
Figure 11. Seriously considered suicide in the past 12 months, by grade and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of high school girls who seriously considered suicide was nearly double (21.4%) that of boys (11.6%). Girls had a higher prevalence of seriously considering suicide compared to boys across all grades except 11th.

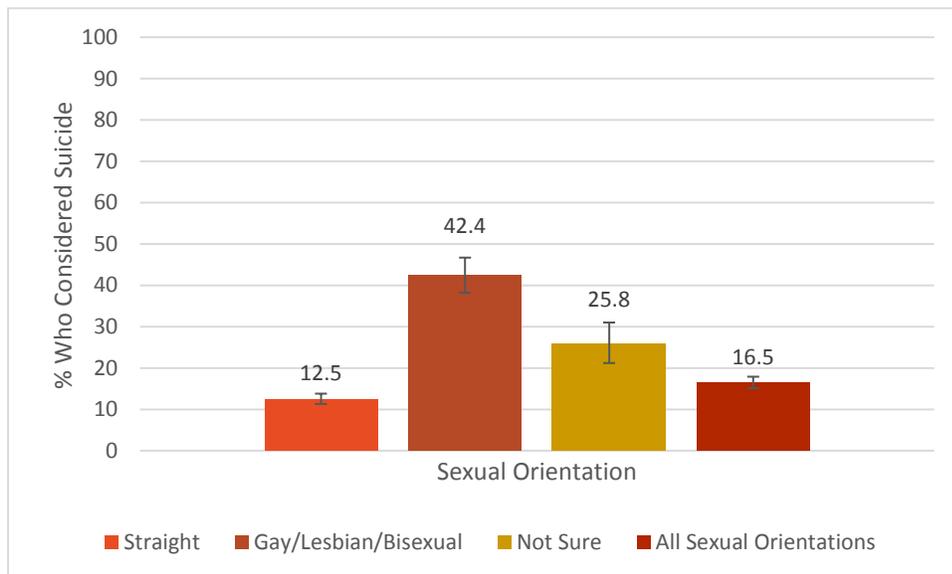
Figure 12. Seriously considered suicide in the past 12 months, by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of high school girls who seriously considered suicide was nearly double (21.4%) that of boys (11.6%). The prevalence of White girls who seriously considered suicide (24.8%) was higher than that of Hispanic girls (18.4%).

Figure 13. Seriously considered suicide in the past 12 months, by sexual orientation, grades 9-12, New Mexico, 2015



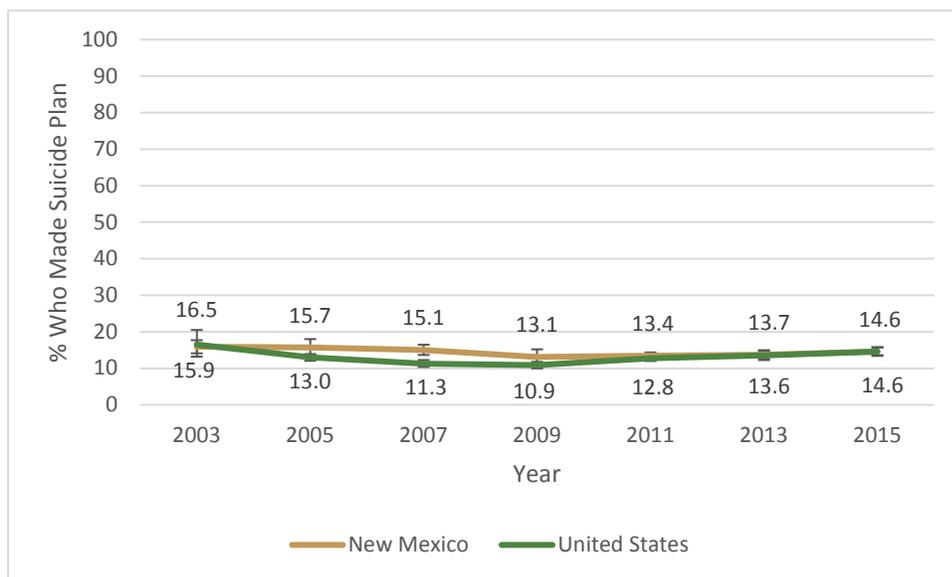
YRRS data.

The prevalence of students who seriously considered suicide was more than three times higher for those who identified as gay, lesbian or bisexual (42.4%) as compared to straight students (12.5%). For students who reported being not sure of their orientation, the prevalence of seriously considering suicide (25.8%) was more than twice that of those who identified as straight.

2.2.2 Made a Plan to Attempt Suicide

The rate of students grades 9-12 in a NM public school who planned to attempt suicide in the past 12 months is presented below. The denominator of this measure includes all students who answered the survey question.

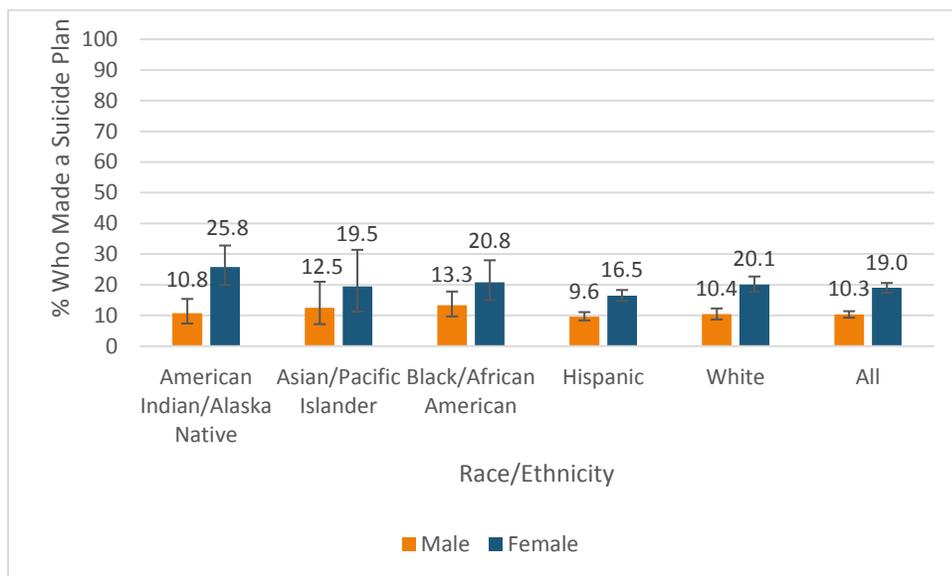
Figure 14. Made a plan to attempt suicide in the past 12 months by year, grades 9-12, New Mexico and United States, 2003-2015



YRRS and YRBSS data.

Following declining rates from 2003 through 2009, the prevalence of youth who made a suicide plan during the past year has been rising since then in both New Mexico and the U.S.

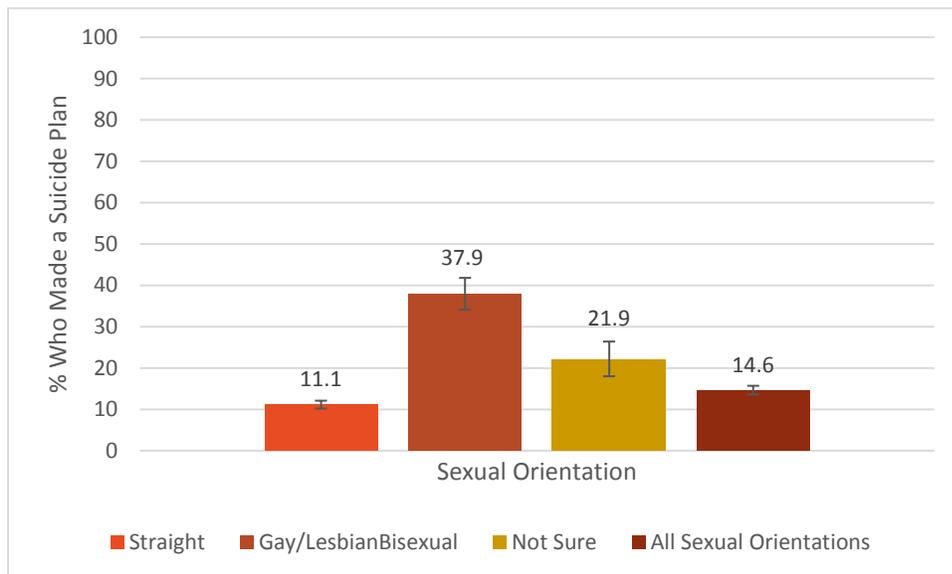
Figure 15. Made a plan to attempt suicide in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of making a suicide plan was nearly double for girls (19.0%) compared to boys (10.3%). American Indian girls had a higher prevalence of making a suicide plan (25.8%) compared to Hispanic girls (16.5%).

Figure 16. Made a plan to attempt suicide in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015



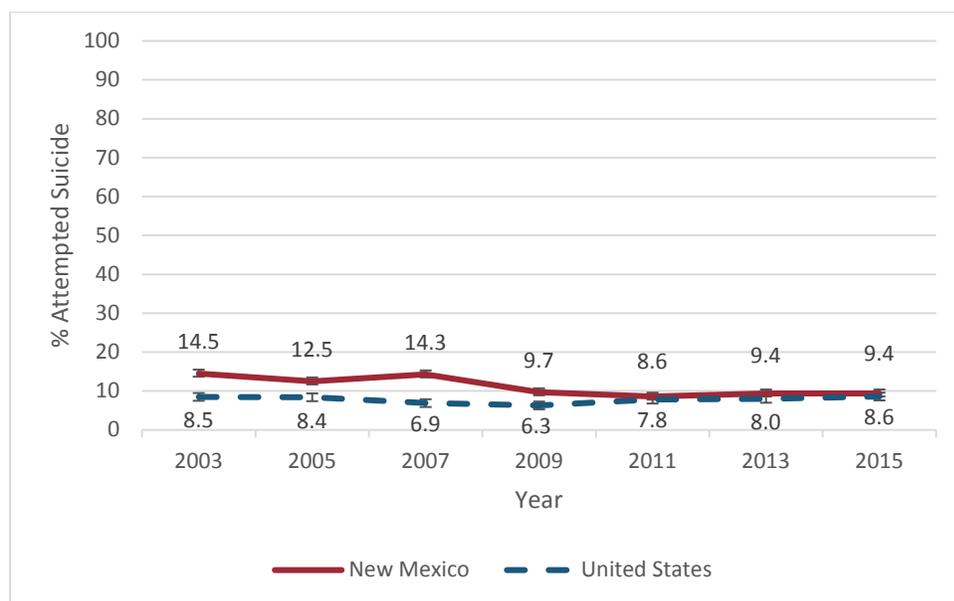
YRRS data.

The prevalence of making a suicide plan was more than three times as high for students who identified as gay, lesbian or bisexual (37.9%) and twice that for those who were not sure of their sexual orientation (21.9%) compared to those who identified as straight (11.1%).

2.2.3 Attempted Suicide

While girls are more likely than boys to attempt suicide, boys are more likely to die of suicide. A previous suicide attempt is among the strongest risk factors for completed suicide. Students who attempted suicide at least once in the past 12 months were identified by asking a survey question. The denominator is the number of respondents who answered the question.

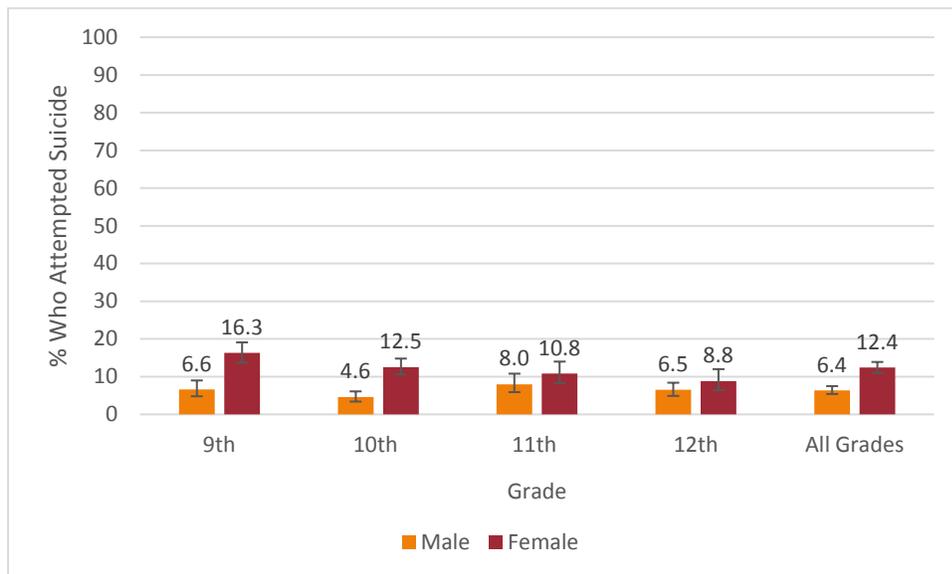
Figure 17. Attempted suicide in the past 12 months by year, grades 9-12, New Mexico, 2003-2015



YRRS and YRBSS data.

The prevalence of past year suicide attempts among NM high school students decreased from 14.5% in 2003 to 9.4% in 2015. While the US prevalence decreased from 2003 to 2009, it increased from 2009 to 2015 (6.3% to 8.6%). In 2015, the percentage of high school students making a suicide attempt in New Mexico was similar to that of U.S. students.

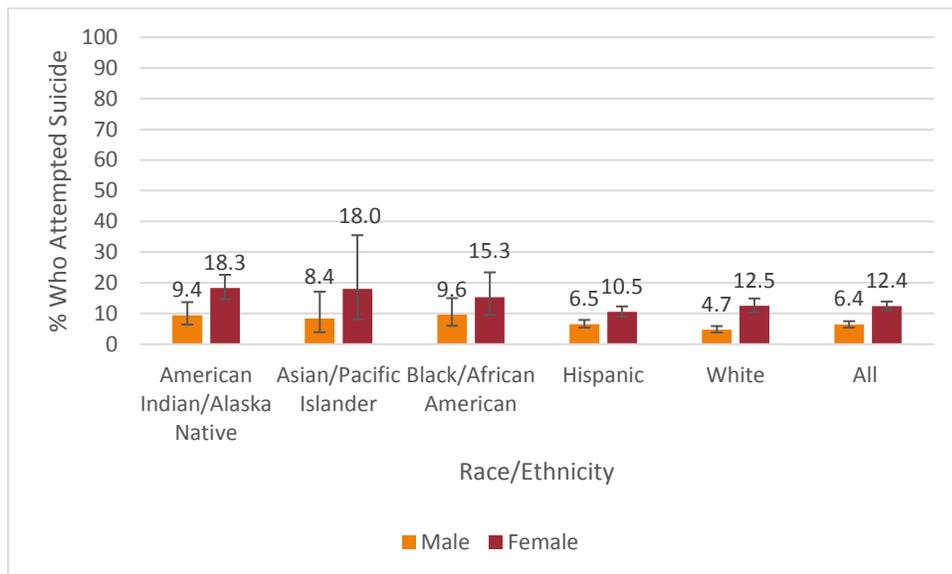
Figure 18. Attempted suicide in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015



YRRS data.

In 2015, the prevalence of suicide attempts made by high school girls in New Mexico was nearly double that of boys (12.4% and 6.4%, respectively). The prevalence for girls in the 9th (16.3%) and 10th (12.5%) grades was higher than that for boys (6.6% and 4.6%, respectively).

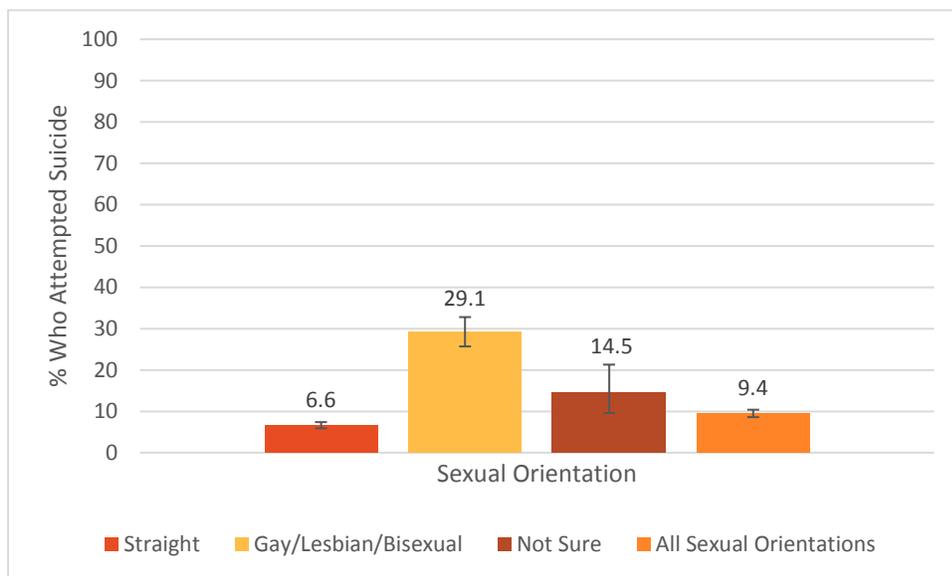
Figure 19. Attempted suicide in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of suicide attempts in the past year was about twice as high for girls (12.4%) as compared to boys (6.4%). The prevalence of students who made at least one suicide attempt in the past year was more than double for American Indian (9.4%) and Black (9.6%) boys compared to White boys (4.7%). The prevalence of students who made at least one suicide attempt in the past year was also higher for American Indian girls (18.3%) compared to Hispanic girls (10.5%).

Figure 20. Attempted suicide in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015



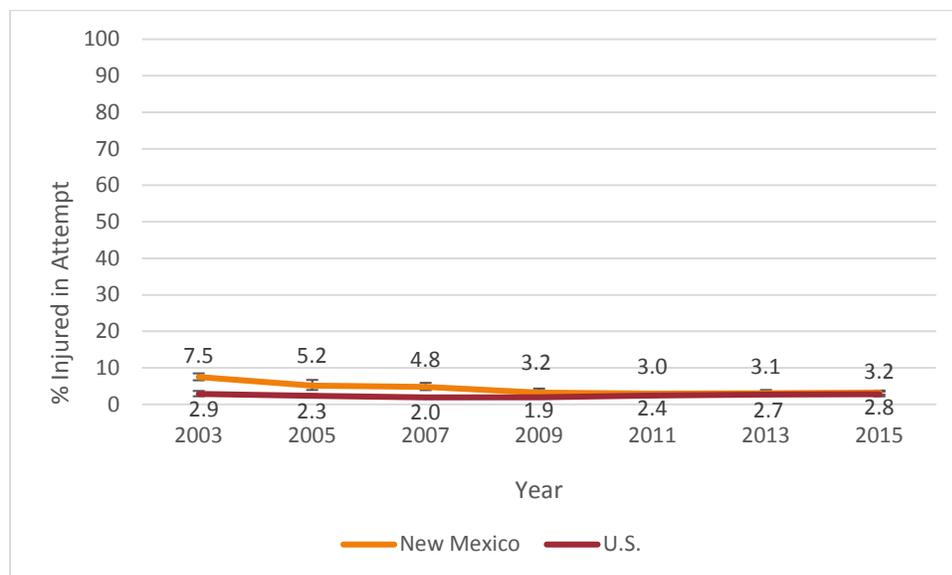
YRRS data.

The prevalence of at least one suicide attempt in the past year was more than four times higher for students who identified as gay, lesbian or bisexual (29.1%) and more than twice as high for those who were not sure of their sexual orientation (14.5%) when compared to those students who identified as straight (6.6%).

2.2.4 Injured in a Suicide Attempt

This measure describes the percentage of students grades 9-12 in a NM public school who reported being injured in a suicide attempt in the past 12 months. The denominator includes all students who answered the question, even if they had not attempted suicide.

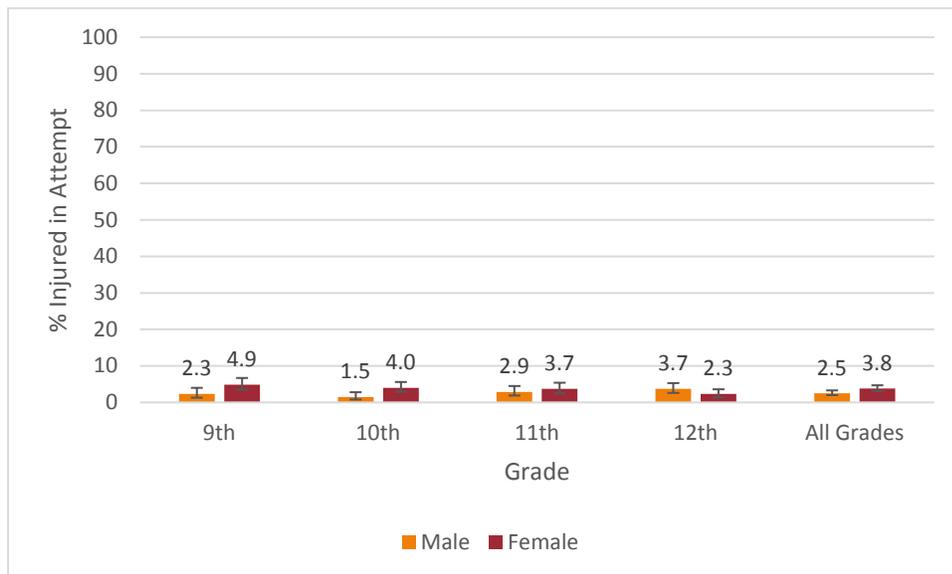
Figure 21. Injured in a suicide attempt in the past 12 months by year, grades 9-12, New Mexico, 2003-2015



YRRS and YRBSS data.

There was a downward trend in the prevalence of suicide attempts resulting in injury in New Mexico youth from 2003 to 2013, with most of the decline occurring between 2003 and 2009. In 2015, the prevalence of suicide attempts resulting in injury was similar between New Mexico and U.S. youth (3.2% and 2.8%, respectively).

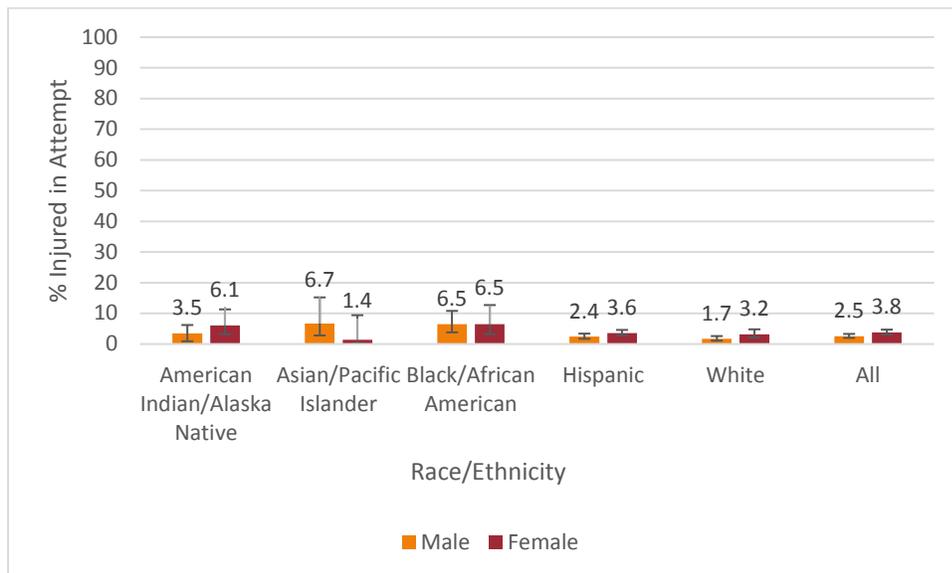
Figure 22. Injured in a suicide attempt in the past 12 months by grade and sex, grades 9-12, New Mexico, 2015



YRRS data.

The prevalence of suicide attempts resulting in injury did not vary meaningfully by grade level. The prevalence of attempts resulting in injury was higher for 10th-grade girls (4.0%) compared to 10th-grade boys (1.5%).

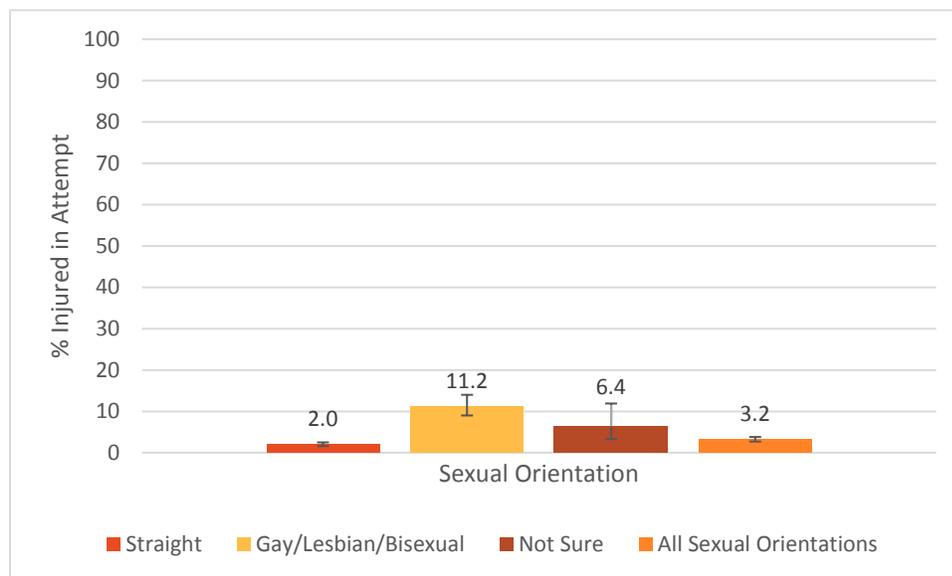
Figure 23. Injured in a suicide attempt in the past 12 months by race/ethnicity and sex, grades 9-12, New Mexico, 2015



YRRS data.

There was no meaningful difference in prevalence of suicide attempts resulting in injury among females or between males and females. Asian/Pacific Islander and Black males (6.7% and 6.5%, respectively) had a higher prevalence of suicide attempts resulting in injury compared to White males (1.7%). Black youth also had a higher prevalence of attempts resulting in injury compared to Hispanic males (6.5% and 2.4%, respectively).

Figure 24. Injured in a suicide attempt in the past 12 months by sexual orientation, grades 9-12, New Mexico, 2015



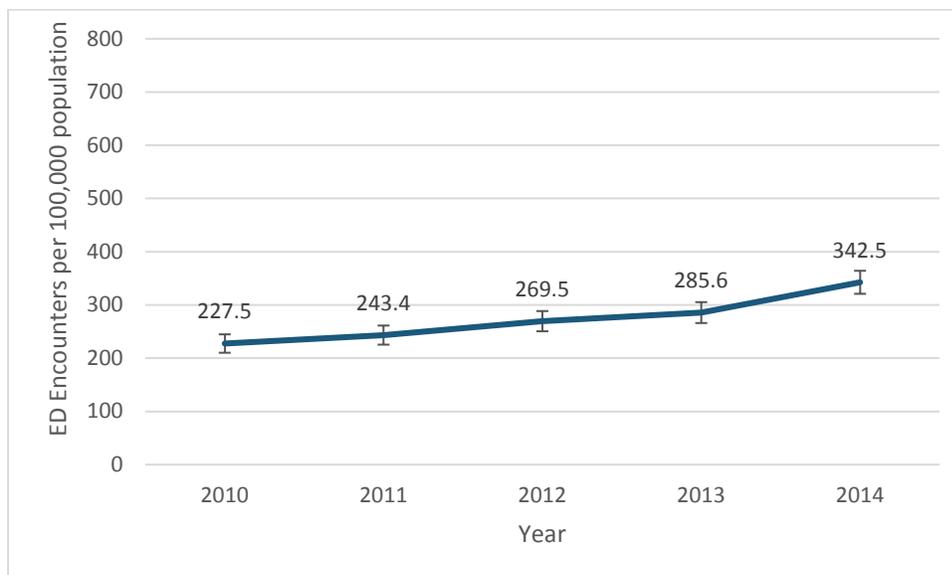
YRRS data.

The prevalence of making a suicide attempt resulting in an injury was more than five times higher for those students who identified as lesbian, gay or bisexual (11.2%) and more than three times higher for those who reported being not sure about their sexual orientation compared with students who identified as straight (2.0%).

2.2.5 Emergency Department Encounter for Intentional Self-injury

Many visits to the emergency department are the result of an attempted suicide. The denominator of this measure is the annual estimated population for the specific age group of New Mexico.

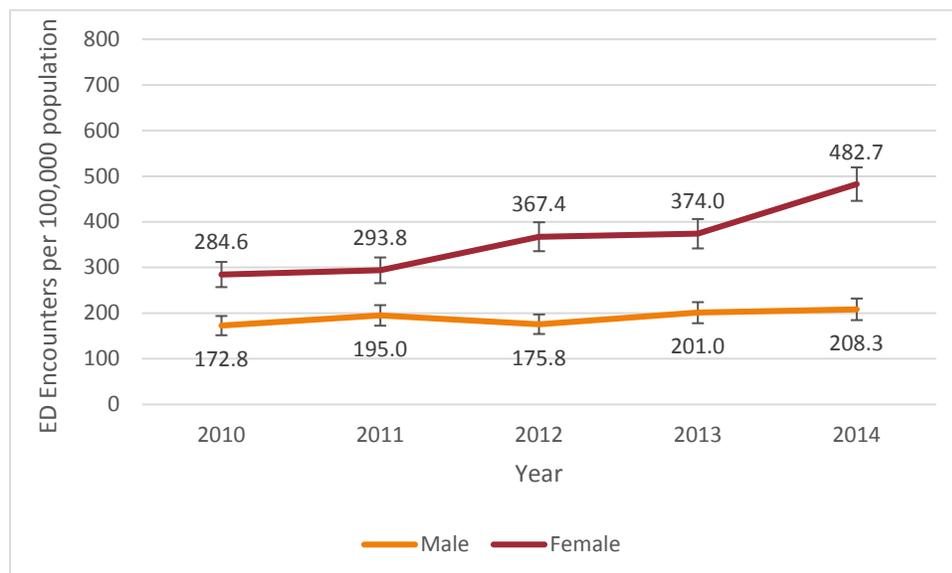
Figure 25. Emergency department encounter for intentional self-injury by year, 10-19 years, New Mexico, 2010-2014



EDD data.

The rate of emergency department encounters for intentional self-injury for youth ages 10-19 increased from 2010 to 2014 (227.5/100,000 population to 342.5/100,000, respectively), rising steadily from 2010 to 2013 and then increasing sharply from 2013 to 2014.

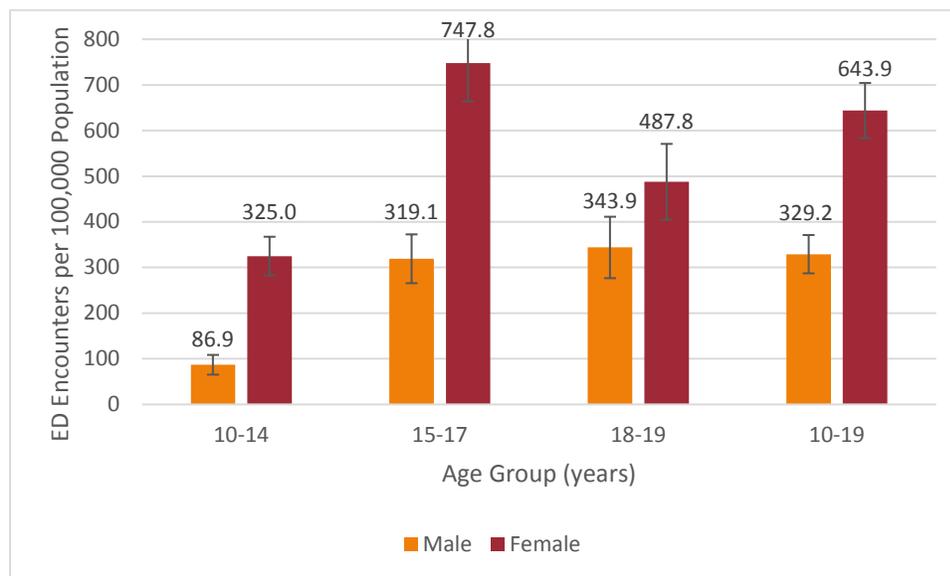
Figure 26. Emergency department encounter for intentional self-injury by year and sex, 10-19 years, New Mexico, 2010-2014



EDD data.

The rate of emergency department encounters for intentional self-injury for female youth ages 10-19 increased by 70% from 2010 to 2014 while the rate for male youth remained relatively stable over this period. In 2014, the rate for females (482.7/100,000) was more than twice that of males (208.3/100,000).

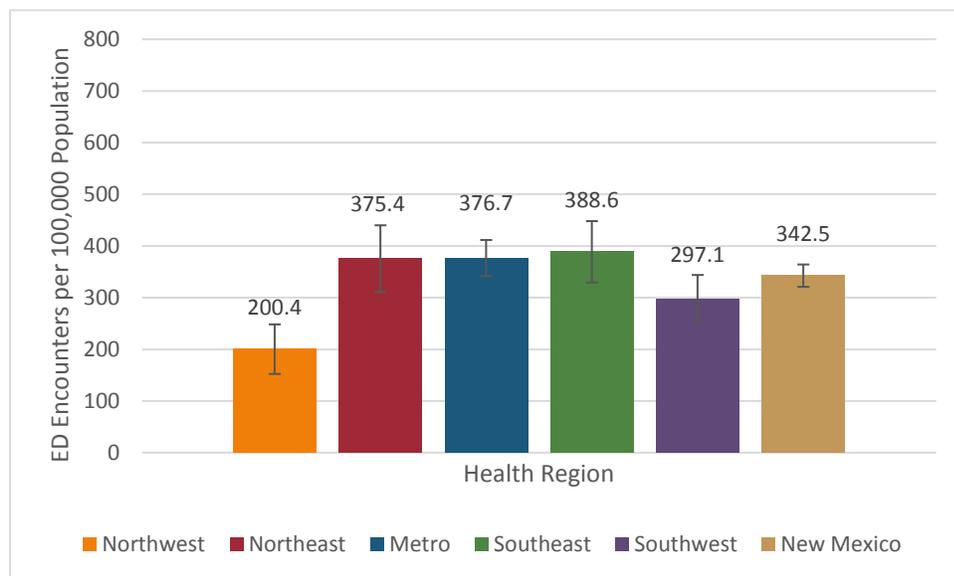
Figure 27. Emergency department encounter for intentional self-injury by age group and sex, 10-19 years, New Mexico, 2014



EDD data.

In 2014, the rate of emergency department encounters for intentional self-injury for female youth was nearly double that of male youth. The rate for females ages 15-17 (747.8/100,000 population) was greater than that of females ages 10-14 and ages 18-19 (325.0/100,000 and 487.8/100,000, respectively), and the rate for females ages 18-19 was also greater than that for those females ages 10-14. The rate of emergency department encounters for intentional self-injury for males ages 10-14 (86.9/100,000) was lower than the other older age groups.

Figure 28. Emergency department encounter for intentional self-injury by health region, 10-19 years, New Mexico, 2014



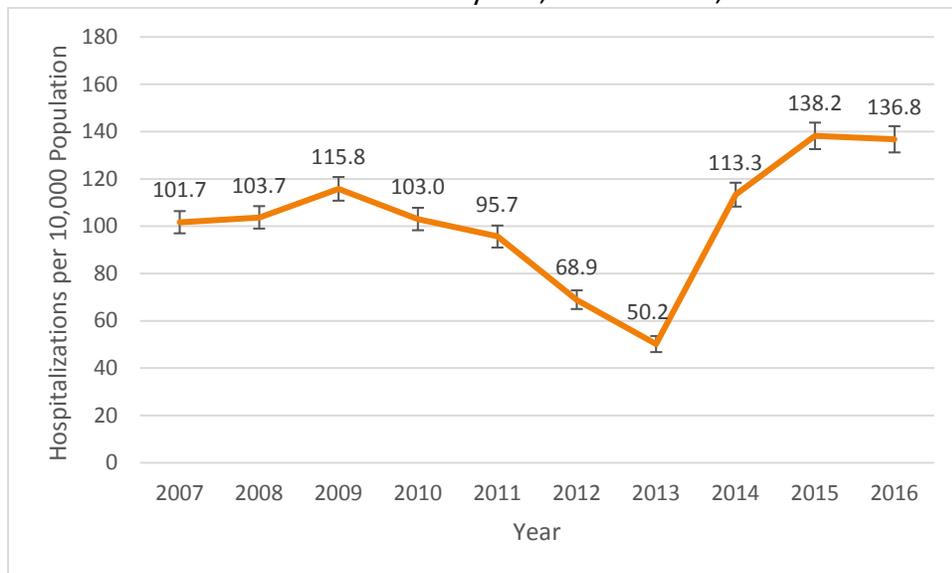
EDD data.

In 2014, the rate of emergency department encounters for intentional self-injury for youth ages 10-19 was lower in the NW Health Region (200.4/100,000 population) compared to all other regions.

2.3 HOSPITALIZATION FOR ACUTE EPISODE OF MENTAL ILLNESS

Episodes of serious mental illness sometimes result in hospitalizations. The rate of hospitalizations for mental disorders includes all hospital discharges with a primary diagnosis of any mental illness.

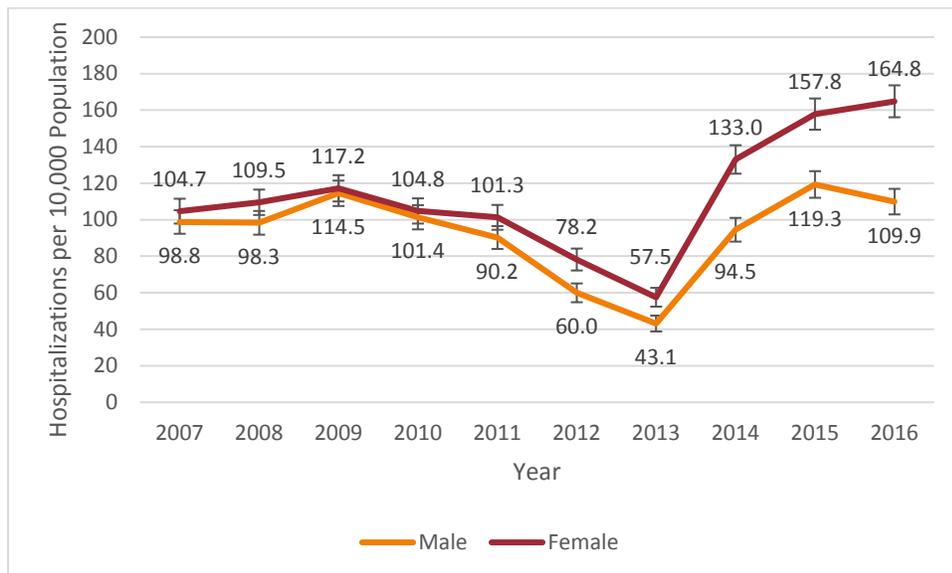
Figure 29. Hospitalization for mental disorders by year, 12-17 years, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders for youth ages 12-17 showed a downward trend from 2009 to 2013 (115.8/10,000 population and 50.2/10,000, respectively) and then rose dramatically, leveling off at 136.8/10,000 population in 2016.

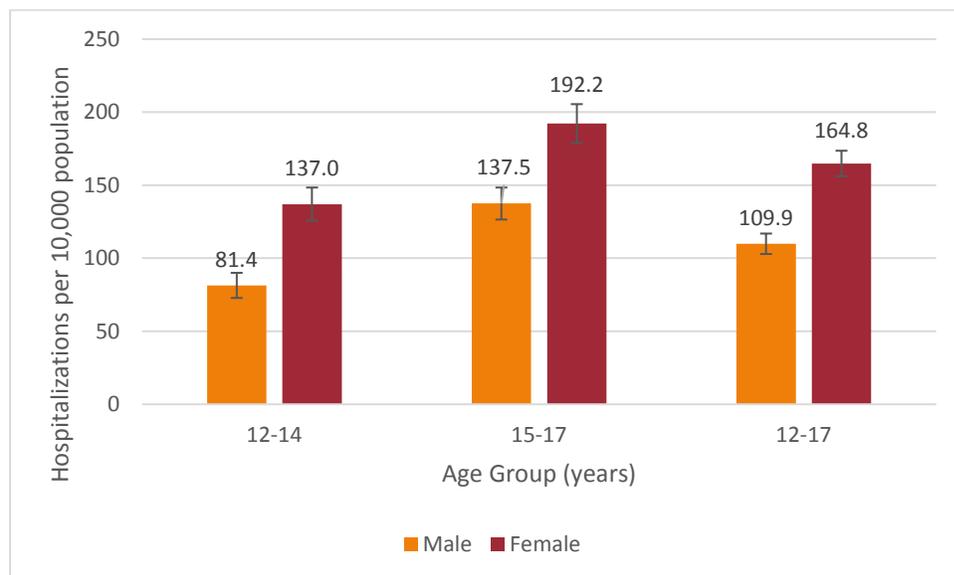
Figure 30. Hospitalization for mental disorders by year and sex, 12-17 years, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders for both male and female youth ages 12-17 decreased from 2009 to 2013 (114.5/10,000 population and 43.1/10,000, respectively, for males; 117.2/10,000 and 57.5/10,000 for females). For both sexes, the rate of hospitalization rose sharply after 2013, with male youth rates more than doubling by 2016 to 109.9/10,000 population and female youth rates almost tripling for a 10-year high of 164.8/10,000 population.

Figure 31. Hospitalization for mental disorders by age group and sex, 12-17 years, New Mexico, 2016



HIDD data.

In 2016, the rate of hospitalizations for mental disorders for female youth was nearly 1½ times that of male youth (164.8/100,000 population and 109.9/100,000, respectively). This pattern was most pronounced for females in the younger age range, where the rate of hospitalizations for females 12-14 years was 1.7 times that of males of the same age.

Figure 32. Hospitalization for mental disorders by sex and diagnostic group, 12-17 years, New Mexico, 2016



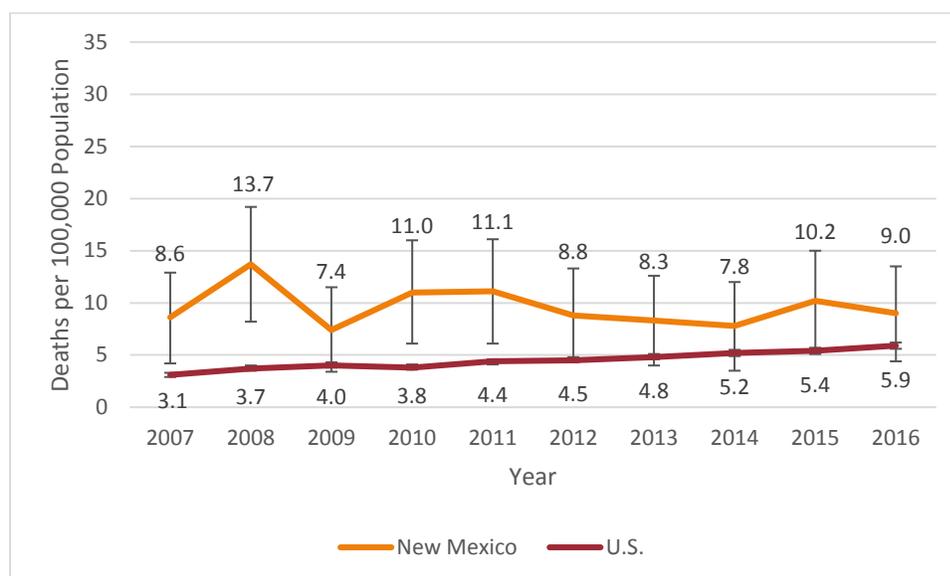
HIDD data.

A mood disorder was the primary diagnosis among youth ages 12-17 who were hospitalized in 2016 for a mental disorder, accounting for 73% of male youth and 89% of female youth mental disorder hospitalizations.

2.4 DEATH BY INTENTIONAL SELF-HARM (SUICIDE)

Adolescent suicide is a public health problem of considerable magnitude in New Mexico. Mental disorders increase the risk for both attempted and completed suicide. Other risk factors for completed suicide among youth include substance abuse, a family history of suicidal behavior, parental psychiatric disorders, stressful life events, and access to firearms. The youth suicide rate is defined as the number of deaths attributed to suicide among persons 12-17 years per 100,000 of the age group population.

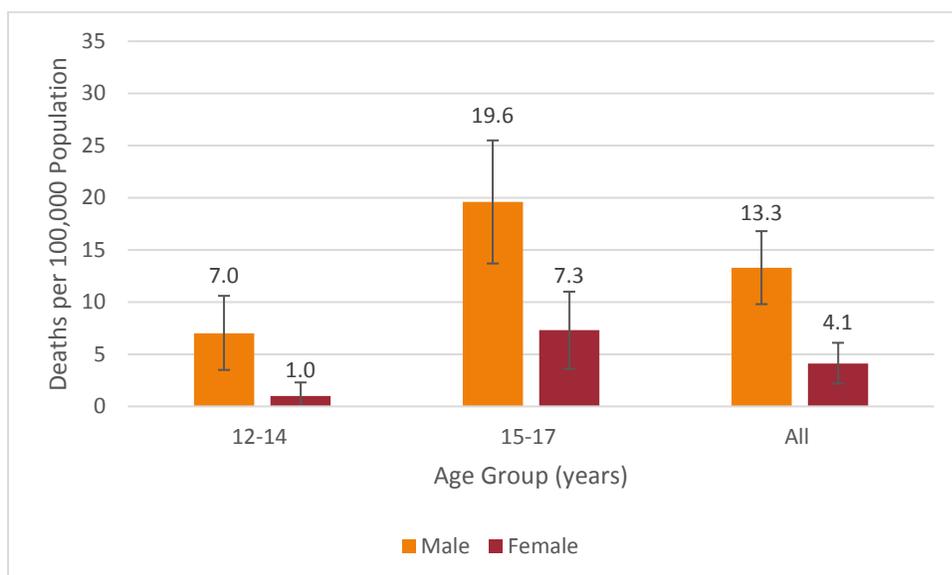
Figure 33. Death by intentional self-harm (suicide) by year, 12-17 years, New Mexico and United States, 2007-2016



Death and NCHS data.

The youth suicide rate in New Mexico has consistently been at least 50% higher than the United States rate. From 2007 to 2016, the New Mexico rate has remained essentially stable, while the U.S. rate has gradually increased. In 2016, the suicide rate among New Mexican youth ages 12-17 was 9.0 deaths/100,000 residents while the comparable U.S. rate was 5.9 deaths/100,000 population.

Figure 34. Death by intentional self-harm (suicide) by age group and sex, 12-17 years of age, New Mexico, 2012-2016



Death data.

The suicide rate among males (13.3 per 100,000 population) was more than three times higher than that of females (4.1 per 100,000 population). Suicide rates increased with age among youth.

3 ADULTS

Adult mental health issues range in a spectrum from day-to-day challenges with stress, anxiety, and "the blues", to persistent mental health challenges arising from chronic physical conditions such as diabetes, asthma, and obesity, to chronic clinically-diagnosable psychiatric morbidities such as anxiety disorders, schizophrenia, bipolar disorder, and depression, to serious life-threatening situations such as suicidal ideation and suicide attempt, which sometimes result from a combination of the mental and physical health challenges mentioned above. A host of measures exist for assessing the mental health status of individuals, but characterizing the mental health status of the population is a relatively new field. If such an assessment can be done using a simple and non-invasive approach with a reasonable level of sensitivity and specificity, the resulting characterization of the population's mental health can help public health and mental health professionals better understand the distribution of mental health issues in the population and design better systems to help identify, address and mitigate these issues before they become more serious.

3.1 MENTAL DISTRESS

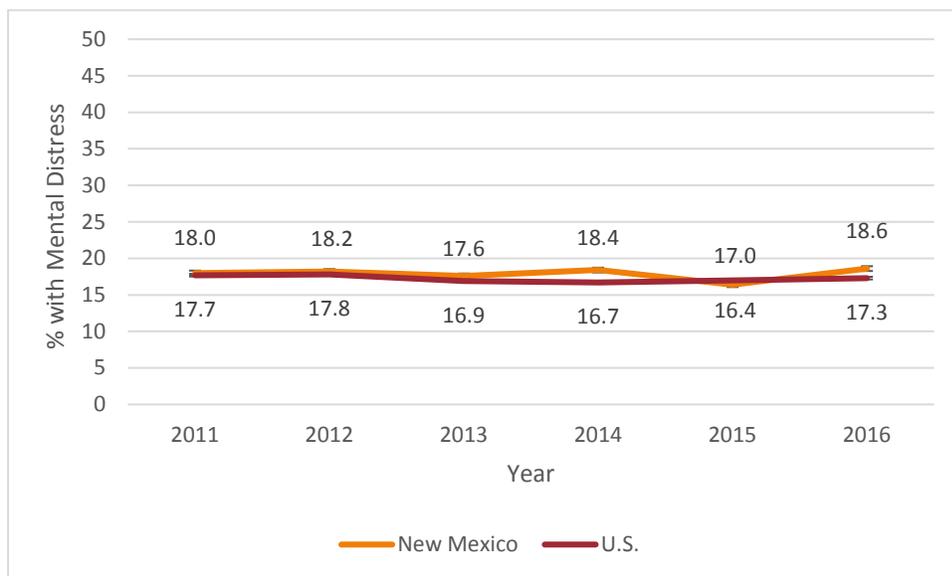
3.1.1 Mental Distress – 6+ Days

Among measures that have been suggested by the CDC as potential tools for assessing population well-being and mental health is the frequency with which people experience poor mental health. The BRFSS mental distress question is an attempt to obtain a global measure of recent mental and emotional distress. Frequent mental distress is associated with depression.

This measure is based on the single question, "How many days during the past 30 days was your mental health not good?" Respondents who report that they experienced 14 or more days when their mental health was "not good" were classified as experiencing "Frequent Mental Distress" ("FMD"). Although FMD is not a clinical diagnosis, evidence suggests that it is associated with a person's mental health status. A 2011 study by Bossarte et al.¹⁹ concluded that 6 or more days of poor mental health ("Mental Distress") could be used as a valid and reliable indicator of generalized mental distress with strong associations to both diagnosable depressive symptomology and serious mental illness. Adults with six or more days of poor mental health in the past 30 days are captured by this indicator. The denominator includes all survey respondents except those with missing, "Don't know/Not sure," and "Refused" responses.

19. Bossarte RM, He H, Claassen CA, Knox K, Tu X. Development and validation of a 6-day standard for the identification of frequent mental distress. *Soc Psychiatr Epidemiol*. 2011 May, 46(5): 403-11.

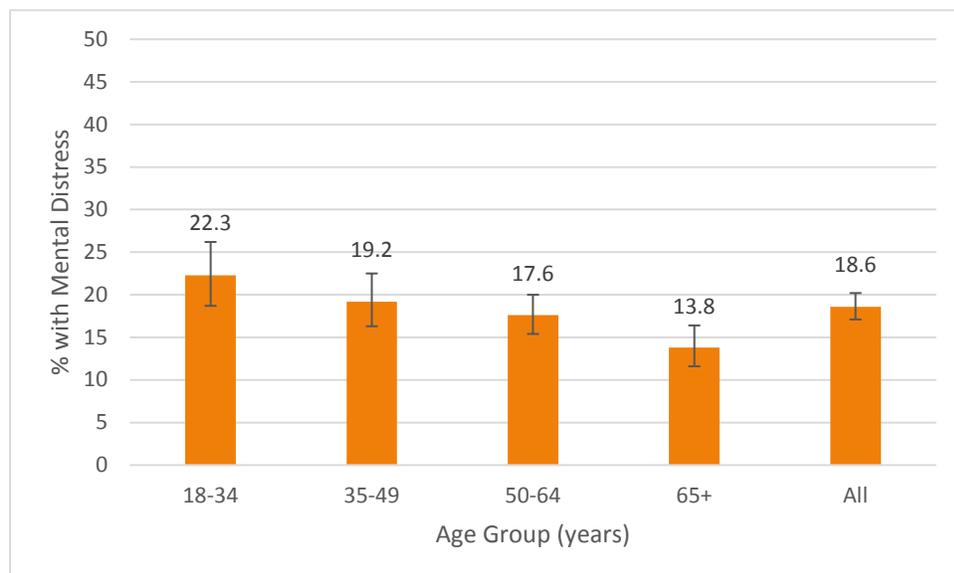
Figure 35. Mental distress (6+ days) in the past 30 days by year, 18+ years, New Mexico and United States, 2011-2016



BRFSS data.

The prevalence of mental distress in New Mexico and the United States has been consistently similar. In 2016, the NM prevalence of mental distress was 18.6% compared to 17.3% in the U.S.

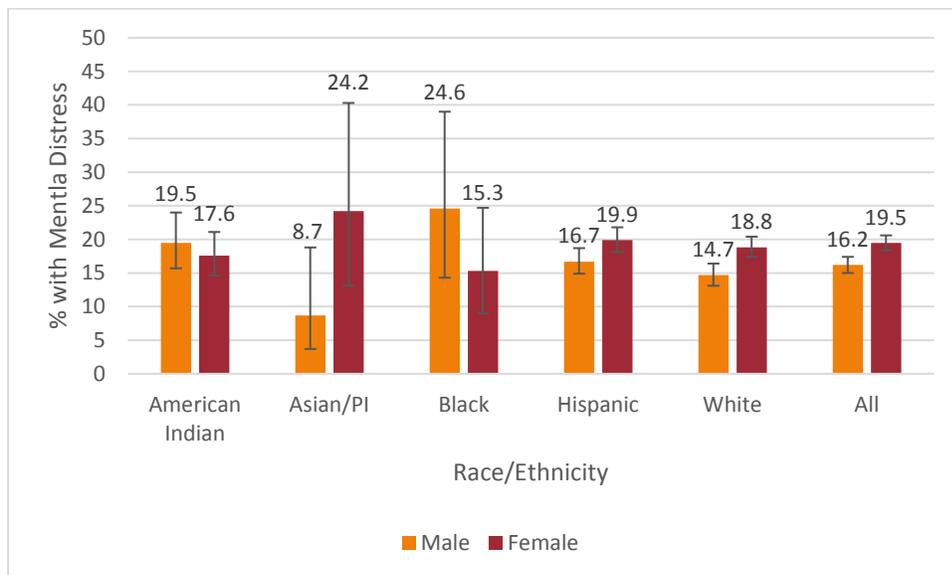
Figure 36. Mental distress (6+ days) in the past 30 days by age group, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of self-reported mental distress was highest among those 18-34 years (22.3%), declining after age 64.

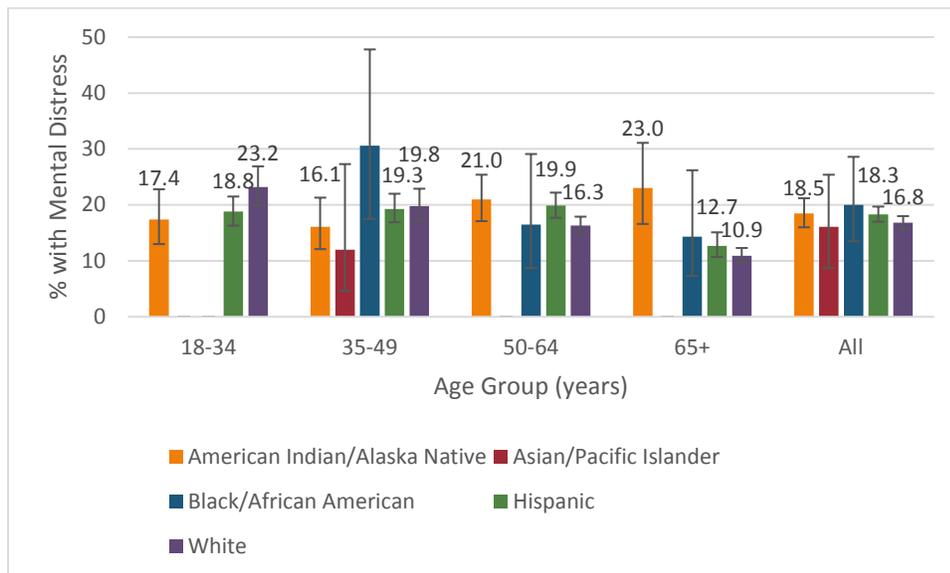
Figure 37. Mental distress (6+ days) in the past 30 days by race/ethnicity and sex, 18+ years, New Mexico, 2014-2016



BRFSS data.

Over the three-year period from 2014-2016, the prevalence of self-reported mental distress was higher among females (19.5%) compared to males (16.2%). There was no meaningful difference across race/ethnicity.

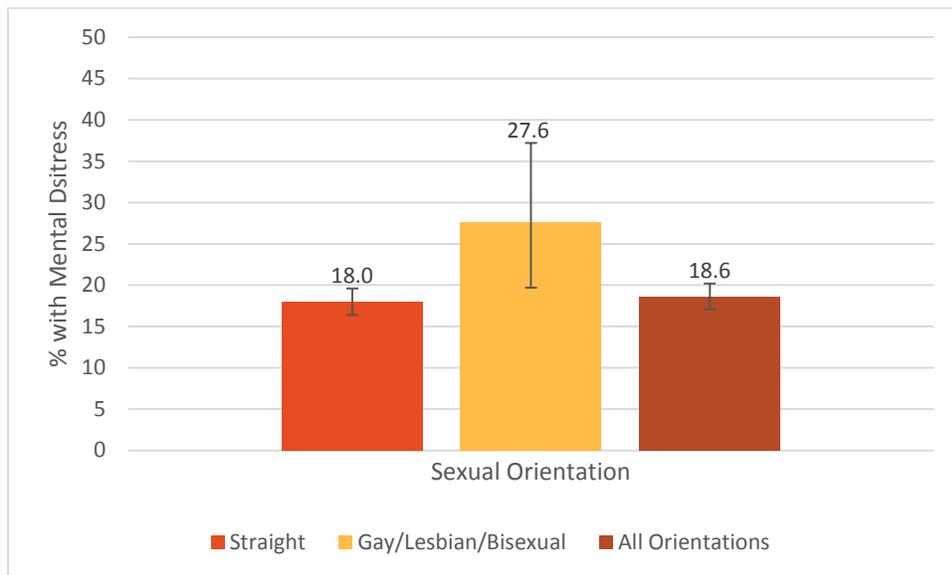
Figure 38. Mental distress (6+ days) in the past 30 days by age group and race/ethnicity, 18+ years, New Mexico, 2014-2016



BRFSS data.

Over the three-year period from 2014-2016, the prevalence of self-reported mental distress among those 65 years and older was higher among American Indians (23%) compared to Hispanics (12.7%) and Whites (10.9%).

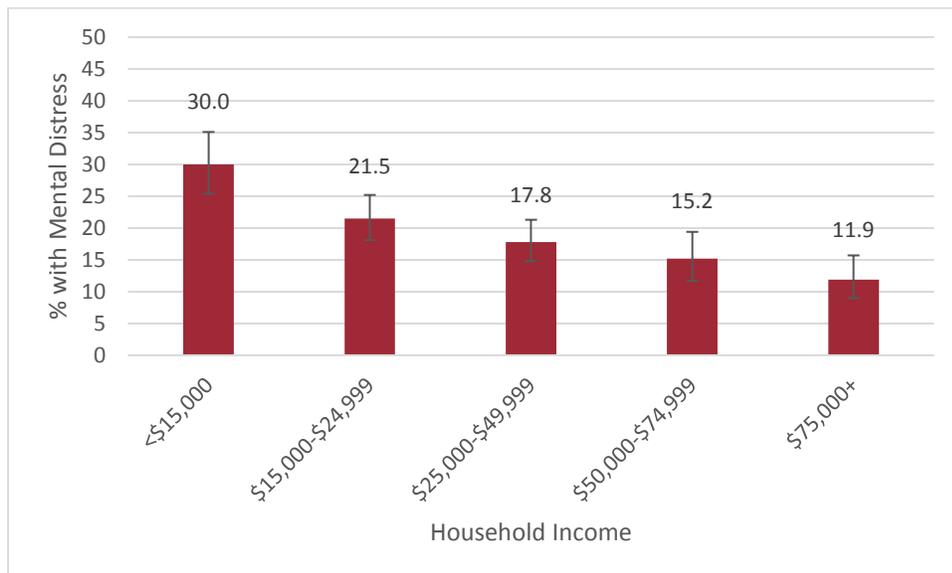
Figure 39. Mental distress (6+ days) in the past 30 days by sexual orientation, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of self-reported mental distress was higher among those adults who identified as gay, lesbian or bisexual (27.6%) compared to those who identified as straight (18.0%).

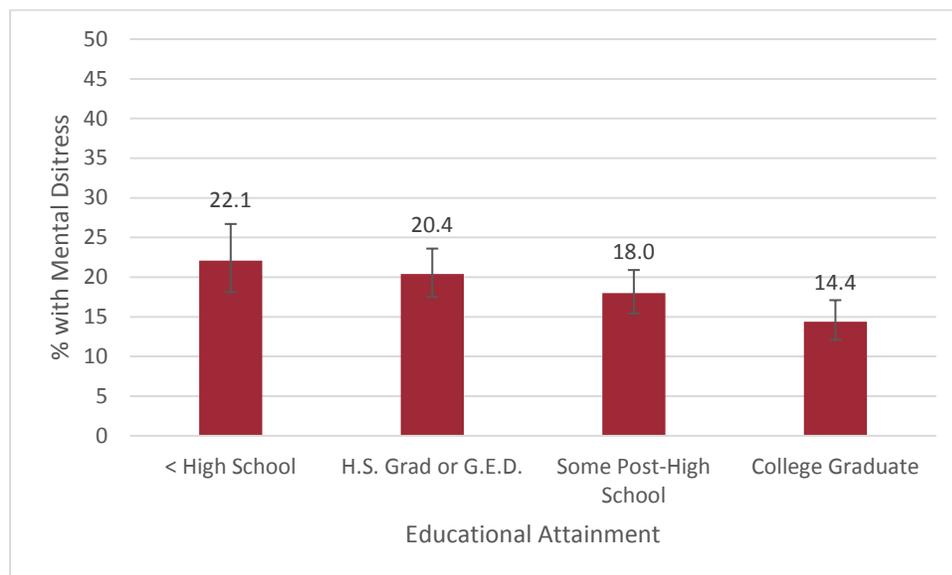
Figure 40. Mental distress (6+ days) in the past 30 days by household income, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of mental distress was highest among those with the lowest household incomes. Residents with an annual household income of less than \$15,000 had a higher prevalence of mental distress (30.0%) than all other income groups. Those with an annual income from \$15,000-\$24,999 also had a higher prevalence of mental distress (21.5%) compared to those with incomes of \$75,000 or greater (11.9%).

Figure 41. Mental distress (6+ days) in the past 30 days by education level, 18+ years, New Mexico, 2016



BRFSS data.

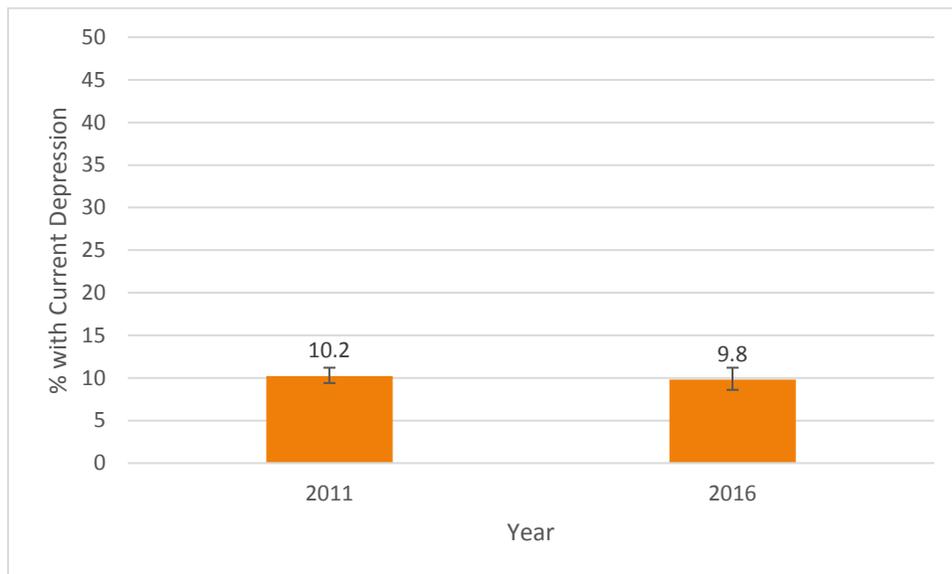
The prevalence of mental distress was highest among those with less than a high school diploma. Those with a high school diploma or less had a higher prevalence of Mental Distress (22.1%) compared to those who were college graduates (14.4%).

3.1.2 Major Depressive Episode

Depression is one of the most prevalent and treatable mental disorders. Major depression is often associated with co-morbid mental disorders, such as anxiety and substance use disorders, and impairment of a person's ability to function in work, home, relationship, and social roles. Depression is also a risk factor for suicide and attempted suicide. In addition, depressive disorders have been associated with an increased prevalence of chronic medical conditions, such as heart disease, stroke, asthma, arthritis, cancer, diabetes, and obesity.

The Anxiety and Depression Module, included as a state-added module of the Behavioral Risk Factor Surveillance System (BRFSS) in 2011 and 2016, comprises the first eight questions from the Patient Health Questionnaire (PHQ-8), an instrument that can establish a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria. These eight questions ask how many days over the past two weeks the respondents experienced each of the eight symptoms. The number of days during which symptoms were reported were converted to points; the number of points were then summed across the eight questions to determine the severity of depressive symptoms. A cut-off score of 10 points or more was used to define "Current Depression". In contrast, NSDUH estimates the rate of Major Depressive Episode in the past year among adults 18 years of age and older for the United States.

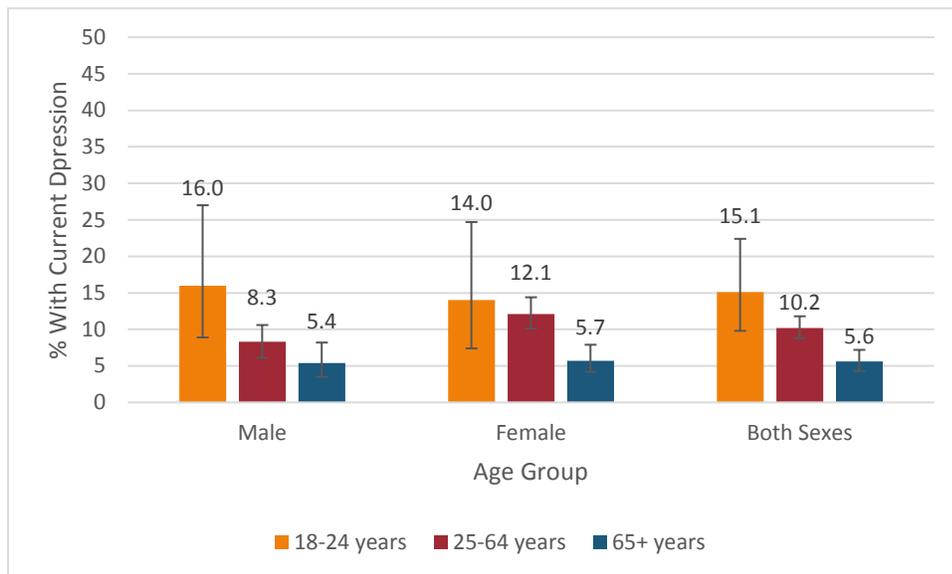
Figure 42. Current depression,
18+ years, New Mexico, 2011-2016



BRFSS data.

In 2016, the NM prevalence of Current Depression was 9.8%. Compared to 2011, the NM prevalence has remained stable.

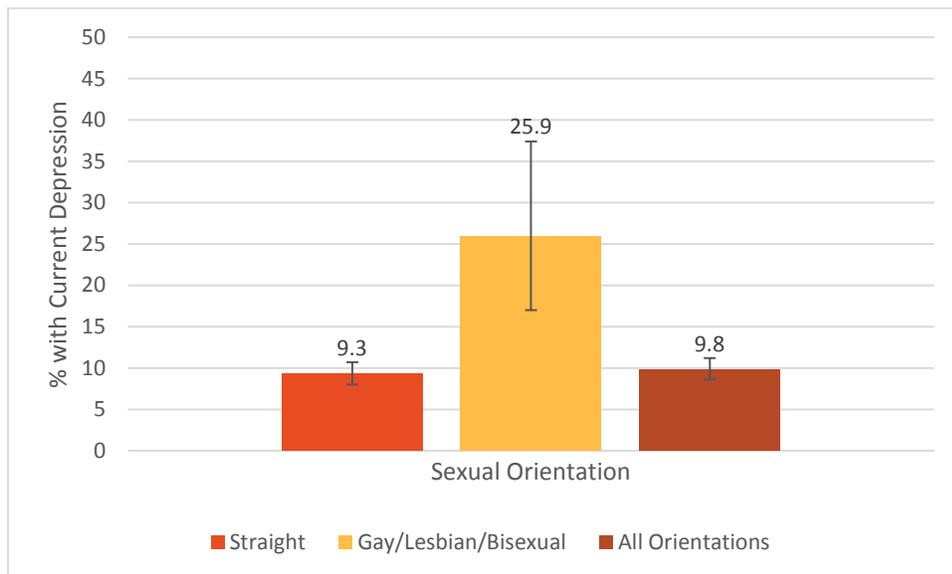
Figure 43. Current depression by age group and sex, 18+ years, New Mexico and United States, 2016



BRFSS data.

The prevalence of current depression was higher for men ages 18-24 years (16.0%) compared to those 65 years and older (5.4%), while, among women, the prevalence of current depression was higher for those ages 25-64 years (12.1%) compared to those 65 years and older (5.7%).

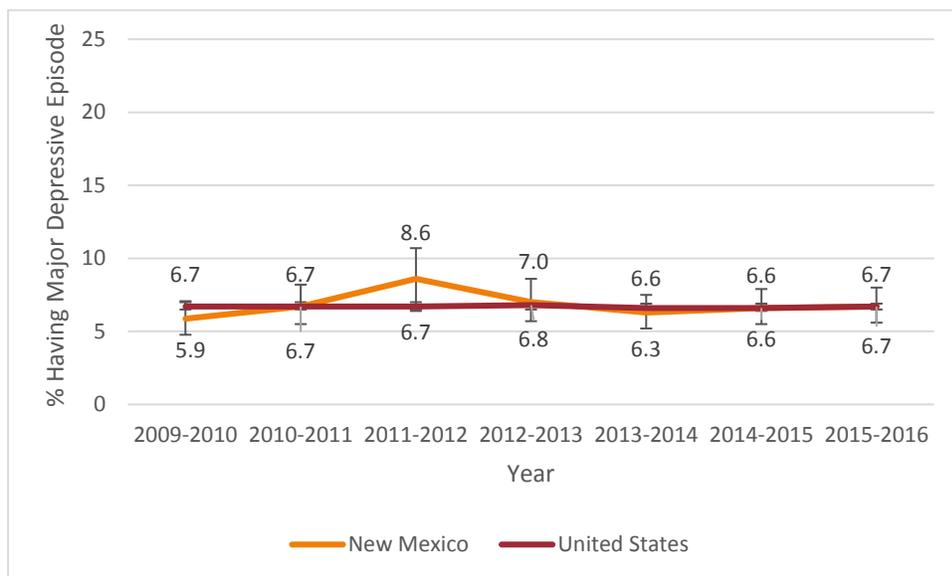
Figure 44. Current depression by sexual orientation, 18+ years, New Mexico and United States, 2016



BRFSS data.

Respondents who identified as gay, lesbian or bisexual were nearly three times more likely to be currently depressed (25.9%) compared with those who identified as straight (9.3%).

Figure 45. Major depressive episode in the past year, 18+ years, New Mexico and United States, 2009-2016



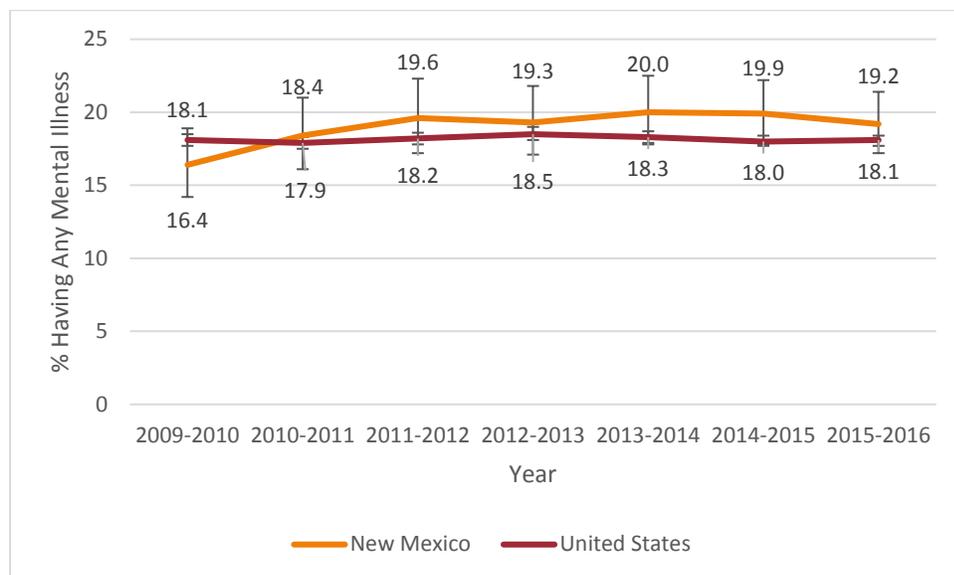
NSDUH data.

From 2009 to 2016, the prevalence of having a Major Depressive Episode in the past year among both New Mexico and U.S. residents remained relatively stable. In 2015-2016, the prevalence for both New Mexico and U.S. residents was 6.7%.

3.1.3 Any Mental Illness

NSDUH measures the annual rate of any mental illness among adults 18 years of age or older in the United States. “Any mental illness” was defined as having any mental, behavioral, or emotional disorder, other than a developmental or substance use disorder, in the past year based on DSM-IV criteria.

Figure 46. Any mental illness in the past year, 18+ years, New Mexico and United States, 2009-2016



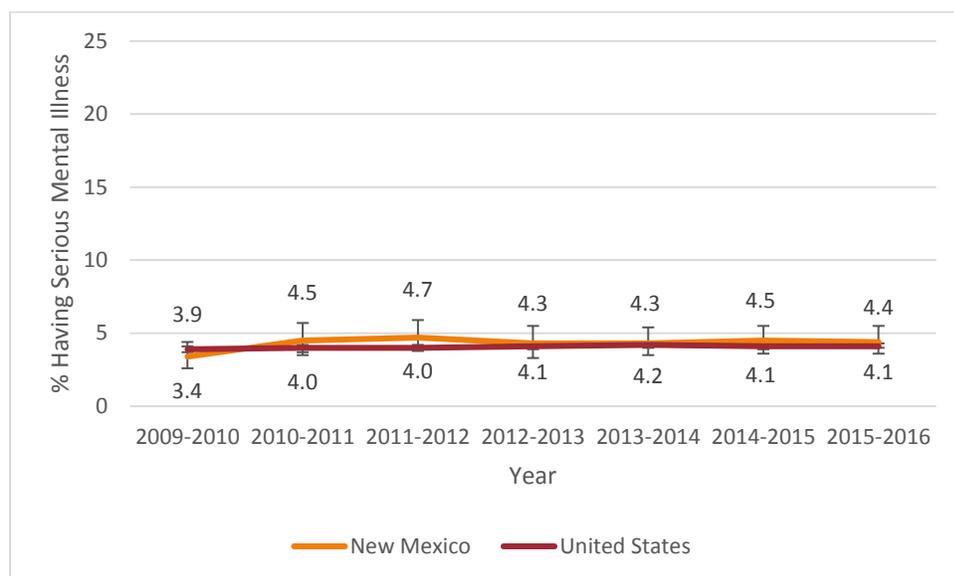
NSDUH data.

From 2009 to 2016, the prevalence of having any mental illness in the past year among both New Mexico and U.S. residents remained relatively stable. In 2015-2016, the prevalence among New Mexico residents was 19.2%; for U.S. residents, it was 18.1%.

3.1.4 Serious Mental Illness

NSDUH measures the annual rate of serious mental illness among adults for the United States. “Serious mental illness” is defined as having a diagnosable mental, behavioral or emotional disorder, other than a developmental or substance use disorder, resulting in serious functional impairment. Schizophrenic and bipolar disorders are typically considered serious mental illnesses because of their interference with daily functioning.

Figure 47. Serious mental illness in the past year, 18+ years, New Mexico and United States, 2009-2016



NSDUH data.

From 2009 to 2016, the prevalence of having a serious mental illness in the past year among both New Mexico and U.S. residents remained relatively stable. In 2015-2016, the prevalence among New Mexico residents was 4.4%; for U.S. residents, it was 4.1%.

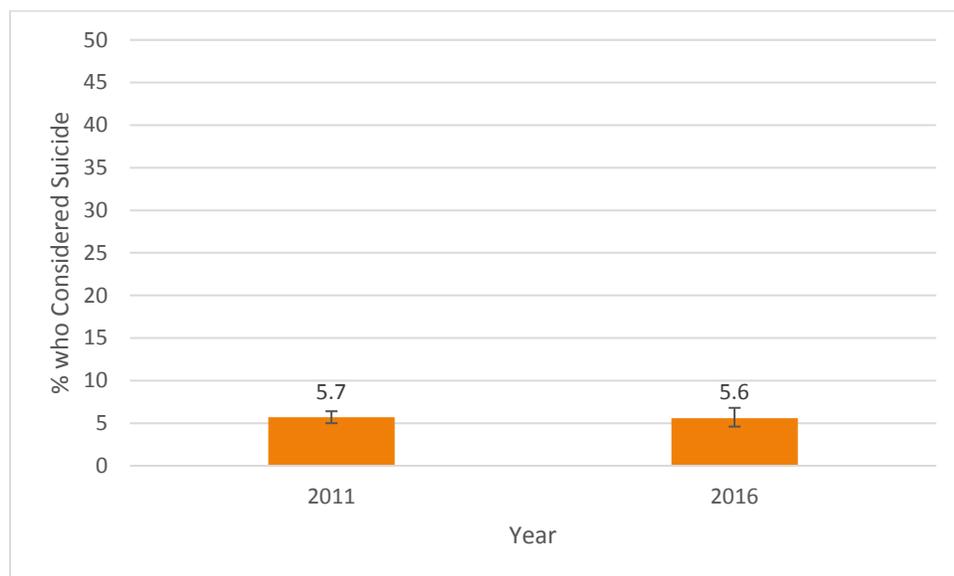
3.2 SUICIDAL BEHAVIORS

3.2.1 Serious Thoughts About Suicide

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life and is a risk factor for suicide or attempted suicide. More than half of suicide attempts occur within one year of the onset of suicide ideation. Based on this knowledge of suicidal behavior, the World Health Organization and the United States Office of the Surgeon General have recommended routine surveillance for suicidal behavior such as attempts and ideation. In doing so, suicide prevention plans can be targeted specifically at communities with high risk and evaluated more thoroughly.

Suicidal ideation, included as one question in a state-added module of the Behavioral Risk Factor Surveillance System (BRFSS) in 2011 and 2016, asks respondents if, over the past year, they have felt so low at times that they thought about committing suicide. Prevalence was reflected in the number who responded affirmatively to the question. NSDUH measures the annual rate of serious thoughts about suicide among adults for the United States.

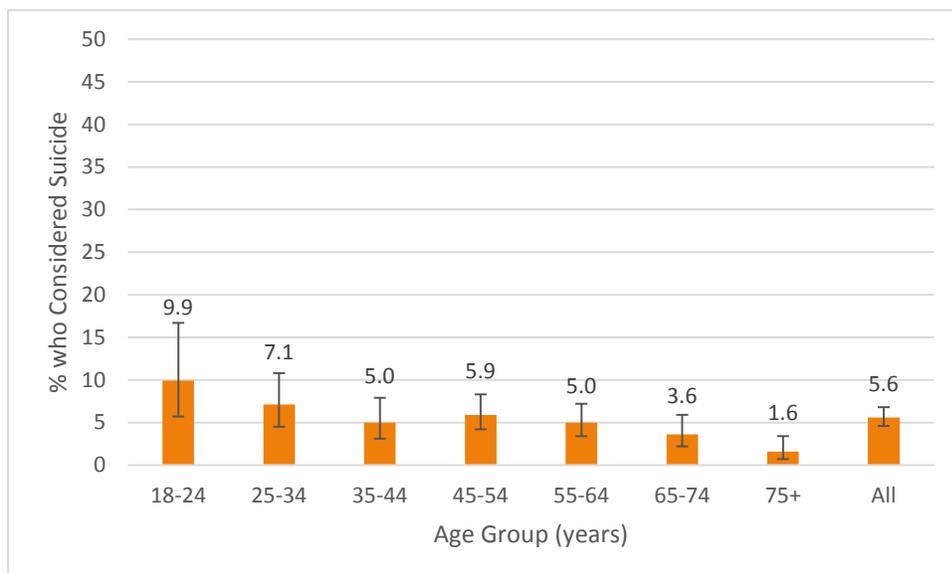
Figure 48. Considered suicide in the past year, 18+ years, New Mexico, 2011-2016



BRFSS data.

In 2016, the NM prevalence of those adults who considered suicide was 5.6%. Compared to 2011, the NM prevalence has remained stable.

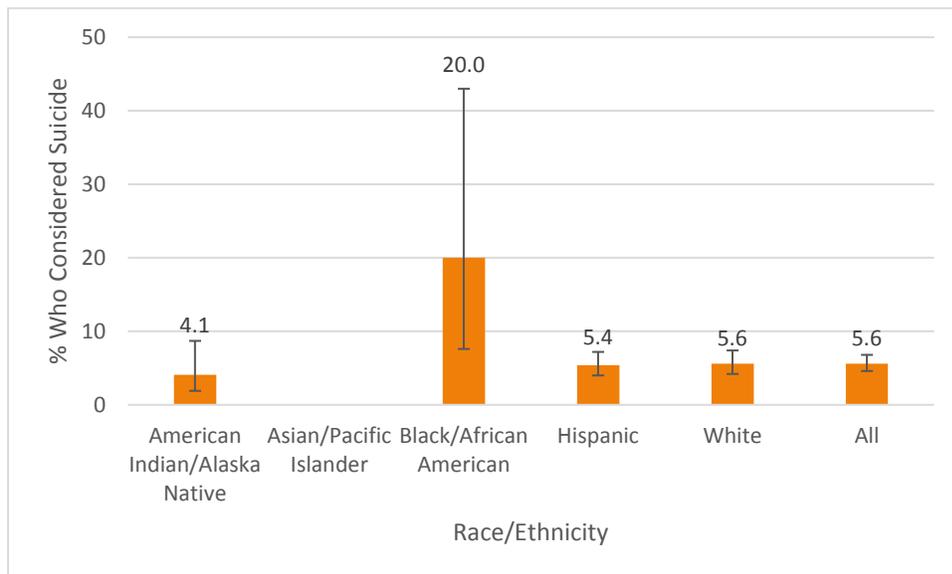
Figure 49. Considered suicide in the past year by age group, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of having considered suicide in the past year was highest for younger adults compared with those older. Male and female adults had similar rates of suicidal ideation.

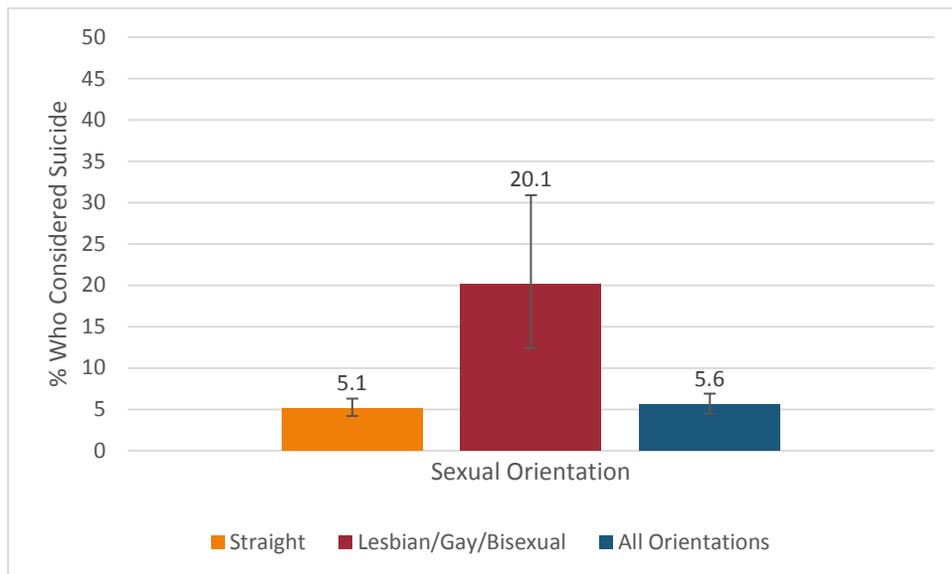
Figure 50. Considered suicide in the past year by race/ethnicity, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of those who had considered suicide in the past year was greater among Black adults compared with White and Hispanic adults.

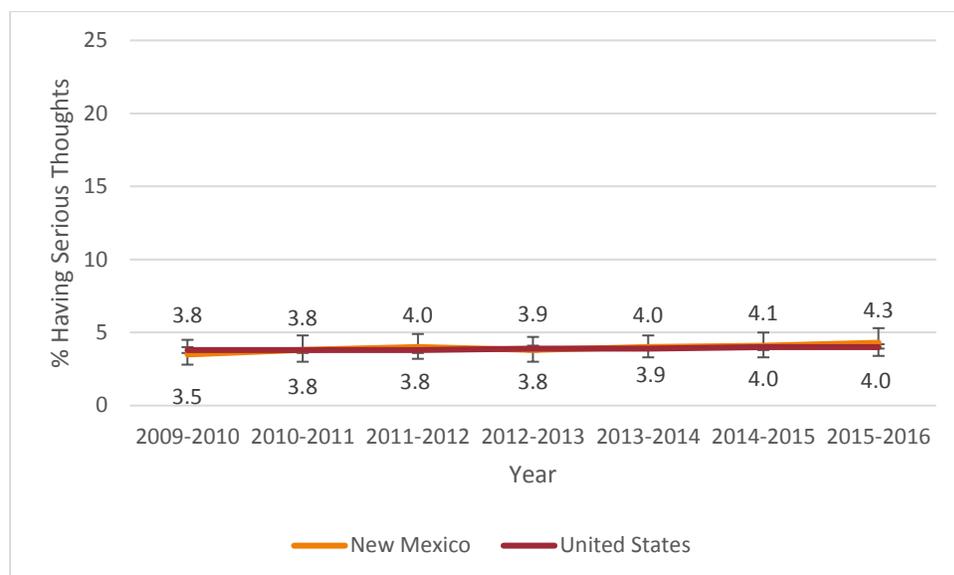
Figure 51. Considered suicide in the past year by sexual orientation, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of having considered suicide in the past year among respondents who identified as lesbian, gay or bisexual (20.1%) was nearly four times that of those who identified as straight (5.1%).

Figure 52. Had serious thoughts of suicide in the past year, 18+ years, New Mexico and United States, 2009-2016



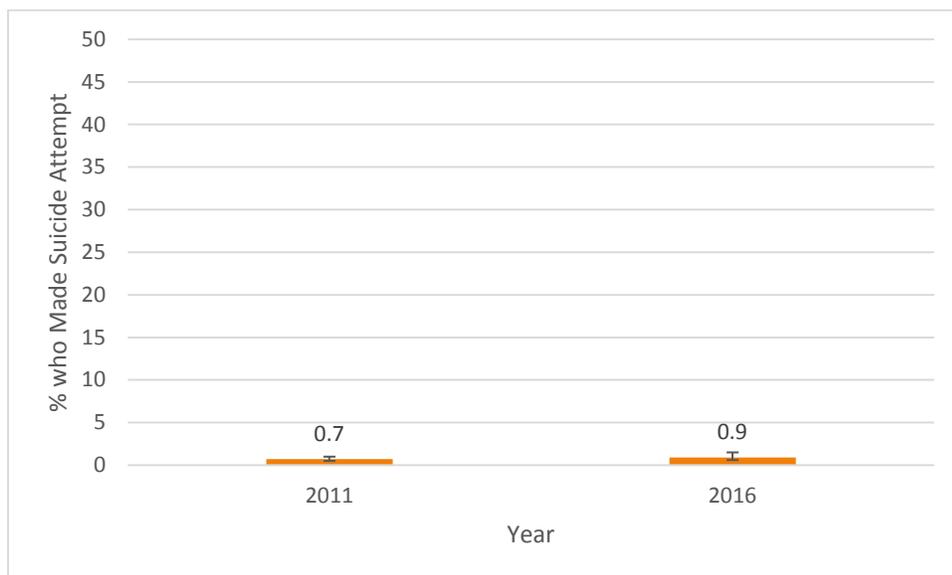
NSDUH data.

From 2009 to 2016, the prevalence of having serious thoughts of suicide in the past year among both New Mexico and U.S. residents remained relatively stable. In 2015-2016, the prevalence among New Mexico residents was 4.3%; for U.S. residents, it was 4.0%.

3.2.2 Suicide Attempt

Prior suicide attempts have been shown to be the strongest risk factor for suicide, and more than half of suicide attempts occur within one year of the onset of suicide ideation. Based on this knowledge of suicidal behavior, the World Health Organization and the United States Office of the Surgeon General have recommended routine surveillance for suicidal behavior such as attempts and ideation. In doing so, suicide prevention plans can be targeted specifically at communities with high risk and evaluated more thoroughly.

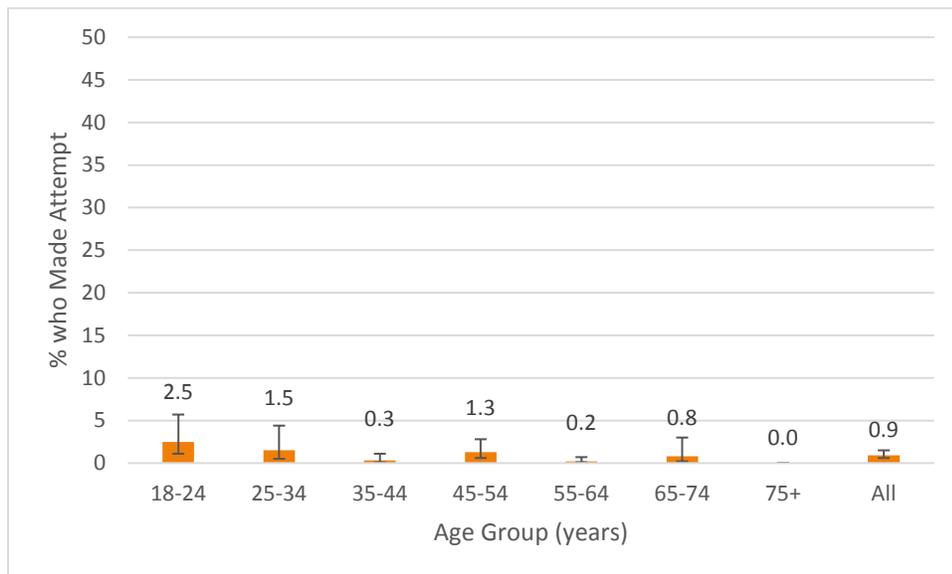
Figure 53. Made a suicide attempt in the past year by year, 18+ years, New Mexico, 2011-2016



BRFSS data.

In 2016, the NM prevalence of those adults who made a suicide attempt in the past year was 0.9%, up slightly from 0.7% in 2011.

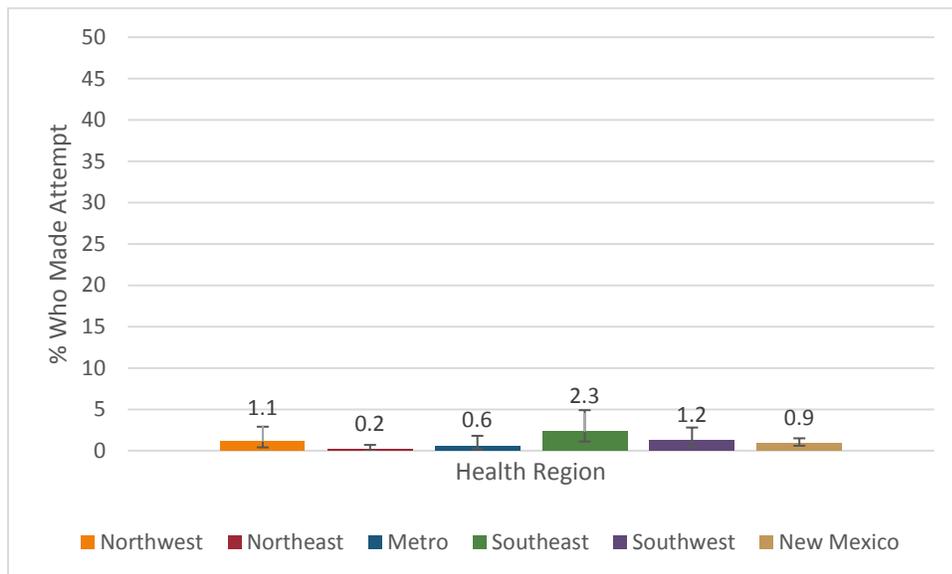
Figure 54. Made a suicide attempt in the past year by age group, 18+ years, New Mexico, 2016



BRFSS data.

The prevalence of past year suicide attempts was generally lower for older adults compared to those of younger ages.

Figure 55. Made a suicide attempt in the past year by health region, 18+ years, New Mexico, 2016



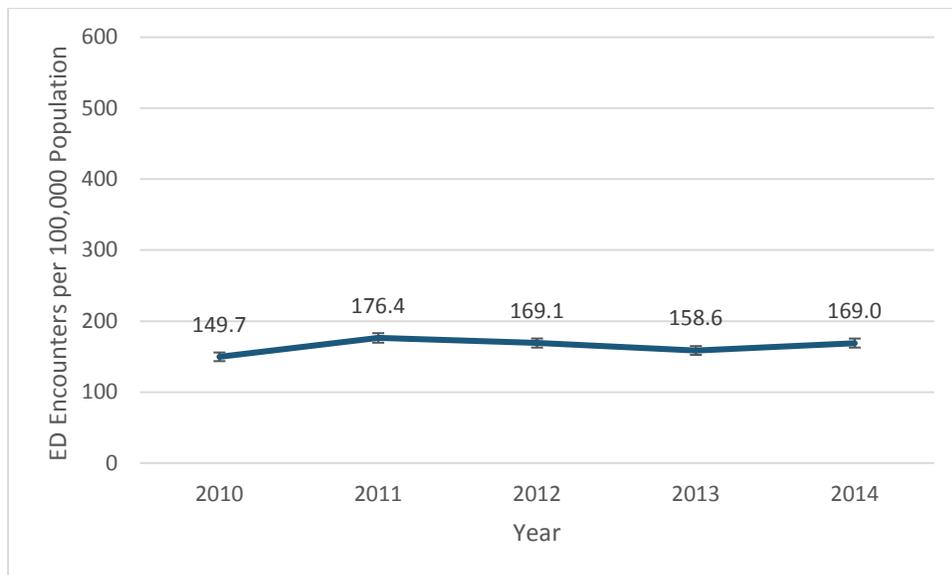
BRFSS data.

The prevalence of respondents who made a past year suicide attempt was higher among residents in the Southeast region (2.3%) compared with the Northeast region (0.2%).

3.2.3 Emergency Department Encounter for Intentional Self-injury

Every year, New Mexico residents visit an ED for intentional self-injury. Many of these visits are the result of attempted suicide. The denominator of this measure is the annual estimated population of New Mexico.

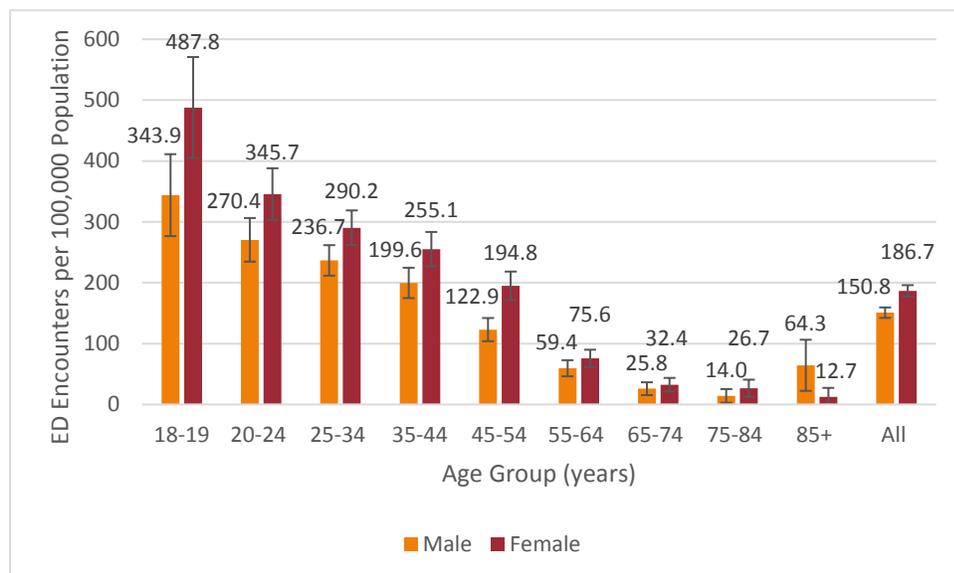
Figure 56. ED encounter for intentional self-injury by year, 18+ years, New Mexico, 2010-2014



EDD data.

The rate of ED visits for intentional self-injury by New Mexican adults increased from 2010 to 2011 and then remained relatively stable from 2011 to 2014.

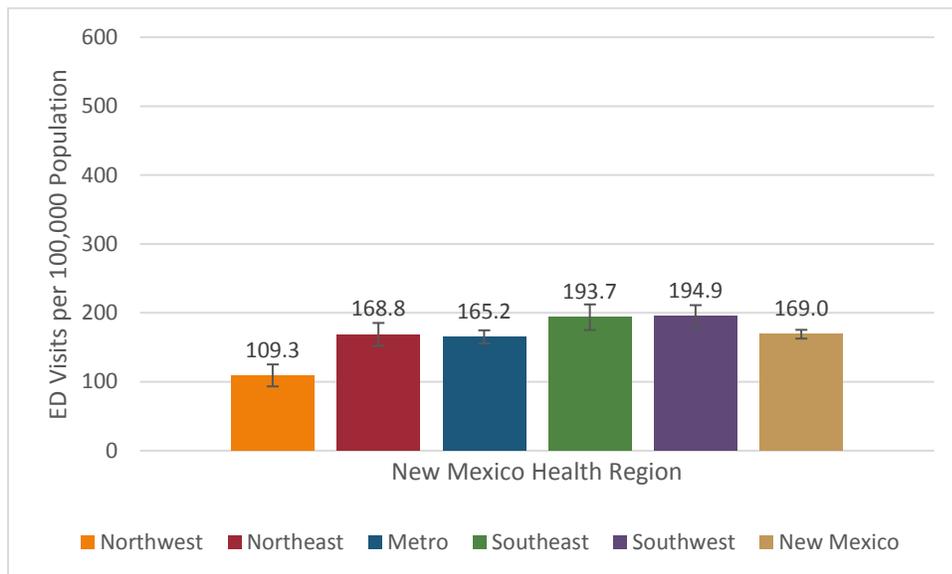
Figure 57. ED encounter for intentional self-injury by age group and sex, 18+ years, New Mexico, 2014



EDD data.

Females had higher rates of emergency department admissions for intentional self-injury (186.7/100,000 population) compared to males (150.8/100,000). This was particularly evident for those ages 45-54 years, where females' rates were more than 1½ times that of males (194.8/100,000 population and 122.9/100,000, respectively). For both sexes, rates were highest among those 18-19 years of age, then decreasing with age with the exception of males 85 years and older, who had higher rates (64.3/100,000 population) compared to those males 75-84 years (14.0/100,000).

Figure 58. ED encounter for intentional self-injury by health region, 18+ years, New Mexico, 2014



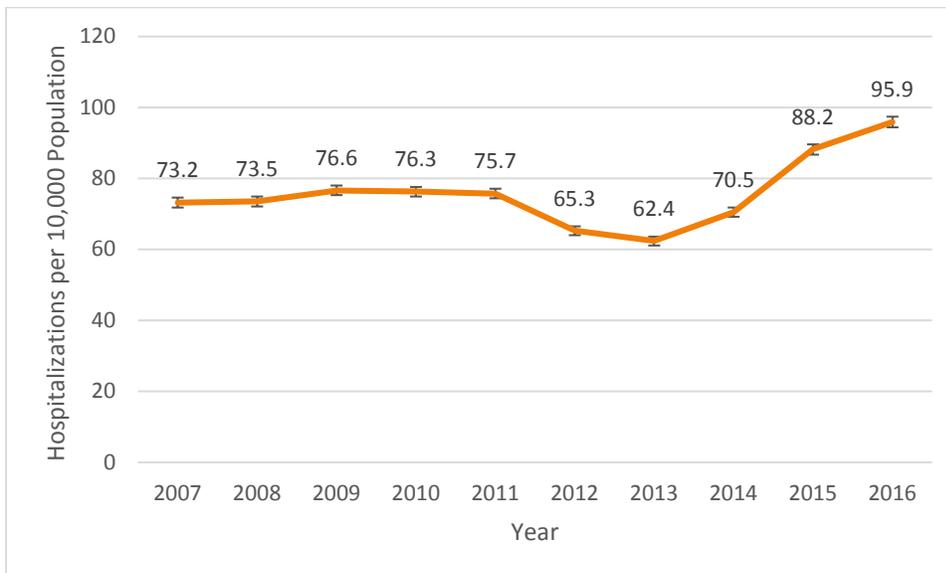
EDD data.

In 2014, the rate of emergency department encounters for intentional self-injury for adults ages 18 and over was lower in the NW Health Region (109.3/100,000 population) compared to all other regions. The rate for adult residents in the Metro region (165.2/100,000) was also lower than the Southeast and Southwest regions (193.7/100 and 194.9/100,000, respectively).

3.3 HOSPITAL ADMISSION FOR ACUTE EPISODE OF MENTAL ILLNESS

Episodes of serious mental illness sometimes result in hospitalizations. The rate of hospitalizations for mental disorders includes all hospital discharges with a primary diagnosis of any mental illness.

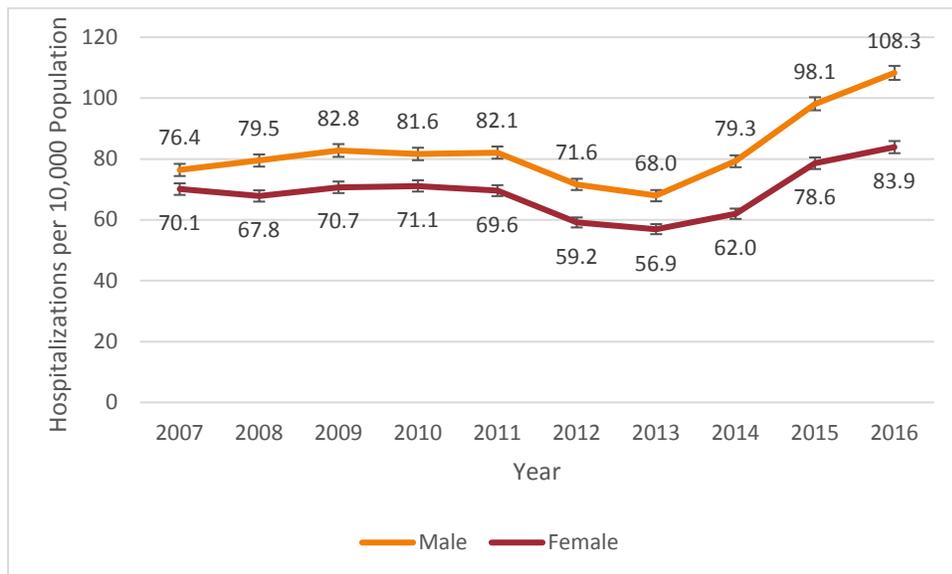
Figure 59. Hospitalization for mental disorders by year, 18+ years, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders for adults ages 18 and over decreased from 2011 to 2013 and then increased 54% to 95.9/10,000 population in 2016.

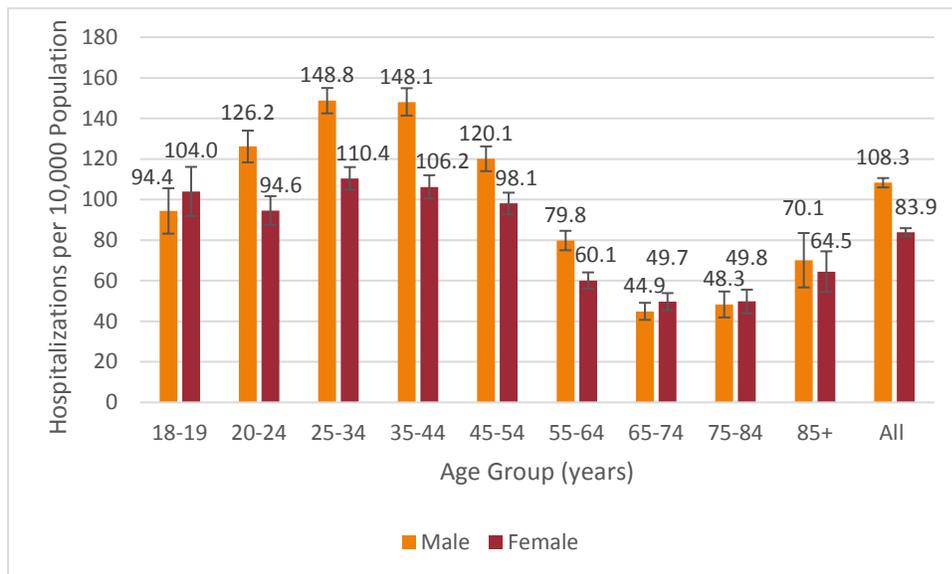
Figure 60. Hospitalization for mental disorders by year and sex, 18+ years, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders was consistently higher for males ages 18 and over compared to females. From 2013 to 2016 the rate of hospitalizations increased 59% for males and 47% for females. In 2016, the rate for males (108.3/10,000 population) was 29% higher than that for females (83.9/10,000 population).

Figure 61. Hospitalization for mental disorders by age group and sex, 18+ years, New Mexico, 2016



HIDD data.

In 2016, the rate of hospitalizations for mental disorders was higher for male adults ages 20-64 years compared to females. The greatest difference in rates between males and females was among those 25-34 years of age (148.8/100,000 population and 110.4/100,000, respectively) and those 35-44 years of age (148.1/100,000 and 106.2/100,000, respectively).

Figure 62. Hospitalization for mental disorders by sex and diagnostic group, 18+ years, New Mexico, 2016



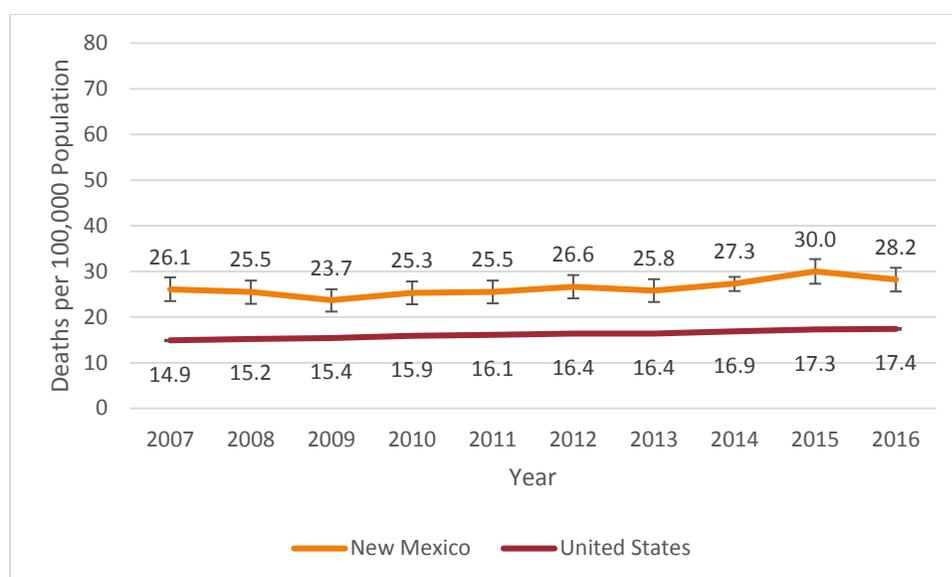
HIDD data.

A mood disorder was the primary diagnosis among adults ages 18 and over who were hospitalized in 2016 for a mental disorder, accounting for 40% of male and 56% of female mental disorder hospitalizations. Schizophrenic disorders accounted for the next highest percentage in both males (22%) and females (15%).

3.4 DEATH BY INTENTIONAL SELF-HARM (SUICIDE)

Suicide has been increasing in both New Mexico and the United States, with suicide rates in NM at least 50% higher than U.S. rates over the past 20 years. Mental disorders, particularly clinical depression, increase the risk for both attempted suicide and suicide. Other risk factors associated with suicide include a previous suicide attempt, alcohol and substance abuse, a family history of suicide, a history of child maltreatment, feelings of hopelessness, isolation, barriers to mental health treatment, loss (of relationships, social connections, work, finances), physical illness, and easy access to lethal methods, such as firearms.

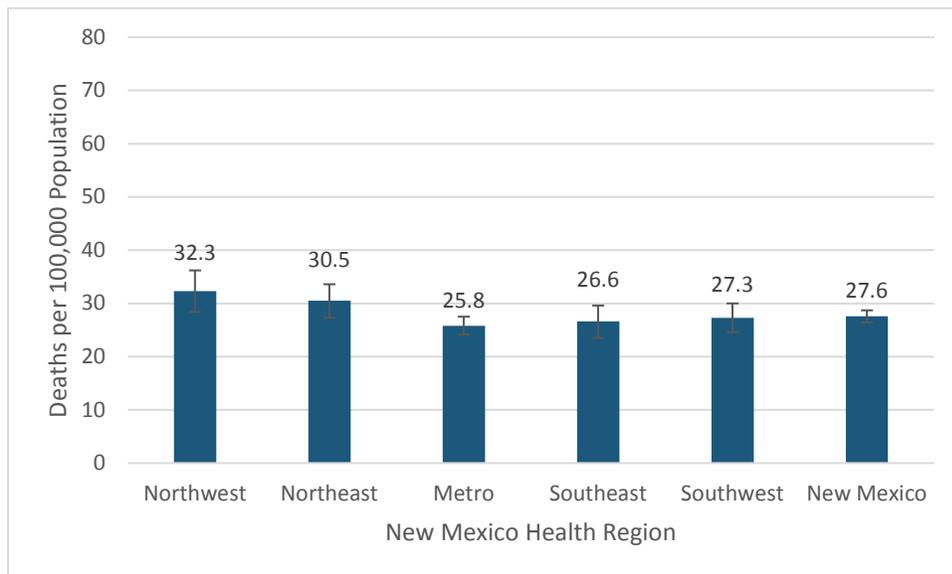
Figure 63. Death by intentional self-harm (suicide) by year, 18+ years, New Mexico and U.S., 2007-2016



Death and NCHS data.

The adult suicide rate in New Mexico has consistently been at least 50% higher than the United States rate, and in 2015, the New Mexico rate was 73% higher than the U.S. rate. From 2007 to 2016, both the New Mexico and U.S. rates gradually increased. In 2016, the suicide rate among New Mexican adults ages 18 and over was 28.2 deaths/100,000 residents while the comparable U.S. rate was 17.4 deaths/100,000 population.

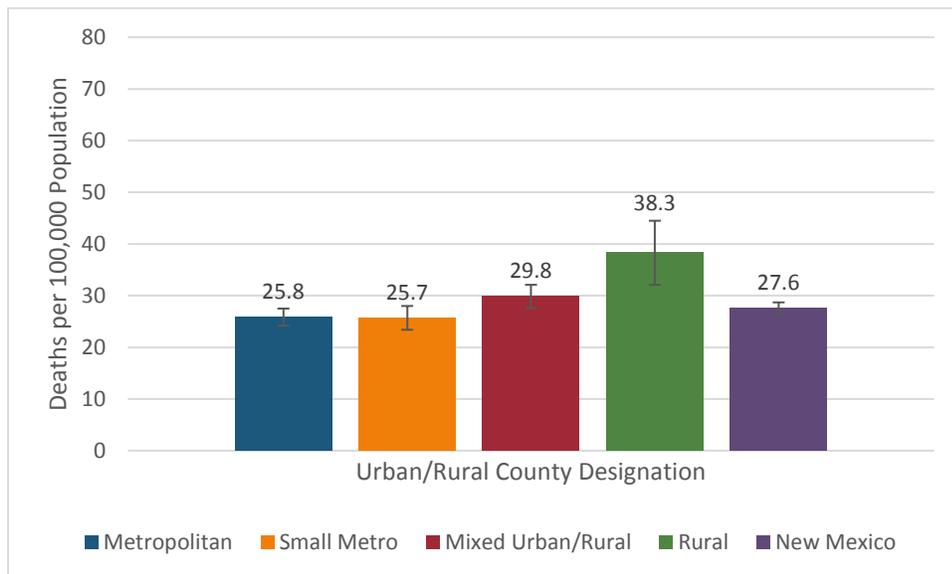
Figure 64. Death by intentional self-harm (suicide) by New Mexico health region, 18+ years, New Mexico, 2012-2016



Death data.

Adult residents of the Northwest Health Region had higher rates of suicide compared to those living in the Metro Region (32.3/100,000 and 25.8/100,000, respectively).

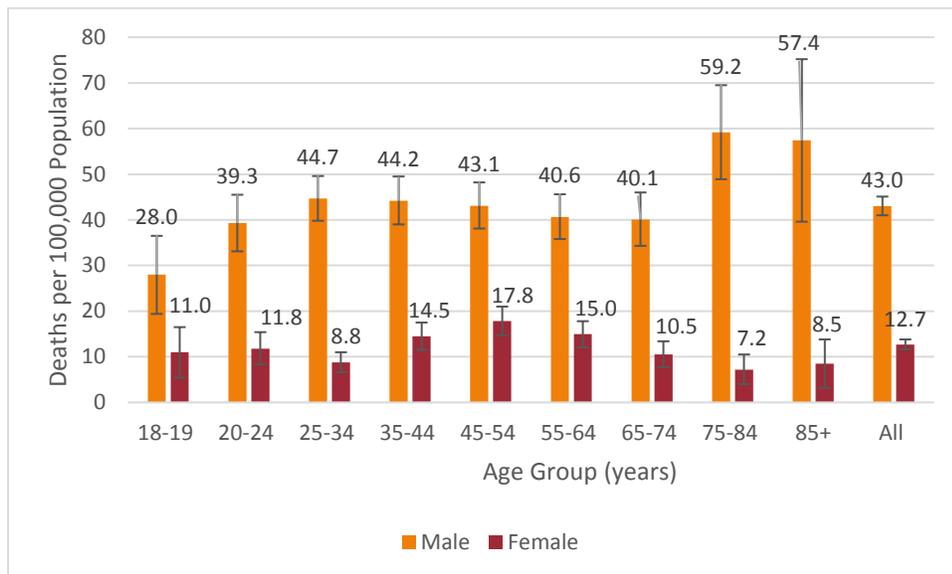
Figure 65. Death by intentional self-harm (suicide) by urban-rural residence, 18+ years, New Mexico, 2012-2016



Death data.

Rural counties had higher suicide rates (38.3 deaths/100,000 population) compared to Metropolitan (25.8/100,000) and Small Metro (25.7/100,000) counties, and Mixed Urban-Rural counties (29.8/100,000) had higher rates compared to Metropolitan counties.

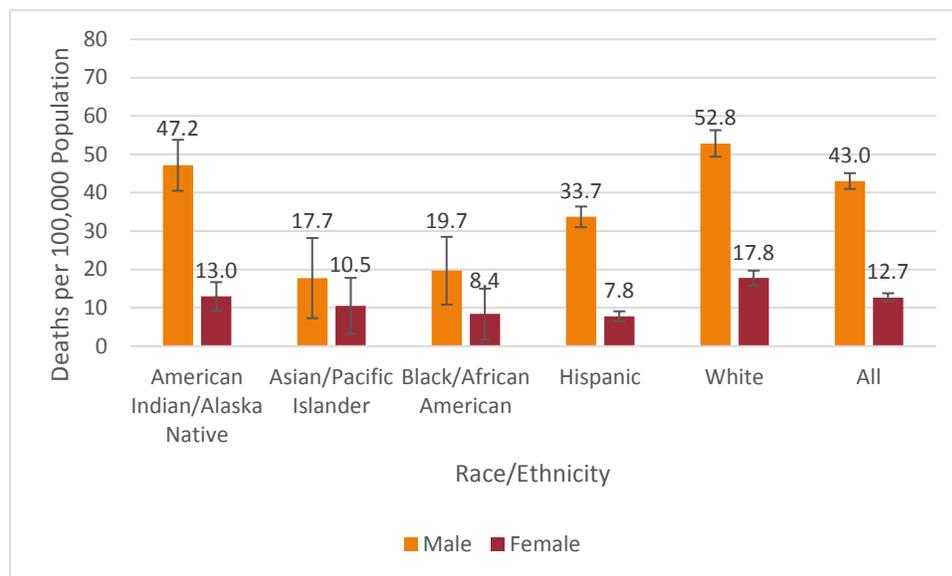
Figure 66. Death by intentional self-harm (suicide) by age group and sex, 18+ years, New Mexico, 2012-2016



Death data.

Adult male rates of suicide were higher than adult female rates across all age groups. Male rates ranged from 2½ times that of females for those 18-19 years and up to 8 times that of females for those 75-84 years. For males, suicide rates were highest for those 75-84 years (59.2 deaths/100,000 population), while female rates were highest among those 45-54 years (17.8 deaths/100,000 population).

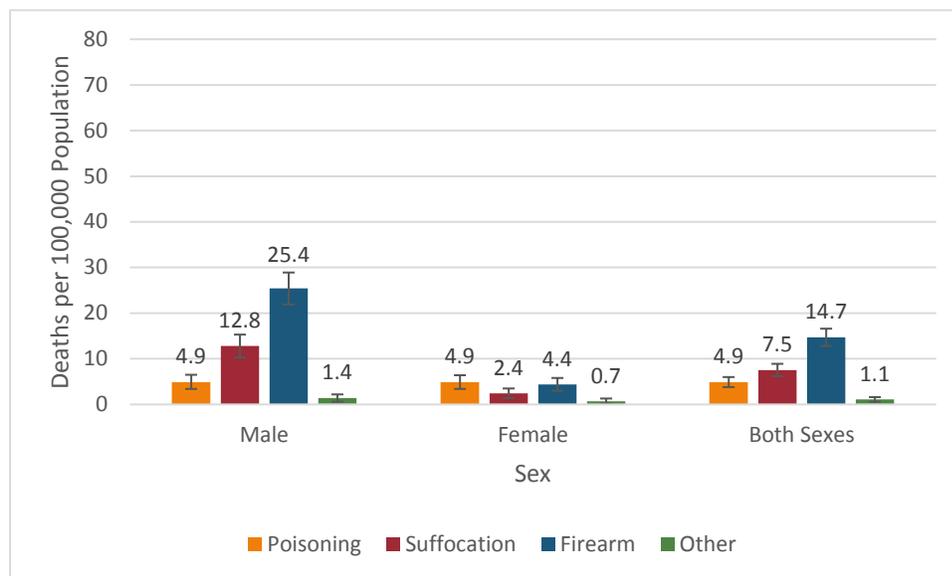
Figure 67. Death by intentional self-harm (suicide) by race/ethnicity and sex, 18+ years, New Mexico, 2012-2016



Death data.

White adults, both male and female, had the highest suicide rate at 52.8/100,000 population and 17.8/100,000 population, respectively. Rates were more than 3½ times higher for adult American Indian males compared to American Indian females, more than 4 times higher for Hispanic males compared to Hispanic females and nearly 3 times higher for White males compared to White females.

Figure 68. Death by intentional self-harm (suicide) by sex and cause of death, 18+ years, New Mexico, 2016



Death data.

Firearms were the leading cause of suicide in 2016, particularly for adult males, followed by suffocation and poisoning. Firearm suicide rates were nearly six times higher among males (25.4/100,000 population) compared to females (4.4 per 100,000).

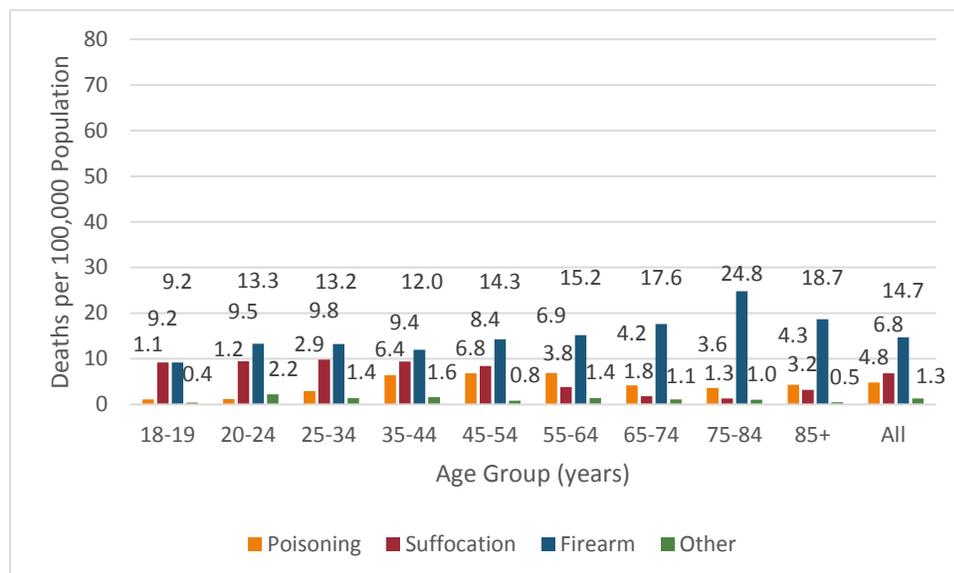
Figure 69. Death by intentional self-harm (suicide) by sex and cause of death, 18+ years, New Mexico, 2016



Death data.

Firearms accounted for 57% of suicides among males, followed by suffocation (29%) and poisoning (11%). Among females, the leading causes were divided relatively equally between poisoning (39%) and firearms (35%), followed by suffocation (20%).

Figure 70. Death by intentional self-harm (suicide) by age group and cause of death, 18+ years, New Mexico, 2012-2016



Death data.

For the five-year period from 2012-2016, firearms were the leading cause of suicide across all age groups except those 18-19 years for which the firearm rate was equivalent to the suffocation rate. The rate of suicide by firearm was greater for those ages 75-84 years (24.8 deaths/100,000 population) compared to all other age groups. Suffocation was the second leading cause of death among persons ages 20-54, whereas poisoning was the second leading cause of death among persons 55 years and older.

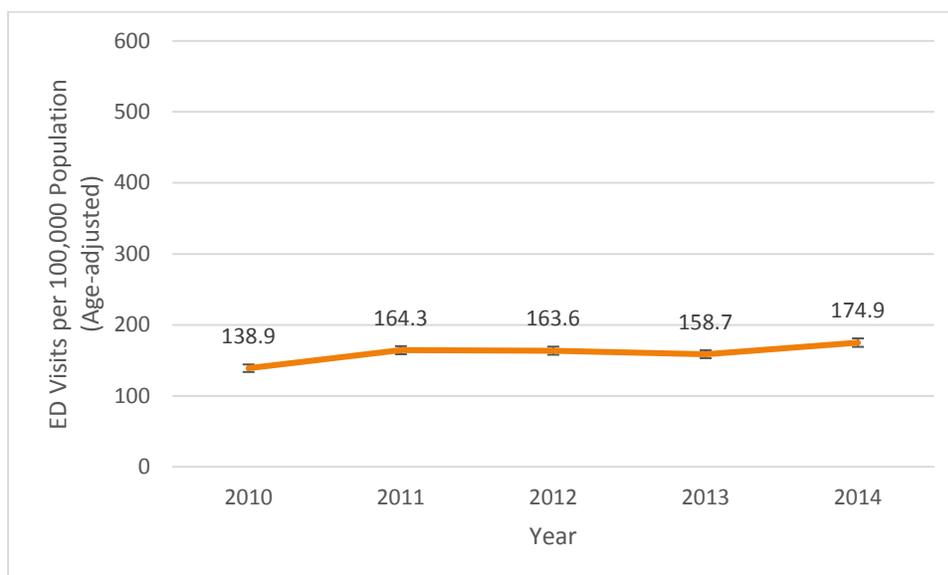
4 ALL AGES

4.1 SUICIDAL BEHAVIORS

4.1.1 Emergency Department Encounter for Intentional Self-injury

In New Mexico, suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality. Every year, New Mexico residents visit an ED for intentional self-injury. Many of these visits are the result of attempted suicide. Mental disorders increase the risk for both attempted suicide and suicide; approximately 90% of suicide victims have a diagnosable mental health condition, most commonly a mood or substance use disorder. The denominator of this measure is the annual estimated population of New Mexico.

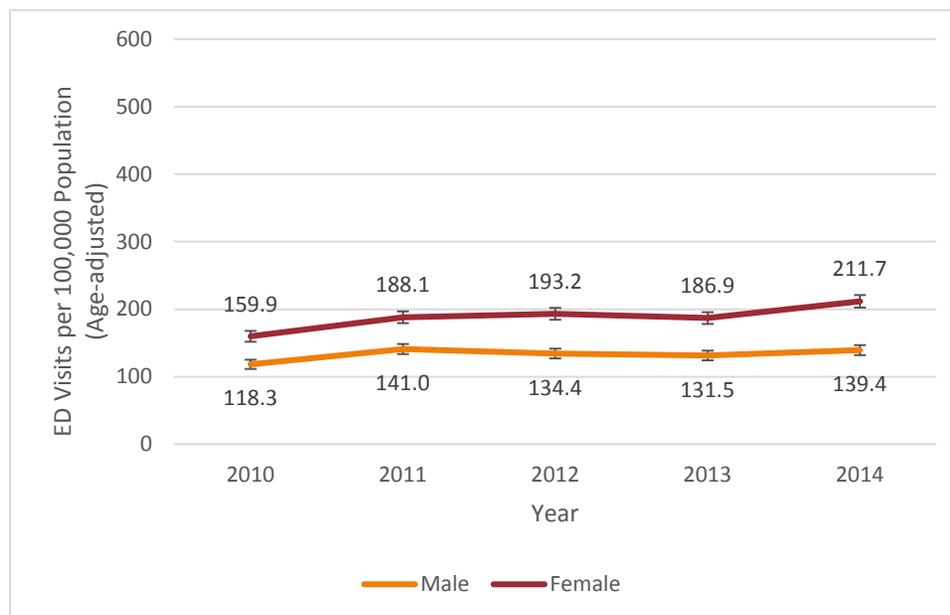
Figure 71. Emergency department encounter for intentional self-injury by year, New Mexico, 2010-2014



EDD data.

The rate of ED visits for intentional self-injury by New Mexican residents increased from 138.9/100,000 population in 2010 to 174.9/100,000 in 2014.

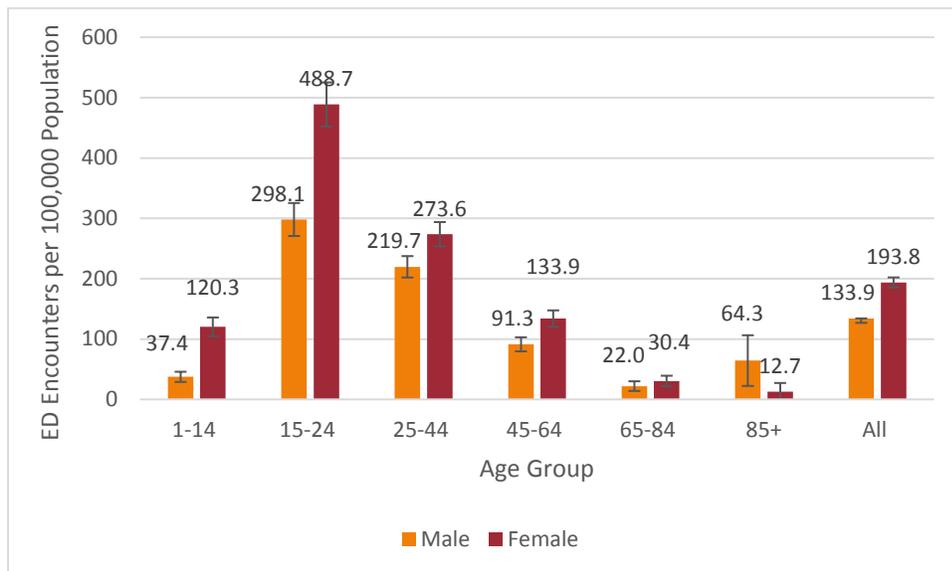
Figure 72. Emergency department encounter for intentional self-injury by year and sex, New Mexico, 2010-2014



EDD data.

The rate of ED visits for intentional self-injury by New Mexican residents increased for both males and females from 2010 to 2014. The increase was steeper for females – 32% over the five-year period – while the increase for males was 18%. In 2014, the rate was 211.7 visits/100,000 population for females and 139.4/100,000 for males.

Figure 73. Emergency department encounter for intentional self-injury by age group and sex, New Mexico, 2014



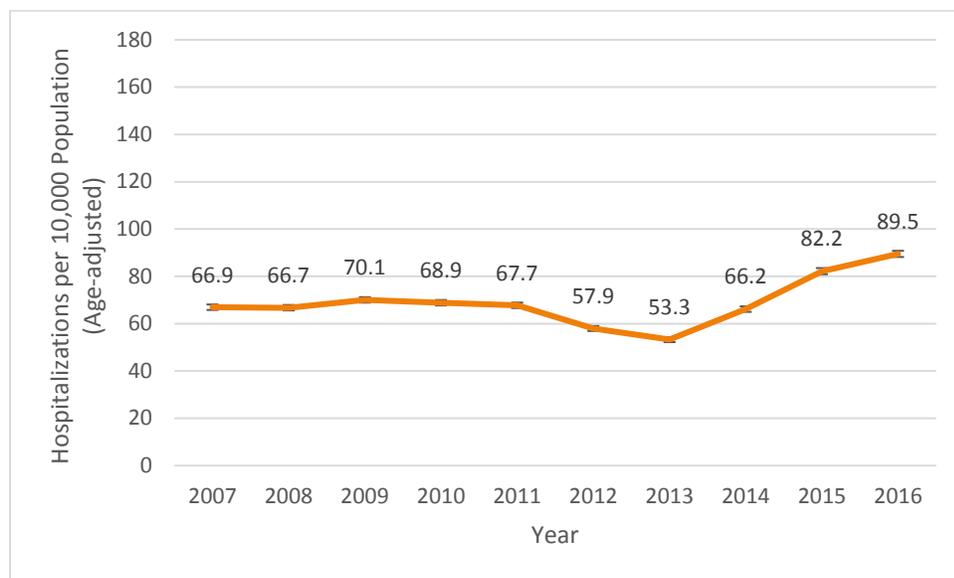
EDD data.

Females had higher rates of emergency department admissions for intentional self-injury than males over all age groups except for those 65 years and older. For both sexes, rates were highest for those between 15 and 24 years of age (298.1/100,000 population for males; 488.7/100,000 for females) and then decreased with age.

4.2 HOSPITAL ADMISSION FOR ACUTE EPISODE OF MENTAL ILLNESS

Episodes of serious mental illness sometimes result in hospitalizations. The rate of hospitalizations for mental disorders includes all hospital discharges with a primary diagnosis of any mental illness.

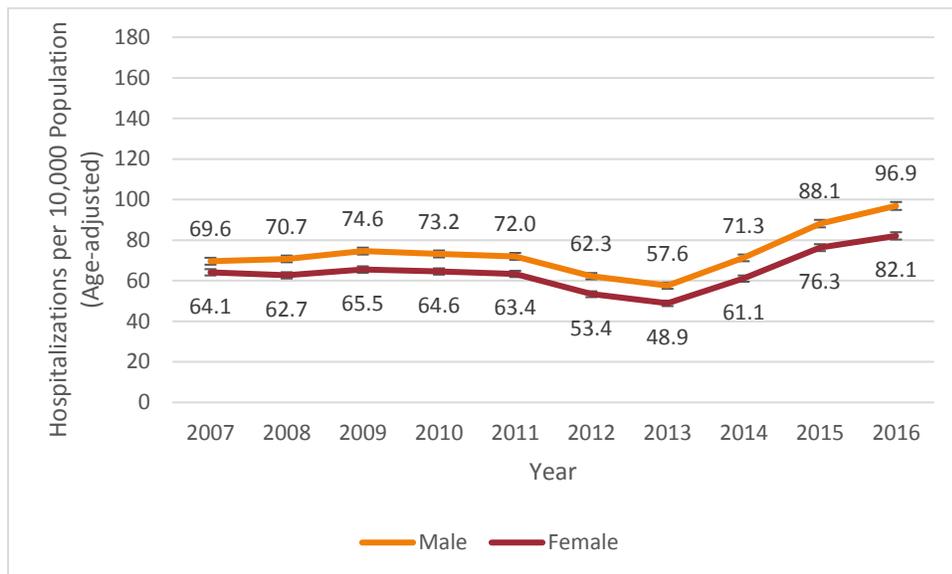
Figure 74. Hospitalization for mental disorders by year, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders decreased sharply from 2011 to 2012 and again from 2012 to 2013 and then increased steeply – 168% – from 2013 to a 2016 rate of 89.5/10,000 population.

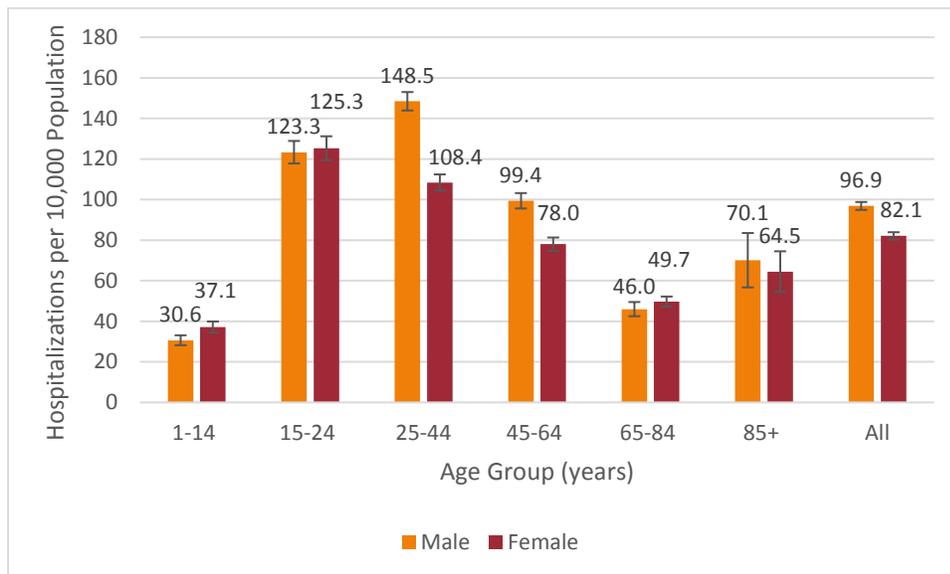
Figure 75. Hospitalization for mental disorders by year and sex, New Mexico, 2007-2016



HIDD data.

The rate of hospitalizations for mental disorders was consistently higher for males compared to females. From 2013 to 2016, the rate of hospitalizations increased sharply – 168% for both males and females – to 96.9/100,000 population for males and 82.1/100,000 for females.

Figure 76. Hospitalization for mental disorders by age group and sex, New Mexico, 2016



HIDD data.

In 2016, the rate of hospitalizations for mental disorders was higher for females ages 1-14 (37.1/10,000 population) compared to males (30.5/10,000). The rate of hospitalizations for males ages 25-44 and 45-64 was higher compared to females. Over all ages groups, the rates of hospitalizations for mental disorders was 18% higher for males (96.9/10,000) compared to females (82.1/10,000).

Figure 77. Hospitalization for mental disorders by sex and diagnostic group, New Mexico, 2016



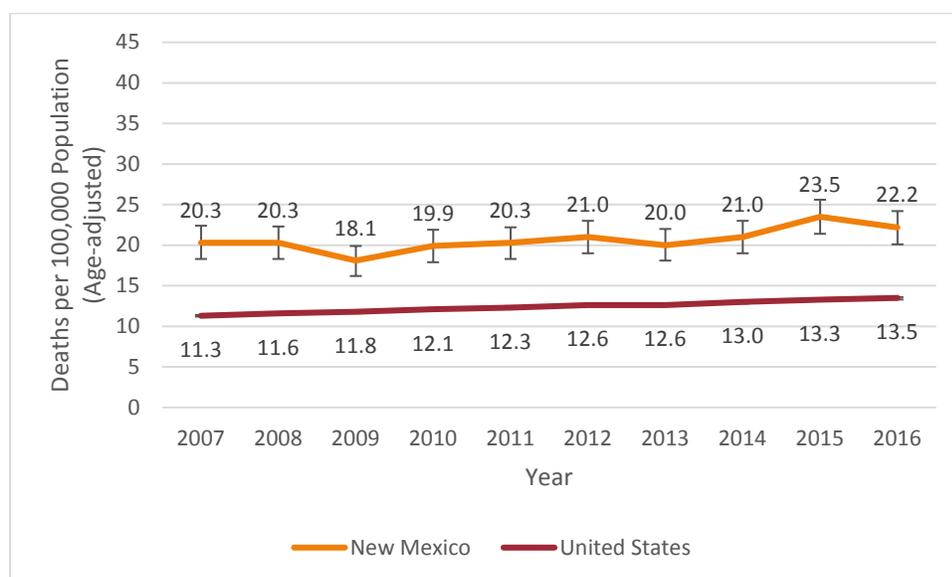
HIDD data.

A mood disorder was the primary diagnosis among those New Mexico residents who were hospitalized in 2016 for a mental disorder, accounting for 43% of male and 61% of female mental disorder hospitalizations. Schizophrenic disorders accounted for the next highest percentage in both sexes.

4.3 DEATH BY INTENTIONAL SELF-HARM (SUICIDE)

Suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality in New Mexico. In 2016, suicide was the ninth leading cause of death in NM and the second leading cause of death by age group for persons 15-44 years of age. Suicide accounted for 13,523 Years of Potential Life Lost (YPLL), fourth after unintentional injuries, cancer, and heart disease deaths. The YPLL is a measure of premature mortality in a population that describes the impact of injury-related deaths on a society compared to other causes of death. Suicide has been increasing in both New Mexico and the United States, with suicide rates in NM at least 50% higher than U.S. rates over the past 20 years. Mental disorders, particularly clinical depression, increase the risk for both attempted suicide and suicide. Other risk factors associated with suicide include a previous suicide attempt, alcohol and substance abuse, a family history of suicide, a history of child maltreatment, feelings of hopelessness, isolation, barriers to mental health treatment, loss (of relationships, social connections, work, finances), physical illness, and easy access to lethal methods, such as firearms.

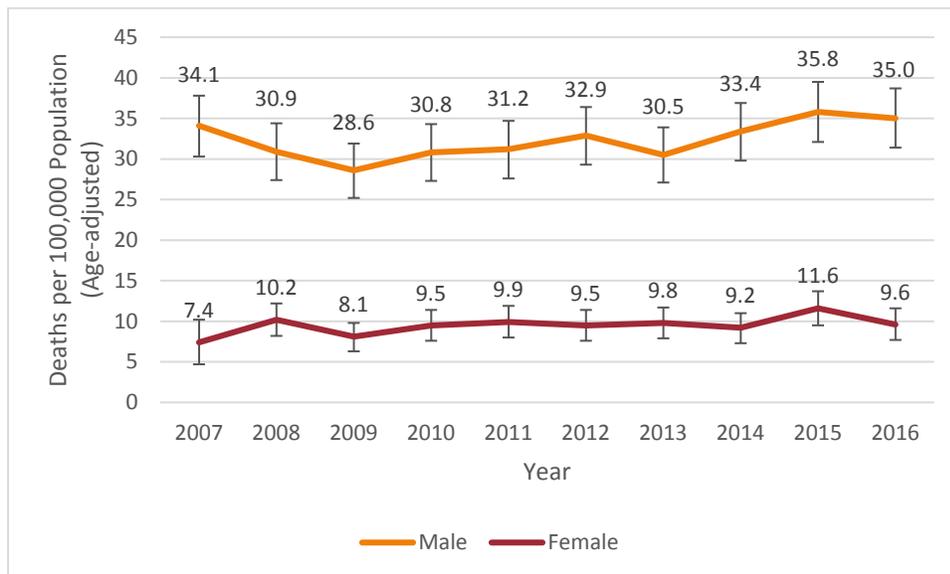
Figure 78. Death by intentional self-harm (suicide) by year, New Mexico and U.S., 2007-2016



Death and NCHS data.

The suicide rate in New Mexico has consistently been at least 50% higher than the United States rate, and in 2016, the New Mexico rate was 64% higher than the U.S. rate. From 2007 to 2016, the U.S. rate gradually increased while the New Mexico rate remained relatively stable. In 2016, the suicide rate among New Mexicans was 22.2 deaths/100,000 residents while the comparable U.S. rate was 13.5 deaths/100,000 population.

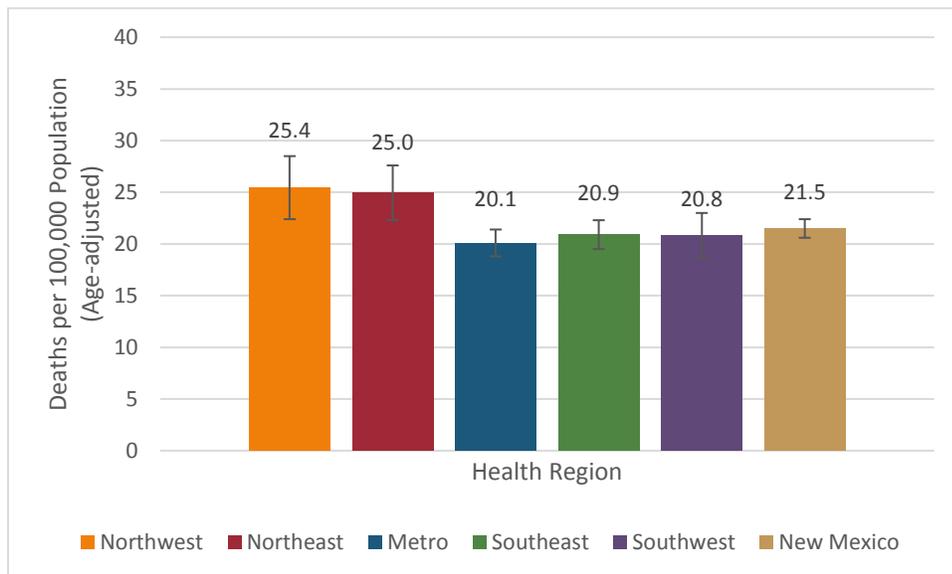
Figure 79. Death by intentional self-harm (suicide) by year and sex, New Mexico, 2007-2016



Death data.

From 2007 to 2016, the suicide rate in New Mexico among males has been at least three times that of females. In 2016, the rate among males was 35.0 deaths/100,000 residents compared to 9.6/100,000 for females.

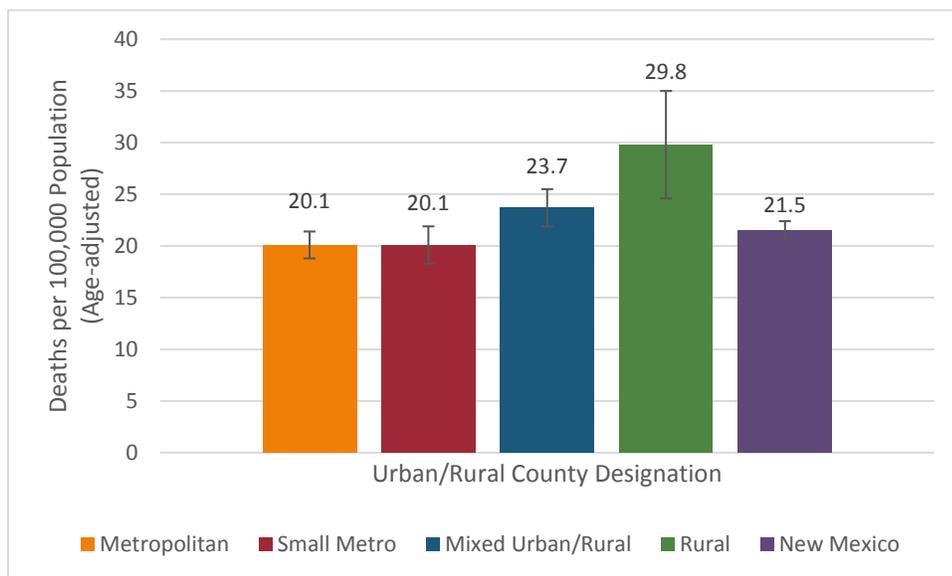
Figure 80. Death by intentional self-harm (suicide) by health region, New Mexico, 2012-2016



Death data.

Rates of suicide over the 5-year period from 2012-2016 in New Mexico were higher in the Northwest (25.4 deaths/100,000 population) and Northeast (25.0/100,000) Health Regions compared to the Metro Region (20.1/100,000).

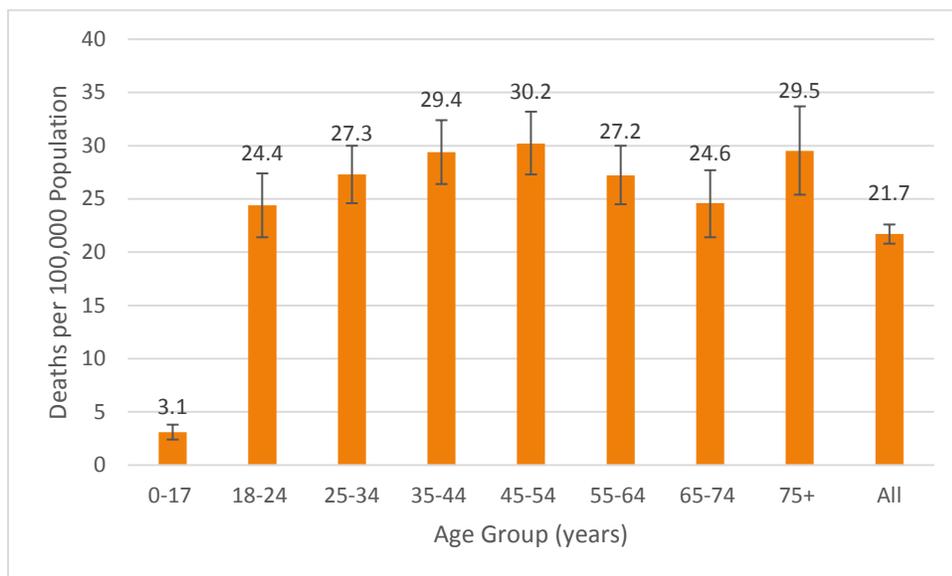
Figure 81. Death by intentional self-harm (suicide) by urban and rural counties, New Mexico, 2012-2016



Death data.

Rates of suicide over the 5-year period from 2012-2016 in New Mexico were higher in Rural counties (29.8 deaths/100,000 population) compared to Metropolitan and Small Metro counties (20.1/100,000). Residents of Mixed Urban/Rural counties (23.7/100,000) also had higher rates of suicide compared to those in Metropolitan counties.

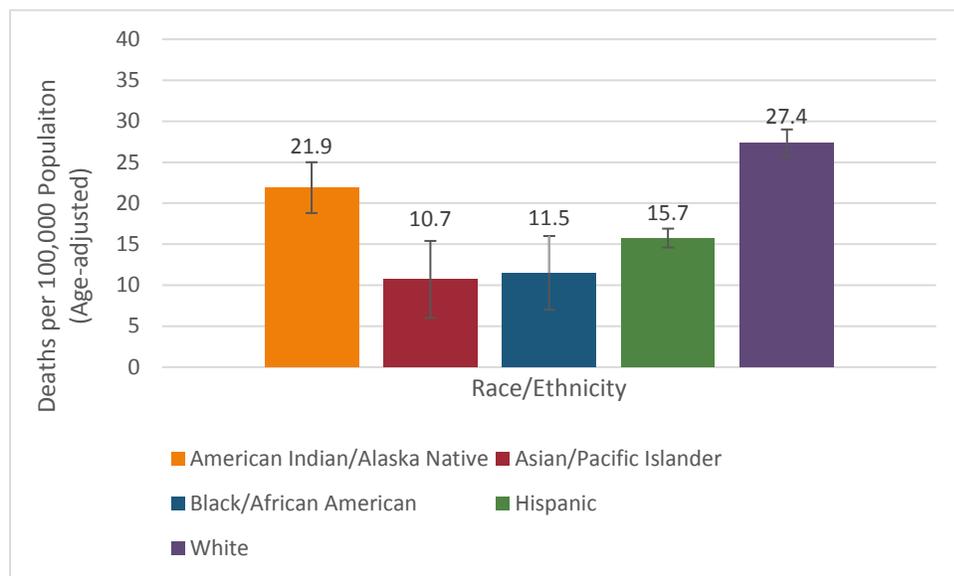
Figure 82. Death by intentional self-harm (suicide) by age group, New Mexico, 2012-2016



Death data.

Rates of suicide over the 5-year period from 2012-2016 in New Mexico did not differ meaningfully by age group except for those under 18 years of age, where the rate (3.1 deaths/100,000 population) was lower than other age groups.

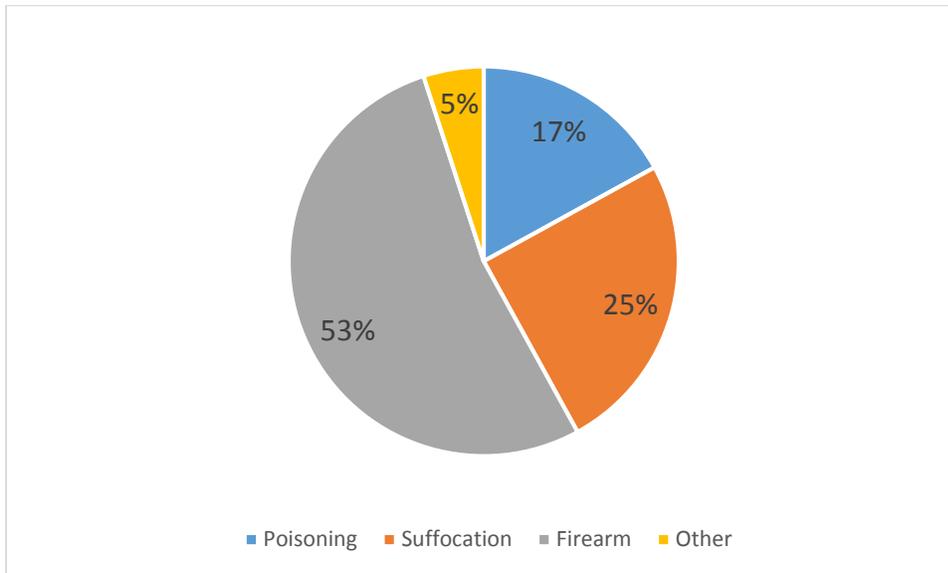
Figure 83. Death by intentional self-harm (suicide) by race/ethnicity, New Mexico, 2012-2016



Death data.

White New Mexicans had higher rates of suicide over the 5-year period from 2012-2016 (27.4 deaths/100,000 population) compared to all other race and ethnic groups. American Indians also had higher rates over the same period (21.9/100,000) compared to Hispanics, Blacks and Asian/Pacific Islanders.

Figure 84. Death by intentional self-injury (suicide) by cause of death, New Mexico, 2012-2016



Death data.

Firearms accounted for 53% of suicides, followed by suffocation (25%) and poisoning (17%).

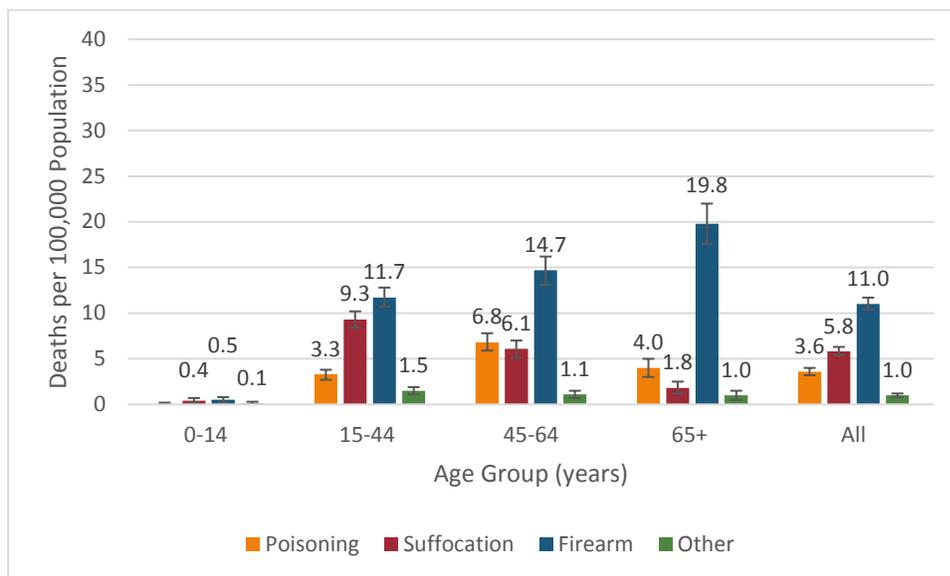
Figure 85. Death by intentional self-injury (suicide) by sex and cause of death, New Mexico, 2012-2016



Death data.

Firearms accounted for 60% of suicides among males, followed by suffocation (26%) and poisoning (10%). Among females, the leading cause of suicide was poisoning (40%) followed by firearms (31%) and suffocation (23%).

Figure 86. Death by intentional self-harm (suicide) by age group and cause of death, New Mexico, 2012-2016



Death data.

Firearms were the predominant cause of suicide for all age groups except those 0-14 years for which there was no meaningful difference between causes. For those 65 years and older, the rate of suicide by firearm was 11 times that of suffocation and almost five times that of poisoning. For those residents 45-64 years, the rate of suicide by firearm was more than double that either poisoning or suffocation. For those 15-44 years, the rate of suicide by firearm was more than 3½ times that of poisoning and 25% higher than death by suffocation.

5 SUMMARY

5.1 ADDITIONAL SOURCES OF SURVEILLANCE AND SUPPORT

The Department of Health Epidemiology and Response Division conducts ongoing surveillance for indicators of mental health among students and adults in every county of New Mexico. School administrators and youth health advocates utilize this information to guide health promotion and treatment programs for youth in New Mexico. The Department of Health's Office of School and Adolescent Health (OSAH) provides training and funding for school-based health clinics that provide both primary and behavioral health services for students.

The New Mexico Department of Health collects, analyzes, and disseminates suicide data to identify populations with disproportionately high rates of suicide. These data can be used in conjunction with community partners to develop and implement prevention and intervention efforts to reduce suicides. The NMDOH Epidemiology and Response Division's Bureau of Vital Records and Health Statistics collects information on all New Mexico deaths and produces annual suicide statistics. The New Mexico Violent Death Reporting System (NM-VDRS) was implemented in 2005 to add to the understanding of how and why violent deaths occur. This active surveillance system collects comprehensive information about all violent deaths, including suicide, by linking data from death certificates, medical examiner records, and law enforcement reports into one complete record. In addition, the New Mexico Child Fatality Review (CFR) Suicide Panel completes an in-depth case review of suicides among children through age 17 years and makes recommendations about how to prevent future deaths. Youth suicide prevention and intervention activities were initially funded by the New Mexico Legislature in June 2005. Implementation of suicide prevention strategies statewide is a significant focus of NMDOH.

5.2 AREAS OF NEED

There is a need for state-level surveillance for specific mental disorders, such as autism, post-traumatic stress disorder, anxiety, bipolar disorder, and Alzheimer's and other forms of dementia. Additionally, college students often are not captured by current surveillance systems due to out-of-state residency. Surveillance on college campuses may improve our understanding of the prevalence of mental disorders and suicidal behaviors among emerging adults.

The Centers for Disease Control and Prevention, the World Health Organization, the Institute of Medicine, the U.S. Surgeon General, and the National Institute of Mental Health have all highlighted the need for more research in order to understand the risk and protective factors related to suicide and suicidal behavior and to develop further strategies for monitoring suicidal behavior and for improving and developing prevention strategies. Due to the disproportionate rate of suicide occurring in New Mexico for decades and the rising rate of suicide nationwide, understanding the prevalence of risk factors for suicide and the disparities in the New Mexico population is critical for prevention planning. In New Mexico, ongoing surveillance for suicide attempts among adults is needed to plan and evaluate suicide prevention programs.

Additionally, more data on Adverse Childhood Experiences (ACEs) are needed to strengthen our understanding of how to implement trauma-informed care for adults. A recent study¹⁹, for instance, found that adults who had experienced ACEs were more likely to have attempted suicide in their lifetime than those who had not experienced ACEs, and these findings remained even after accounting for mental and substance use disorders. While programs to prevent ACEs are important, most adults currently living in New Mexico experienced at least one ACE and those experiencing four or more ACEs are in need of trauma-informed care in primary, mental, and acute care settings.

19. Choi, N. G., Dinitto, D. M., Marti, C. N., & Segal, S. P. (2017). Adverse childhood experiences and suicide attempts among those with mental and substance use disorders. *Child Abuse & Neglect*, 69, 252–262.

5.3 RECOMMENDATIONS

The United States Preventive Services Task Force (<http://www.uspreventiveservicestaskforce.org/>) and the CDC Guide to Community Preventive Services (<http://www.thecommunityguide.org/index.html>) recommend screening all patients over 12 years of age for depression, when behavioral health treatment is readily available. Depression care managed by primary care physicians in collaboration with behavioral health clinicians reduces the risk for depression and improves treatment adherence.

The suicide rate in New Mexico has been extremely high compared to the United States for at least the past two decades. The Centers for Disease Control and Prevention (CDC) recently published a technical package of policy, programs and practices representing a select group of strategies based on the best available evidence to prevent suicide. New Mexico needs a comprehensive state strategy for decreasing suicide, particularly among youth and older adults.



APPENDIX A: DATA SOURCES & DEFINITIONS

Mental health data can be obtained from survey, morbidity, and mortality data sources. The following datasets were used to obtain the information presented in this report, and are available on New Mexico's Indicator-Based Information System (NM-IBIS):

<https://ibis.health.state.nm.us/home/Welcome.html>

Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is an ongoing random-digit-dialed telephone survey of adults 18 years and older regarding their health-related risk behaviors, chronic health conditions, and use of preventive services. Data are collected in all 50 states, the District of Columbia and U.S. territories. It is conducted annually by the NMDOH Survey Unit in collaboration with the Centers for Disease Control and Prevention (CDC).

Responses are weighted to reflect the general New Mexico adult population by age, sex, ethnicity, geographic region, marital status, education level, home ownership and type of phone ownership. For more information about the survey, see: <http://www.cdc.gov/brfss/>.

Data Interpretation Issues

These data exclude NM residents living in institutions such as nursing homes and prisons. The survey was conducted using only landline phone numbers from 1986 through 2010 and expanded to cellular phone numbers in 2011. For this reason, measurements prior to 2011 should not be directly compared to measurements during and after 2011.

Current Depression

The Anxiety and Depression Module added to the BRFSS in 2016 included the first eight questions from the Patient Health Questionnaire (PHQ-8), an instrument that can establish a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria. The questions were:

1. "Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?"
2. "Over the last 2 weeks, how many days have you felt down, depressed or hopeless?"
3. "Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?"
4. "Over the last 2 weeks, how many days have you felt tired or had little energy?"
5. "Over the last 2 weeks, how many days have you had a poor appetite or eaten too much?"
6. "Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?"
7. "Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?"
8. "Over the last 2 weeks how many days have you moved or spoken so slowly that other people could have noticed? Or the opposite - being so fidgety or restless that you were moving around a lot more than usual?"

The number of days during which symptoms were reported were converted to points; the number of points were then summed across the 8 questions to determine the severity of depressive symptoms. A cut-off score of 10 points or more was used to define current depression. The denominator includes all

survey respondents except those with missing, "Don't know/Not sure," and "Refused" responses. Responses are weighted to reflect the general New Mexico adult population by age, sex, ethnicity, geographic region, marital status, education level, home ownership and type of phone ownership.

Mental Distress

Mental distress is defined as answering 6 days or more to the question, "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health NOT good?" The denominator includes all survey respondents except those with missing, "Don't know/Not sure," and "Refused" responses.

Seriously Thought About Suicide in the Past 12 Months

Adult suicidal ideation is the percentage of NM residents 18 years or older experiencing suicidal ideation, defined as answering "Yes" to the question, "In the past year, have you felt so low at times that you thought about committing suicide?" The denominator includes all survey respondents excluding those with missing, "Don't know/Not sure," and "Refused" responses.

Attempted Suicide in the Past 12 Months

Adult suicidal attempts are measured using the percentage of NM residents 18 years or older experiencing suicidal ideation, defined as answering "Yes" to the question, "In the past year, have you attempted suicide?" The denominator includes all survey respondents excluding those with missing, "Don't know/Not sure," and "Refused" responses.

Death Data

The death dataset contains information from death certificates for all deaths occurring in NM. Death certificates are usually filed by funeral directors who obtain demographic information from an informant, such as a close family member of the decedent. Suicides for 1999 and later were defined by underlying cause of death based on International Classification of Diseases, version 10 (ICD-10) codes. Suicides are recorded with ICD-10 codes X60-X84, Y87.0, and *U03. Suicides include only NM resident deaths.

Data Interpretation Issues

Suicides may be subject to local misclassification of the underlying cause of death.

Adult Suicide

The adult suicide rate is defined as the number of deaths attributed to suicide among persons 18 years of age and older per 100,000 of the age group population. The denominator is the NM population for those 18 years and older, estimated by the University of New Mexico Geospatial and Population Studies (GPS) Program.

Youth Suicide

The youth suicide rate is defined as the number of deaths attributed to suicide among persons 12-17 years of age per 100,000 of the age group population. The denominator is the NM population for youth 12-17 years of age, estimated by the University of New Mexico Geospatial and Population Studies (GPS) Program.

Suicide

The suicide rate is defined as the number deaths attributed to suicide per 100,000 population. The denominator is the estimated population of New Mexico. The suicide rates reported here were age-adjusted to the 2000 U.S. standard population. Suicides may be subject to local misclassification of the underlying cause of death. Suicides include only NM resident deaths. Deaths for persons of unknown age are not included in age-adjusted rates. The denominator is the total NM population estimate generated by the GPS Program.

Emergency Department Discharge (EDD) Data

The EDD dataset is derived from data provided by individual non-federal EDs in NM. Data are available for 2010 through 2014. The EDD data is presented only through 2014 to accommodate the updating of the International Classification of Diseases (ICD) codes, effective October 1, 2015; though new codes from the most recent version, i.e., ICD-10-CM, have been developed, they are still undergoing field testing at the time of this writing. The ICD is a coding system maintained by the World Health Organization and the U.S. National Center for Health Statistics used to classify causes of death on death certificates and diagnoses, injury causes, and medical procedures for hospital and emergency department visits. These codes are updated every decade or so to account for advances in medical technology.

Only NM residents are included in this dataset. NM residents who are seen in EDs outside of New Mexico are not included in this dataset. Sexual orientation data are not submitted to the ED dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. Comparable US ED data are not available for this timeframe. Rates for indicators reflecting “All Ages” are per 100,000 population and are directly age-adjusted using 2000 U.S. standard population weights; those for indicators reflecting “Youth” and “Adults” are crude rates per 100,000 population.

Data Interpretation Issues

Only non-federal EDs are included in this report.

ED Encounter for Intentional Self-Injury

ED visits for intentional self-injury include primary diagnoses of ICD-9 codes E950-E959. The denominator is the total NM population estimate generated by the GPS program. Rates for indicators reflecting “All Ages” are per 100,000 population and are directly age-adjusted using 2000 U.S. standard population weights; those for indicators reflecting “Youth” and “Adults” are crude rates per 100,000 population.

Hospital Inpatient Discharge Dataset (HIDD)

Inpatient discharges are defined as departures from a hospital after overnight stay, regardless of the destination after departure. Only NM residents are included in this dataset. NM residents who are seen in hospitals outside of New Mexico are not included in this dataset.

Data Interpretation Issues

Only discharges from non-federal hospitals are included in this report.



Hospital Discharges for Mental Disorders

The number of hospital discharges with a primary diagnosis of mental disorders included ICD-10 codes F01-F99. Hospital discharges for mood and depressive disorders include inpatient hospital records with a primary diagnosis of ICD-10 codes F30-F39. Hospital discharges for alcohol-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-10 code F10. Hospital discharges for drug-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-10 codes F11-F19. Hospital discharges for schizophrenic disorders include inpatient hospital records with a primary diagnosis of ICD-10 codes F20-F29. The denominator is the total NM population estimate generated by the GPS program. Rates for indicators reflecting “All Ages” are per 100,000 population and are directly age-adjusted using 2000 U.S. standard population weights; those for indicators reflecting “Youth” and “Adults” are crude rates per 100,000 population.

National Center for Health Statistics (NCHS) Data

NCHS, a center within the Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services, is the nation’s principal health statistics agency. Through its Division of Vital Statistics’ Mortality Statistics Branch, NCHS produces an annual Detailed Mortality – Underlying Cause of Death database, available at <https://wonder.cdc.gov>, which contains mortality and population counts for all U.S. counties. Data are based on death certificates for U.S. residents. Each death certificate identifies a single underlying cause of death and demographic data.

National Survey on Drug Use and Health (NSDUH)

NSDUH is SAMHSA’s annual face-to-face household interview about illicit drug use, mental health, and other sensitive behaviors. The survey covers civilian residents over the age of 12 years, including those living in households and in non-institutional group quarters (e.g., shelters, boarding houses, college dormitories, migratory workers’ camps, halfway houses). NSDUH employs a stratified multistage area probability sample that is designed to be representative of both the nation and for each of the 50 states and the District of Columbia. The survey is conducted in two phases: the screening phase and the interview phase. The interviewer conducts a screening of the eligible household with an adult resident (aged 18 or older) to determine whether zero, one, or two residents aged 12 or older should be selected for the interview. NSDUH collects data using audio computer-assisted self-interviewing, in which respondents read or listen to the questions on headphones and then enter their answers directly on the NSDUH laptop computer. NSDUH also uses computer-assisted personal interviewing, in which interviewers read less-sensitive questions to respondents and enter the respondents’ answers on the laptop. In 2014, screening was completed at 127,605 addresses, and 67,901 completed interviews were obtained, including 17,046 interviews from adolescents aged 12 to 17 and 50,855 interviews from adults aged 18 or older. For more information about the survey, see: <http://www.samhsa.gov/data/population-data-nsduh>.

Data Interpretation Issues

The survey excludes people with no fixed address (e.g., homeless people not in shelters), military personnel on active duty, and residents of institutional group quarters, such as jails, nursing homes, mental institutions, and long-term hospitals.

Major Depressive Episode in the Past 12 Months



Major depressive episode was defined as a period of 2 weeks or longer in the past 12 months when the respondent experienced a depressed mood or loss of interest or pleasure in daily activities, and they had at least some additional symptoms, such as problems with sleep, eating, energy, concentration, and self-worth, based on *Diagnostic and Statistical Manual of Mental Disorders*, 4th edition (DSM-IV) criteria.

Any Mental Illness in the Past 12 Months

Any mental illness (AMI) was defined as having any mental, behavioral, or emotional disorder in the past year that met DSM-IV criteria (excluding developmental and substance use disorders).

Serious Mental Illness in the Past 12 Months

Serious mental illness (SMI) was defined as having any mental, behavioral, or emotional disorder that substantially interfered with or limited one or more major life activities.

Serious Thoughts About Suicide in the Past 12 Months

Survey respondents are asked if they have had serious thoughts about suicide in 12 months prior to the survey.

New Mexico Health Regions

New Mexico's counties are classified into five health regions, as outlined in the table below.

Designation	County
Northwest	Cibola County
	McKinley County
	San Juan County
Northeast	Colfax County
	Guadalupe County
	Harding County
	Los Alamos County
	Mora County
	Rio Arriba County
	San Miguel County
	Santa Fe County
	Taos County
	Union County
Metro	Bernalillo County
	Sandoval County
	Torrance County
	Valencia County
Southeast	Chaves County
	Curry County
	De Baca County
	Eddy County
	Lea County
	Lincoln County
	Quay County
	Roosevelt County
	Southwest
Dona Ana County	
Grant County	
Hidalgo County	
Luna County	
Otero County	
Sierra County	
Socorro County	

Urban-Rural Residence

The National Center for Health Statistics (NCHS) has set standards for determining whether a geographic area is metropolitan, small metropolitan, mixed urban-rural, or rural using the estimated population and size of the area (standards available at http://www.cdc.gov/nchs/data/series/sr_02/sr02_166.pdf).

Designation	County
Metropolitan	Bernalillo County
	Sandoval County
	Torrance County
	Valencia County
Small Metropolitan	Dona Ana County
	San Juan County
	Santa Fe County
Mixed Urban-Rural	Chaves County
	Cibola County
	Curry County
	Eddy County
	Grant County
	Lea County
	Los Alamos County
	Luna County
	McKinley County
	Otero County
	Rio Arriba County
	Roosevelt County
	San Miguel County
	Taos County
Rural	Catron County
	Colfax County
	De Baca County
	Guadalupe County
	Harding County
	Hidalgo County
	Lincoln County
	Mora County
	Quay County
	Sierra County
Socorro County	
Union County	

Youth Risk Behavior Surveillance System (YRBSS)

The YRBSS is a national survey to assess the health risk behaviors and resiliency (protective) factors of NM high school and middle school students. The survey covers topics including unintentional injuries and violence, sexual behaviors, alcohol and other drug use, tobacco use, unhealthy dietary behaviors, and inadequate physical activity. For more information about the survey, see:

<http://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

Data Interpretation Issues

Not all states participate in the YRBSS. In 2013, 42 states, 5 territories, 2 tribal governments, and the District of Columbia participated.

Youth Risk and Resiliency Survey (YRRS)

The YRRS is a tool to assess the health risk behaviors and resiliency (protective) factors of NM high school and middle school students. The YRRS is administered to a sample of high schools and middle schools in each school district in the fall of odd-numbered years. All data are self-reported by students who voluntarily complete the survey during one class period.

The YRRS is part of the national Youth Risk Behavior Surveillance System (YRBSS), coordinated and designed by the Centers for Disease Control and Prevention (CDC). Each state, territorial, tribal, and large urban school district participating in YRBSS employs a two-stage, cluster sample design to produce a representative sample of students in grades 9–12 in its jurisdiction. In the first sampling stage, in all except a few sites, schools are selected with probability proportional to school enrollment size. In the second sampling stage, intact classes of a required subject or intact classes during a required period (e.g., second period) are selected randomly. All students in sampled classes are eligible to participate. A weight is applied to each student record to adjust for student nonresponse and the distribution of students by grade, sex, and race/ethnicity in each jurisdiction.

Survey results have widespread benefits for NM at the state, county, and school district levels. Topic areas for the YRRS include risk behaviors related to alcohol and drug use, unintentional injury, violence, suicidal ideation and attempts, tobacco use, sexual activity, physical activity, and nutrition; resiliency (protective) factors such as relationships in the family, school, community, and with peers; and health status issues such as body weight and asthma.

This report reflects results reported by high school students only. The 2015 YRRS questionnaire included four questions in the high school survey about suicide ideation and attempts. The high school survey also included a question about feelings of sadness or hopelessness (a risk factor for depression) and a question about non-suicidal self-injury. For more information about the survey, see:

<http://youthrisk.org/>.

Data Interpretation Issues

Rates for 2003 are based upon a different sampling methodology than for the years 2005-2013. Since 2005, the NM sampling methodology has been consistent with the methodology recommended by the CDC as well as with other states participating in the YRBS. When US rates are presented, the questionnaire items were identical to those used by the national YRBSS and other participating YRBSS states.

High School Students with Non-Suicidal Self Injury in the Past 12 Months

The numerator is the number of students who answered “1 time,” “2 or 3 times,” “4 or 5 times,” or “6 or more times” to the question, “During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose. The denominator includes all students who answered this question.

High School Students with Feelings of Sadness or Hopelessness in the Past 12 Months

Students with feelings of persistent Sadness or Hopelessness were identified by answering "Yes", to the question, "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?" The denominator includes all students who answered this question.

High School Students Who Seriously Considered Suicide in the Past 12 Months

Students who had seriously considered suicide were identified by answering "Yes", to the question, “During the past 12 months, did you ever seriously consider attempting suicide?” The denominator was all students who answered this question.

High School Students Who Made a Plan to Attempt Suicide in the Past 12 Months

Students who had seriously considered suicide were identified by answering “Yes” to the question, “During the past 12 months, did you make a plan about how you would attempt suicide?” The denominator of this measure includes all students who answered this question.

High School Students Who Attempted Suicide in the Past 12 Months

Students who attempted suicide were identified by answering, “1 time”, “2 or 3 times”, “4 or 5 times”, or “6 or more times”, to the question, “During the past 12 months, how many times did you actually attempt suicide?” The denominator is the total number of respondents who answered the question, “During the past 12 months, how many times did you actually attempt suicide?”

High School Students Who Were Injured in a Suicide Attempt in the Past 12 Months

This measure’s numerator includes students who answered “Yes” to the question, “If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?” The denominator includes all students who answered the question, even if they had not attempted suicide.

APPENDIX B: PUBLIC RESOURCES

If you or someone you know is in a life-threatening position, please call 911.

If you or someone you know is considering suicide, please call one of the following hotlines to talk to someone:

National Suicide Prevention Lifeline: Call (English): 1-800-273-8255 Call (Spanish): 1-888-628-9454 para obtener asistencia en español Speech and Hearing Impaired: 1-800-799-4889 (TTY) On-line chat: <https://www.suicidepreventionlifeline.org> Text: Text HOME to 741 741

Agora Crisis Center: Call: 505-277-3013 or 1-855-505-4505 On-line chat: www.agoracares.org/
New Mexico Crisis and Access Line: Call: 1-855-662-7474 Warm Line call or text: 1-855-466-7100

Veteran Crisis Line: Call: 1-800-273-8255, Option 1 Deaf or hard of hearing: 1-800-799-4889 Chat: Crisis Chat <https://www.veteranscrisisline.net/get-help/chat> Text: 838255

Veteran Caregiver Support Line: Call: 1-855-260-3274

Other Crisis Service Lines:

Youth America Hotline: Peer Counseling Hotline: 1-877-968-8454 (YOUTHLINE)

Veterans Peer Support Line: 1-877-Vet2Vet (1-800-877-838-2838)

Graduate Student Hotline: 1-800-GRADHLP (1-800-472-3457) (may roll-over to other crisis line service)

Postpartum Depression Hotline: 1-800-773-6667 (1-800-PPD-MOMS) (call may roll over to other crisis line service)

For sites where you can locate a list of potential behavioral health services, please contact:

New Mexico Association of School-based Health Centers: http://www.nmasbhc.org/SBHC_Locator.html

PullTogether.org: <https://pulltogether.org> or 1-800-691-9067 or e-mail info@pulltogether.org

New Mexico Children, Youth & Families Department Behavioral Health Services:
<https://cyfd.org/behavioral-health> or 1-505-827-8008

Behavioral Health Treatment Services Locator from Substance Abuse and Mental Health Services Administration (SAMHSA): <https://findtreatment.samhsa.gov/> or 1 800-662-4357 (HELP) or 1-800-487-4889 (TTY)

The SKY Center: <http://nmsip.org/services/sky-center/> or 1-505-473-6191. Spanish speaking also.

Mental & Behavioral Health Service Providers in Bernalillo County:

<http://ccpi.unm.edu/visualizations/mental-behavioral-health-service-providers>

SHARE New Mexico Resource Directory: <https://sharenm.org>

United Way of Central New Mexico:

<http://www.navigateresources.net/uwcnm/Subcategory.aspx?;0;;N;0;81916;Health/Medical%20Mental%20Health>

Resources for veterans and their families: <https://www.treatmentworksforvets.org>

State of New Mexico Behavioral Health Services Network of Care:

<http://newmexico.networkofcare.org/mh/index.aspx>

and <http://newmexico.networkofcare.org/mh/content.aspx?id=11893>

If you would like to be involved in community suicide prevention or are interested in trainings for suicide awareness and prevention, please contact one of the following groups:

The Sky Center New Mexico Suicide Intervention Project <http://nmsip.org/> 505-473-6191

Southern New Mexico Suicide Prevention and Suicide Support Coalition: <http://endsuicide.net/>

New Mexico Suicide Prevention Coalition: Contact New Mexico Suicide Prevention Program Coordinator jacalyn.dougherty@state.nm.us

References and Community Resources:

Centers for Disease Control and Prevention Suicide Prevention Facts and Resources:

<http://www.cdc.gov/ViolencePrevention/suicide/index.html>

National Action Alliance for Suicide Prevention Resource:

<https://theactionalliance.org/resource/transforming-communities-key-elements-comprehensive-community-based-suicide-prevention>

Substance Abuse and Mental Health Services Administration (SAMHSA) Suicide Prevention:

<http://www.samhsa.gov/suicide-prevention>

Substance Abuse and Mental Health Services Administration (SAMHSA) Tribal Training and Technical Assistance Center: <http://www.samhsa.gov/prevention/suicide.aspx>

World Health Organization Suicide Prevention Facts and Resources:

<http://www.who.int/topics/suicide/en/>

National Strategy for Suicide Prevention: <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html>

Evidence-based community health improvement ideas and interventions may be found at the following sites:

- [The Guide to Community Preventive Services](#)
- Health Indicators Warehouse (<https://healthdata.gov/dataset/health-indicators-warehouse>)
- [County Health Rankings](#)
- [Healthy People 2020 Website](#)

Additional indicator data by state and county may be found on these Websites:

- Health Indicators Warehouse (<https://healthdata.gov/dataset/health-indicators-warehouse>)
- [County Health Rankings](#)
- Kaiser Family Foundation's [StateHealthFacts.org](#)
- CDC WONDER's [DATA2010](#), the Healthy People 2010 Database.

Medical literature can be queried at the [PubMed](#) website.

For an on-line medical dictionary, click on this <https://medlineplus.gov/encyclopedia.html> link.



APPENDIX C: STATE INDICATOR TABLES – YOUTH



Table C1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Bernalillo	669	2,017	33.0%	30.8%	35.2%
Catron	**
Chaves	90	269	32.3%	20.9%	46.3%
Cibola	269	763	34.7%	31.7%	37.7%
Colfax	67	232	28.0%	23.0%	33.6%
Curry	59	289	22.0%	18.0%	26.7%
De Baca	19	73	25.3%	17.2%	35.5%
Dona Ana	476	1,353	35.0%	31.1%	39.2%
Eddy	173	497	35.1%	28.2%	42.6%
Grant	100	275	35.2%	30.0%	40.9%
Guadalupe	43	146	28.0%	22.3%	34.5%
Harding	**
Hidalgo [#]	27	124	21.8%	10.2%	40.7%
Lea	194	634	32.2%	27.8%	36.9%
Lincoln	178	549	31.9%	29.2%	34.7%
Los Alamos	297	889	33.7%	30.1%	37.4%
Luna	62	175	35.6%	26.6%	45.8%
McKinley	148	475	28.3%	24.60%	32.4%
Mora	29	105	25.9%	19.3%	33.9%
Otero	142	440	36.3%	29.5%	43.7%
Quay	62	210	28.6%	20.8%	37.8%
Rio Arriba	134	463	31.6%	27.4%	36.0%
Roosevelt	53	197	31.8%	20.4%	46.0%
Sandoval	345	1,018	34.6%	31.6%	37.6%
San Juan	279	897	32.3%	28.7%	36.1%
San Miguel	82	295	28.6%	26.2%	31.0%
Santa Fe	491	1,555	34.1%	31.3%	36.9%
Sierra	47	124	37.3%	31.3%	43.7%
Socorro	55	210	24.3%	17.7%	32.4%
Taos	232	731	31.3%	26.9%	36.1%
Torrance	112	315	34.8%	30.2%	39.6%
Union	37	129	28.7%	26.8%	30.6%
Valencia	115	347	32.4%	25.4%	40.3%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI - LL-	95%CI -UL-
Northwest	696	2,135	31.2%	28.7%	33.8%
Northeast	1,416	4,554	32.3%	30.8%	33.9%
Metro	1,241	3,733	33.2%	31.4%	35.1%
Southeast	828	2,718	30.9%	27.6%	34.4%
Southwest	914	2,733	34.8%	31.8%	37.9%

Urban vs. Rural Counties	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI - LL-	95%CI -UL-
Metropolitan	1,241	3,733	33.2%	31.4%	35.1%
Small Metro	1,246	3,805	34.1%	31.6%	36.6%
Mixed Urban-Rural	2,035	6,392	31.6%	29.6%	33.7%
Rural	573	1,943	28.6%	26.2%	31.0%

Sex	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI - LL-	95%CI -UL-
Female	1,808	4,258	42.3%	39.9%	44.7%
Male	910	4,010	23.0%	21.2%	24.9%

Grade Level	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI - LL-	95%CI -UL-
9th	742	2,280	31.4%	29.3%	33.7%
10th	791	2,361	33.3%	30.6%	36.1%
11th	661	1,949	34.5%	31.5%	37.7%
12th	523	1,666	31.1%	28.1%	34.2%

Race/Ethnicity	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native	380	1,066	35.0%	27.2%	43.6%
Asian/Pacific Islander	62	196	32.3%	26.4%	38.7%
Black/African American	109	314	36.2%	31.1%	41.8%
Hispanic	1,386	4,348	31.7%	29.9%	33.5%
White	776	2,312	32.6%	29.9%	35.3%

Table C2. Non-suicidal self-injury in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Bernalillo	430	2,019	21.2%	19.1%	23.5%
Catron	**
Chaves	64	269	20.1%	13.5%	28.8%
Cibola	199	764	25.5%	22.6%	28.6%
Colfax	35	231	14.2%	10.1%	19.6%
Curry	42	289	18.9%	12.8%	27.1%
De Baca	14	73	18.4%	12.5%	26.4%
Dona Ana	273	1,353	20.2%	16.8%	24.2%
Eddy	84	497	18.3%	14.6%	22.7%
Grant	58	275	20.6%	17.5%	24.1%
Guadalupe	25	146	15.6%	10.0%	23.5%
Harding	**
Hidalgo	17	125	13.9%	9.0%	21.0%
Lea	112	636	18.1%	13.9%	23.2%
Lincoln	112	549	20.2%	17.4%	23.2%
Los Alamos	225	887	25.3%	22.9%	27.8%
Luna	33	175	19.4%	13.1%	27.9%
McKinley	107	475	21.6%	17.3%	26.5%
Mora	19	105	15.7%	8.8%	26.4%
Otero	109	440	30.1%	23.8%	37.4%
Quay	30	209	13.4%	11.0%	16.2%
Rio Arriba	83	467	18.3%	13.1%	24.9%
Roosevelt	42	198	26.4%	20.5%	33.3%
Sandoval	216	1,015	22.2%	19.4%	25.3%
San Juan	189	898	22.6%	19.3%	26.2%
San Miguel	53	294	18.3%	15.2%	21.7%
Santa Fe	298	1,549	20.7%	18.6%	23.0%
Sierra	26	124	21.0%	13.8%	30.6%
Socorro	44	210	19.8%	14.9%	25.9%
Taos	162	730	21.1%	15.4%	28.2%
Torrance	60	350	18.6%	14.0%	24.3%
Union	26	129	20.2%	15.2%	26.2%
Valencia	78	346	21.3%	15.5%	28.6%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

** Data suppressed due to small numbers.

New Mexico Health Region	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with NSSI	95%CI - LL-	95%CI - UL-
Northwest	495	2,137	22.5%	20.1%	25.2%
Northeast	926	4,547	20.2%	18.7%	21.8%
Metro	784	3,730	21.3%	19.6%	23.1%
Southeast	500	2,720	19.2%	16.8%	21.8%
Southwest	567	2,734	21.2%	18.6%	24.0%

Urban vs. Rural Counties	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with NSSI	95%CI - LL-	95%CI - UL-
Metropolitan	784	3,730	21.3%	19.6%	23.1%
Small Metro	760	3,800	21.0%	18.9%	23.2%
Mixed Urban-Rural	1,373	6,396	21.0%	19.4%	22.7%
Rural	355	1,942	17.6%	15.9%	19.5%

Sex	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with NSSI	95%CI - LL-	95%CI - UL-
Female	1,208	4,256	28.6%	26.2%	31.1%
Male	496	4,011	12.5%	11.3%	13.8%

Grade Level	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with NSSI	95%CI - LL-	95%CI - UL-
9th	519	2,282	21.8%	19.7%	24.1%
10th	506	2,360	21.5%	19.5%	23.7%
11th	378	1,945	19.8%	17.3%	22.5%
12th	302	1,669	17.9%	15.8%	20.2%

Race/Ethnicity	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with NSSI	95%CI - LL-	95%CI - UL-
American Indian/Alaska Native	246	1,066	23.5%	18.5%	29.3%
Asian/Pacific Islander	41	196	18.1%	12.9%	24.8%
Black/African American	70	313	23.5%	19.6%	27.9%
Hispanic	840	4,349	19.1%	17.5%	20.8%
White	507	2,311	21.3%	18.8%	24.1%

Table C3. Seriously considered suicide in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI - LL-	95%CI - UL-
Bernalillo	326	2,016	16.0%	14.4%	17.8%
Catron	**
Chaves	44	268	14.7%	9.2%	22.8%
Cibola	130	764	16.7%	15.0%	18.6%
Colfax	38	231	16.3%	11.6%	22.4%
Curry	28	289	10.5%	5.9%	18.1%
De Baca	6	73	7.9%	5.2%	11.8%
Dona Ana	235	1,352	16.1%	13.7%	18.8%
Eddy	80	496	17.7%	14.0%	22.2%
Grant	50	275	17.3%	13.3%	22.3%
Guadalupe	22	146	14.8%	11.7%	18.4%
Harding	**
Hidalgo [#]	12	124	9.6%	4.9%	17.9%
Lea	86	635	14.1%	10.2%	19.2%
Lincoln	86	550	15.1%	12.8%	17.8%
Los Alamos	192	888	21.5%	18.8%	24.4%
Luna	29	175	17.2%	11.0%	25.7%
McKinley	60	475	13.7%	9.7%	18.9%
Mora [#]	12	105	10.6%	5.7%	19.0%
Otero	90	440	22.8%	16.7%	30.3%
Quay	29	208	13.8%	11.4%	16.5%
Rio Arriba	66	467	15.8%	13.3%	18.7%
Roosevelt	30	198	19.1%	13.8%	25.8%
Sandoval	147	897	17.3%	14.0%	21.2%
San Juan	43	293	16.0%	10.2%	24.4%
San Miguel	168	1,014	17.0%	15.4%	18.8%
Santa Fe	207	1,553	14.9%	12.8%	17.2%
Sierra	27	124	22.7%	19.7%	26.0%
Socorro	24	210	12.2%	10.0%	14.8%
Taos	130	730	17.3%	14.3%	20.7%
Torrance	55	351	19.7%	14.5%	26.1%
Union	23	129	18.3%	15.4%	21.6%
Valencia	59	346	16.7%	10.8%	24.8%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI - UL-
Northwest	337	2,136	16.0%	13.5%	18.9%
Northeast	734	4,551	16.1%	14.7%	17.6%
Metro	608	3,727	16.4%	15.0%	17.8%
Southeast	389	2,717	14.7%	12.5%	17.1%
Southwest	473	2,732	17.7%	14.8%	21.0%

Urban vs. Rural Counties	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI - UL-
Metropolitan	784	3,730	21.3%	19.6%	23.1%
Small Metro	760	3,800	21.0%	18.9%	23.2%
Mixed Urban-Rural	1,373	6,396	21.0%	19.4%	22.7%
Rural	355	1,942	17.6%	15.9%	19.5%

Sex	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI - UL-
Female	1,208	4,256	28.6%	26.2%	31.1%
Male	496	4,011	12.5%	11.3%	13.8%

Grade Level	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI - UL-
9 th	519	2,282	21.8%	19.7%	24.1%
10 th	506	2,360	21.5%	19.5%	23.7%
11 th	378	1,945	19.8%	17.3%	22.5%
12 th	302	1,669	17.9%	15.8%	20.2%

Race/Ethnicity	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI - UL-
American Indian/Alaska Native	198	1,066	18.5%	12.2%	27.0%
Asian/Pacific Islander	29	197	17.5%	12.5%	24.1%
Black/African American	63	312	19.0%	15.1%	23.6%
Hispanic	631	4,347	14.7%	13.4%	16.0%
White	417	2,311	18.0%	16.1%	20.1%

Table C4. Made a plan to attempt suicide in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Bernalillo	275	2,010	13.6%	12.1%	15.3%
Catron	**
Chaves	36	268	12.1%	7.5%	19.0%
Cibola	117	764	15.3%	14.2%	16.4%
Colfax	40	232	16.9%	12.7%	22.1%
Curry	36	289	17.2%	11.4%	25.0%
De Baca [#]	7	73	9.0%	4.7%	16.6%
Dona Ana	212	1,356	14.7%	12.3%	17.5%
Eddy	60	495	13.1%	9.8%	17.1%
Grant	49	275	18.4%	14.7%	22.8%
Guadalupe	22	146	15.2%	10.4%	21.9%
Harding	**
Hidalgo	11	124	8.8%	5.4%	13.9%
Lea	81	633	14.2%	12.1%	16.5%
Lincoln	78	549	13.7%	11.5%	16.4%
Los Alamos	157	886	17.7%	15.0%	20.7%
Luna	27	175	16.1%	9.9%	25.0%
McKinley	65	475	14.4%	9.6%	21.1%
Mora [#]	5	105	4.2%	1.8%	9.5%
Otero	71	439	16.1%	11.6%	21.8%
Quay	25	208	11.4%	9.8%	13.3%
Rio Arriba	58	466	13.1%	9.7%	17.5%
Roosevelt	28	198	16.6%	10.3%	25.6%
Sandoval	144	1,014	14.6%	12.7%	16.7%
San Juan	130	895	15.2%	12.5%	18.4%
San Miguel	33	293	12.7%	7.6%	20.5%
Santa Fe	181	1,553	12.9%	10.8%	15.4%
Sierra	24	124	20.7%	17.6%	24.3%
Socorro	28	210	12.7%	6.5%	23.3%
Taos	104	729	13.8%	12.3%	15.5%
Torrance	55	350	18.1%	14.0%	23.1%
Union	18	129	14.4%	10.2%	20.0%
Valencia	56	347	15.8%	10.4%	23.2%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Northwest	312	2,134	15.0%	12.6%	17.7%
Northeast	619	4,548	13.6%	12.3%	15.1%
Metro	530	3,721	14.1%	12.8%	15.5%
Southeast	351	2,713	14.1%	12.2%	16.1%
Southwest	425	2,734	15.8%	13.5%	18.6%

Urban vs. Rural Counties	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Metropolitan	530	3,721	14.1%	12.8%	15.5%
Small Metro	523	3,804	15.0%	13.1%	17.3%
Mixed Urban-Rural	922	6,385	14.7%	13.3%	16.2%
Rural	262	1,940	13.6%	11.8%	15.7%

Sex	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Female	777	4,259	19.0%	17.4%	20.6%
Male	411	4,002	10.3%	9.3%	11.4%

Grade Level	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
9th	358	2,276	15.7%	13.9%	17.7%
10th	337	2,358	14.4%	12.8%	16.1%
11th	257	1,947	13.8%	11.7%	16.3%
12th	239	1,669	14.2%	12.5%	16.3%

Race/Ethnicity	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native	177	1,064	18.4%	13.9%	23.9%
Asian/Pacific Islander	31	197	15.9%	10.6%	23.2%
Black/African American	55	312	16.6%	13.3%	20.5%
Hispanic	570	4,347	13.2%	12.1%	14.3%
White	356	2,310	15.1%	13.7%	16.6%

Table C5. Attempted suicide in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Bernalillo	145	1,804	8.1%	6.7%	9.6%
Catron	**
Chaves [#]	22	239	10.0%	5.3%	18.0%
Cibola	86	666	12.7%	10.9%	14.7%
Colfax	12	202	4.9%	2.7%	8.5%
Curry	16	242	8.6%	5.1%	14.2%
De Baca [#]	6	69	8.6%	3.6%	18.9%
Dona Ana	129	1,140	10.2%	8.2%	12.6%
Eddy	35	446	8.8%	5.2%	14.5%
Grant	22	235	9.5%	6.2%	14.3%
Guadalupe [#]	9	126	6.6%	3.4%	12.5%
Harding	**
Hidalgo [#]	7	111	6.2%	3.1%	12.0%
Lea	49	556	10.2%	6.6%	15.4%
Lincoln	37	482	7.6%	5.3%	10.8%
Los Alamos	77	832	9.1%	7.2%	11.6%
Luna	15	154	10.2%	5.6%	17.9%
McKinley	41	380	11.9%	7.8%	17.8%
Mora [#]	6	88	5.7%	2.9%	11.2%
Otero	47	383	12.8%	7.4%	21.3%
Quay	13	189	6.7%	4.7%	9.4%
Rio Arriba [#]	29	403	7.4%	3.9%	13.8%
Roosevelt	16	169	13.1%	9.9%	17.1%
Sandoval	89	882	9.9%	8.1%	12.0%
San Juan	77	787	11.0%	8.5%	14.1%
San Miguel	23	254	8.8%	6.1%	12.7%
Santa Fe	120	1,327	9.7%	7.7%	12.1%
Sierra	19	110	18.4%	17.0%	19.9%
Socorro [#]	15	174	7.9%	4.0%	14.8%
Taos	71	644	11.2%	8.2%	15.0%
Torrance	31	304	11.3%	8.3%	15.2%
Union [#]	8	116	7.3%	4.0%	13.1%
Valencia	32	306	9.4%	6.7%	13.0%
New Mexico	683	7,220	9.4%	8.6%	10.4%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Northwest	204	1,833	11.4%	9.3%	13.9%
Northeast	355	4,000	9.1%	7.8%	10.4%
Metro	297	3,296	8.6%	7.5%	9.8%
Southeast	194	2,392	9.5%	7.6%	11.9%
Southwest	256	2,334	11.1%	9.3%	13.2%

Urban vs. Rural Counties	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Metropolitan	297	3,296	8.6%	7.5%	9.8%
Small Metro	326	3,254	10.8%	9.3%	12.5%
Mixed Urban-Rural	549	5,603	10.3%	8.9%	11.9%
Rural	134	1,702	8.1%	6.8%	9.7%

Sex	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Female	462	3,757	12.4%	11.0%	13.9%
Male	215	3,451	6.4%	5.4%	7.5%

Grade Level	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
9th	222	1,981	11.3%	9.7%	13.1%
10th	187	2,052	8.6%	7.5%	9.9%
11th	152	1,692	9.5%	7.5%	11.9%
12th	118	1,472	7.8%	6.2%	9.8%

Race/Ethnicity	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native	118	881	13.9%	11.4%	17.0%
Asian/Pacific Islander	22	167	13.8%	7.6%	23.7%
Black/African American	34	256	12.3%	8.9%	16.7%
Hispanic	326	3,733	8.6%	7.6%	9.7%
White	181	2,145	8.6%	7.3%	10.0%

Table C6. Injured in a suicide attempt in the past 12 months, grades 9-12, New Mexico, 2015					
County	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Bernalillo	46	1,800	2.4%	1.7%	3.3%
Catron	**
Chaves [#]	8	239	2.7%	1.0%	7.0%
Cibola	31	664	4.6%	3.2%	6.7%
Colfax [#]	6	202	2.1%	0.9%	4.6%
Curry ^{##}	5	243	2.6%	1.0%	6.9%
De Baca ^{##}	2	69	2.7%	0.9%	7.6%
Dona Ana	47	1,138	3.6%	2.6%	4.9%
Eddy	9	443	2.6%	1.5%	4.4%
Grant [#]	6	234	2.6%	1.1%	6.2%
Guadalupe ^{##}	3	126	2.1%	0.5%	8.3%
Harding	**
Hidalgo ^{##}	2	111	1.4%	0.5%	4.1%
Lea [#]	11	555	2.3%	1.0%	5.2%
Lincoln	19	482	3.9%	2.3%	6.5%
Los Alamos	24	833	2.8%	2.1%	3.7%
Luna ^{##}	4	150	3.5%	1.2%	10.0%
McKinley [#]	12	379	3.9%	2.1%	7.2%
Mora ^{##}	2	87	2.2%	0.6%	7.1%
Otero [#]	17	383	5.3%	2.6%	10.3%
Quay [#]	6	190	3.1%	1.5%	6.6%
Rio Arriba ^{##}	6	401	1.0%	0.3%	3.7%
Roosevelt	6	169	5.3%	3.6%	7.7%
Sandoval	45	880	5.0%	3.6%	6.9%
San Juan	25	782	3.6%	2.1%	5.9%
San Miguel	12	254	4.2%	2.4%	7.3%
Santa Fe	46	1,328	4.1%	3.1%	5.3%
Sierra	7	109	7.4%	4.4%	12.3%
Socorro ^{##}	5	174	2.6%	0.6%	10.0%
Taos [#]	21	639	3.2%	1.6%	6.3%
Torrance [#]	15	305	5.9%	3.3%	10.5%
Union ^{##}	3	116	2.9%	0.5%	15.7%
Valencia	14	304	4.0%	2.4%	6.7%
New Mexico	244	7,198	3.2%	2.7%	3.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

New Mexico Health Region	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI - LL-	95%CI -UL-
Northwest	68	1,825	3.8%	2.6%	5.4%
Northeast	123	3,994	3.3%	2.7%	4.0%
Metro	120	3,289	3.1%	2.5%	3.9%
Southeast	66	2,390	2.8%	2.0%	3.9%
Southwest	88	2,326	3.9%	3.1%	4.9%

Urban vs. Rural Counties	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI - LL-	95%CI -UL-
Metropolitan	120	3,289	3.1%	2.5%	3.9%
Small Metro	118	3,248	3.8%	3.1%	4.7%
Mixed Urban-Rural	172	5,586	3.2%	2.6%	4.0%
Rural	55	1,701	3.2%	2.4%	4.3%

Sex	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI - LL-	95%CI -UL-
Female	157	3,752	3.8%	3.1%	4.7%
Male	84	3,434	2.5%	2.0%	3.3%

Grade Level	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI - LL-	95%CI -UL-
9th	74	1,973	3.5%	2.6%	4.7%
10th	66	2,044	2.7%	2.1%	3.6%
11th	52	1,688	3.3%	2.4%	4.6%
12th	49	1,470	3.1%	2.2%	4.3%

Race/Ethnicity	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI - LL-	95%CI - UL-
American Indian/Alaska Native	44	878	4.8%	3.2%	7.1%
Asian/Pacific Islander [#]	9	166	4.8%	2.3%	9.8%
Black/African American	20	255	6.5%	4.2%	9.9%
Hispanic	116	3,717	3.0%	2.4%	3.8%
White	54	2,144	2.4%	1.8%	3.2%

[#] Values are unstable.

Table C7. Emergency department encounter for intentional self-injury, 10-19 years, New Mexico, 2014.					
County	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	321	85,861	37.4	33.3	41.5
Catron ^{##}
Chaves	49	10,093	48.6	35.0	62.1
Cibola [#]	11	3,539	31.1	12.7	49.4
Colfax [#]	7	1,445	48.4	12.6	84.2
Curry	22	6,933	31.7	18.5	45.0
De Baca [#]	0	239	0.0	0.0	141.3
Dona Ana	81	32,360	25.0	19.6	30.5
Eddy	26	8,106	32.1	19.8	44.4
Grant	21	3,519	59.7	34.2	85.1
Guadalupe ^{##}
Harding [#]	0	44	0.0	0.0	750.0
Hidalgo ^{##}
Lea	42	10,560	39.8	27.8	51.8
Lincoln	17	2,064	82.4	43.4	1,21.3
Los Alamos [#]	6	2,473	24.3	4.9	43.7
Luna [#]	11	3,482	31.6	13.0	50.2
McKinley [#]	11	11,730	9.4	3.8	14.9
Mora ^{##}
Otero	28	8,098	34.6	21.8	47.4
Quay [#]	7	981	71.4	18.7	124.1
Rio Arriba	13	5,211	25.0	11.4	38.5
Roosevelt [#]	0	2,974	0.0	0.0	11.4
Sandoval	76	19,733	38.5	29.9	47.2
San Juan	45	18,169	24.8	17.5	32.0
San Miguel	16	3,659	43.7	22.4	65.1
Santa Fe	70	16,417	42.6	32.7	52.6
Sierra ^{##}
Socorro [#]	8	2,540	31.5	9.7	53.3
Taos	15	3,588	41.8	20.7	62.9
Torrance [#]	6	2,101	28.6	5.7	51.4
Union [#]	0	448	0.0	0.0	75.5
Valencia	43	10,693	40.2	28.2	52.2
New Mexico	959	279,984	34.2	32.1	36.4

Values are unstable. ## Values are very unstable.

New Mexico Health Region	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 100,000 Population	95% CI LL	95% CI UL
Northwest	67	33,439	200.4	152.4	248.3
Northeast	129	34,365	375.4	310.7	440.0
Metro	446	118,388	376.7	341.8	411.6
Southeast	163	41,951	388.6	329.0	448.1
Southwest	154	51,841	297.1	250.2	343.9

Sex	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 100,000 Population	95% CI LL	95% CI UL
Female	661	136,946	482.7	446.0	519.4
Male	298	143,037	208.3	184.7	232.0

Age Groups	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 100,000 Population	95% CI LL	95% CI UL
10-14 years	287	140,575	204.2	180.6	227.8
15-19 years	672	139,409	482.0	445.7	518.4

Table C8. Hospitalization for acute episode of mental illness, 12-17 years, New Mexico, 2016					
County (Patient's Residence)	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	681	51,669	131.8	122.0	141.6
Catron ^{##}
Chaves	95	6,012	158.0	126.5	189.5
Cibola	26	2,150	120.9	74.7	167.1
Colfax [#]	7	807	86.7	22.8	150.6
Curry	30	4,033	74.4	47.9	100.9
De Baca ^{##}
Dona Ana	377	17,978	209.7	188.8	230.6
Eddy	86	5,109	168.3	133.1	203.6
Grant	37	2,100	176.2	119.9	232.5
Guadalupe ^{##}
Harding [#]	0	31	0	0	1,052.8
Hidalgo [#]	4	328	122.1	3.2	241.0
Lea	27	6,458	41.8	26.1	57.5
Lincoln	18	1,216	148.1	80.2	216.0
Los Alamos	31	1,566	197.9	128.9	266.9
Luna	30	2,097	143.1	92.2	193.9
McKinley	56	7,240	77.4	57.2	97.5
Mora ^{##}
Otero	98	4,732	207.1	166.5	247.7
Quay [#]	8	601	133.2	41.5	224.8
Rio Arriba	21	3,216	65.3	37.5	93.2
Roosevelt	16	1,449	110.4	56.6	164.2
Sandoval	182	12,481	145.8	124.8	166.9
San Juan	182	10,414	174.8	149.6	199.9
San Miguel	22	2,000	110.0	64.3	155.7
Santa Fe	63	9,956	63.3	47.7	78.8
Sierra	27	571	472.9	298.8	647.1
Socorro	12	1,394	86.1	37.6	134.6
Taos	24	2,168	110.7	66.7	154.8
Torrance	14	1,283	109.1	52.3	165.9
Union ^{##}
Valencia	100	6,549	152.7	123.0	182.4
New Mexico	2,282	166,880	136.8	131.2	142.3

Values are unstable. ## Values are very unstable.

New Mexico Health Region	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Northwest	264	19,804	133.3	117.3	149.3
Northeast	174	20,666	84.2	71.7	96.6
Metro	977	71,981	135.7	127.3	144.2
Southeast	281	25,036	112.2	99.2	125.3
Southwest	586	29,393	199.4	183.4	215.4

Sex	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Female	1,345	81,598	164.8	156.1	173.6
Male	937	85,282	109.9	102.9	116.9

Age Group	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
12-14 years	897	82,500	108.7	101.6	115.8
15-17 years	1,385	84,380	164.1	155.6	172.7

New Mexico Health Region	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Northwest	12	102,483	11.7	5.1	18.3
Northeast	12	104,710	11.5	5.0	17.9
Metro	30	359,494	8.4	5.4	11.3
Southeast	12	124,748	9.6	4.2	15.1
Southwest [#]	8	148,666	5.4	1.6	9.1
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable.

Urban vs. Rural Counties	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Metropolitan	30	359,494	8.4	5.4	11.3
Small Metro	18	196,101	9.2	4.9	13.4
Mixed Urban-Rural	24	252,193	9.5	5.7	13.3
Rural	2	32,314	6.2	0.0	14.8

Sex	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Female	17	411,733	4.1	2.2	6.1
Male	57	428,368	13.3	9.8	16.8

Age Group	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
12-14 Years	17	420,521	4.0	2.1	6.0
15-17 Years	57	419,581	13.6	10.1	17.1

Race/Ethnicity	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
American Indian/Alaska Native [#]	10	89,155	11.2	4.3	18.2
Asian/Pacific Islander ^{##}	1
Black/African American ^{##}	1
Hispanic	33	491,352	6.7	4.4	9.0
White	29	229,223	12.6	8.0	17.3

[#] Values are unstable. ^{##} Values are very unstable.

APPENDIX D: STATE INDICATOR TABLES – ADULT



Table D1. Mental distress (6+ days) in the past 30 days, 18+ years, New Mexico, 2016					
County	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Bernalillo	146	842	18.2%	15.1%	21.7%
Catron	**
Chaves	30	189	15.8%	9.9%	24.3%
Cibola [#]	22	183	21.5%	9.1%	42.8%
Colfax	**
Curry	24	139	24.5%	16.2%	35.4%
De Baca	**
Dona Ana	104	635	16.0%	12.9%	19.8%
Eddy	35	180	19.0%	13.1%	26.8%
Grant	9	103	13.8%	6.2%	27.9%
Guadalupe	**
Harding	**
Hidalgo	**
Lea	28	183	16.3%	10.5%	24.5%
Lincoln	15	111	13.7%	7.6%	23.6%
Los Alamos [#]	8	61	21.5%	9.1%	42.9%
Luna [#]	8	66	12.9%	4.7%	30.7%
McKinley	59	354	16.0%	11.3%	22.2%
Mora	**
Otero	37	228	18.8%	12.6%	27.0%
Quay	**
Rio Arriba	38	201	20.6%	14.4%	28.5%
Roosevelt [#]	7	53	13.3%	6.0%	26.9%
Sandoval	45	243	23.9%	16.4%	33.6%
San Juan	134	833	19.0%	15.3%	23.3%
San Miguel	16	88	20.2%	12.3%	31.3%
Santa Fe	74	504	16.3%	12.7%	20.8%
Sierra	20	67	27.5%	17.0%	41.3%
Socorro [#]	8	59	11.3%	5.1%	23.4%
Taos [#]	16	106	22.9%	10.6%	42.6%
Torrance	**
Union	**
Valencia	22	121	21.3%	12.2%	34.4%
New Mexico	972	5,954	18.6%	17.1%	20.2%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Northwest	217	1,392	18.0%	14.7%	21.8%
Northeast	177	1,092	19.0%	16.0%	22.5%
Metro	227	1,287	19.8%	17.1%	22.9%
Southeast	154	933	18.2%	15.2%	21.6%
Southwest	197	1,250	15.9%	13.5%	18.7%

Urban vs. Rural Counties	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Metropolitan	214	1,229	19.1%	16.3%	22.2%
Small Metro	312	1,972	16.8%	14.7%	19.2%
Mixed Urban-Rural	337	2,134	18.2%	15.9%	20.8%
Rural	81	422	19.0%	15.0%	23.9%

Sex	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Female	583	3,377	19.9%	17.8%	22.1%
Male	389	2,577	17.3%	15.2%	19.7%

Age Group	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
18-24 years	67	252	27.6%	21.3%	34.9%
25-44 years	239	1,251	19.1%	16.4%	22.2%
45-64 years	411	2,277	17.5%	15.5%	19.6%
65+ years	248	2,101	13.8%	11.6%	16.4%

Race/Ethnicity	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native	108	581	21.6%	16.4%	27.9%
Asian/Pacific Islander [#]	6	55	12.6%	4.7%	29.6%
Black/African American [#]	10	65	15.5%	6.3%	33.5%
Hispanic	346	1,927	18.8%	16.4%	21.4%
White	476	3,193	17.8%	15.7%	20.0%

[#] Values are unstable.

Table D2. Current depression, 18+ years, New Mexico, 2016					
County	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Bernalillo	66	735	10.4%	7.8%	13.7%
Catron	**
Chaves	21	156	14.4%	8.2%	24.1%
Cibola ^{##}	11	147	18.9%	5.9%	46.1%
Colfax	**
Curry	14	119	18.9%	10.7%	31.2%
De Baca	**
Dona Ana	40	554	7.1%	4.9%	10.2%
Eddy	21	149	11.0%	6.7%	17.6%
Grant [#]	9	93	15.6%	7.0%	31.2%
Guadalupe	**
Harding	**
Hidalgo	**
Lea [#]	10	149	6.3%	2.9%	12.8%
Lincoln ^{##}	3	96	2.0%	0.6%	7.0%
Los Alamos ^{##}	2	53	3.0%	0.7%	12.6%
Luna [#]	7	56	7.3%	3.0%	16.4%
McKinley	22	288	7.0%	4.0%	11.7%
Mora	**
Otero	19	197	12.0%	6.8%	20.5%
Quay	**
Rio Arriba	16	167	8.2%	4.7%	14.1%
Roosevelt [#]	5	51	8.9%	3.5%	21.0%
Sandoval	21	213	11.0%	6.3%	18.5%
San Juan	70	727	11.7%	8.6%	15.8%
San Miguel [#]	10	74	14.7%	7.7%	26.1%
Santa Fe	33	451	8.4%	5.7%	12.1%
Sierra [#]	10	59	21.2%	10.6%	38.0%
Socorro	**
Taos [#]	5	91	3.9%	1.5%	9.6%
Torrance	**
Union	**
Valencia ^{##}	5	106	6.1%	2.0%	17.3%
New Mexico	436	4,998	9.8%	8.6%	11.2%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

New Mexico Health Region	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Northwest	103	1,170	11.0%	7.9%	15.2%
Northeast	71	918	8.2%	6.3%	10.6%
Metro	94	1,084	10.1%	7.9%	12.8%
Southeast	78	775	10.8%	8.2%	14.0%
Southwest	90	1,051	9.1%	7.1%	11.7%

Urban vs. Rural Counties	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Metropolitan	94	1,075	10.2%	8.0%	12.9%
Small Metro	143	1,732	8.6%	7.0%	10.6%
Mixed Urban-Rural	172	1,790	10.8%	8.8%	13.1%
Rural	25	356	8.2%	5.2%	12.7%

Sex	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Female	279	2,880	10.7%	9.1%	12.6%
Male	157	2,118	8.9%	7.2%	11.1%

Age Group	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
18-24 years	27	203	15.1%	9.8%	22.4%
25-44 years	97	1,021	9.5%	7.4%	12.1%
45-64 years	214	1,940	10.9%	9.2%	13.0%
65+ years	95	1,779	5.6%	4.3%	7.2%

Race/Ethnicity	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native	53	463	11.9%	7.6%	18.1%
Asian/Pacific Islander	**
Black/African American [#]	8	50	22.9%	9.7%	45.0%
Hispanic	146	1,561	9.6%	7.8%	11.8%
White	217	2,785	9.3%	7.6%	11.2%

** Data suppressed due to small numbers. # Values are unstable.

New Mexico Health Region	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI -UL-
Northwest	53	1,231	4.3%	3.0%	6.3%
Northeast	40	953	5.6%	3.6%	8.7%
Metro	49	1,118	6.0%	4.3%	8.4%
Southeast	49	820	7.5%	5.4%	10.5%
Southwest	41	1,093	3.9%	2.6%	5.7%
New Mexico	232	5,215	5.6%	4.6%	6.8%

Urban vs. Rural Counties	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI -UL-
Metropolitan	49	1,109	6.1%	4.3%	8.4%
Small Metro	67	1,782	3.8%	2.8%	5.3%
Mixed Urban-Rural	99	1,891	6.8%	5.2%	8.8%
Rural	15	383	3.7%	2.2%	6.3%

Sex	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI -UL-
Female	132	3,010	5.1%	4.0%	6.6%
Male	100	2,205	6.1%	4.6%	8.0%

Age Group	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI - LL-	95%CI -UL-
18-24 years	16	207	9.9%	5.7%	16.7%
25-44 years	59	1,054	6.0%	4.4%	8.3%
45-64 years	104	2,000	5.4%	4.2%	7.0%
65+ years	51	1,900	2.8%	1.8%	4.2%

Race/Ethnicity	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native[#]	21	494	4.1%	1.9%	8.7%
Asian/Pacific Islander	**
Black/African American[#]	6	51	20.0%	7.6%	43.0%
Hispanic	74	1,620	5.4%	4.0%	7.2%
White	121	2,898	5.6%	4.2%	7.4%

** Data suppressed due to small numbers. # Values are unstable.

Table D4. Made a suicide attempt in the past year, 18+ years, New Mexico, 2016					
New Mexico Health Region	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Northwest ^{##}	5	1,231	1.1%	0.4%	2.9%
Northeast [#]	2	955	0.2%	0.0%	0.7%
Metro [#]	6	1,117	0.6%	0.2%	1.8%
Southeast [#]	9	818	2.3%	1.1%	4.9%
Southwest [#]	8	1,096	1.2%	0.5%	2.8%
New Mexico	30	5,217	0.9%	0.6%	1.5%

Values are unstable. ## Values are very unstable.

Urban vs. Rural Counties	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Metropolitan [#]	6	1,108	0.6%	0.2%	1.9%
Small Metro [#]	8	1,787	0.8%	0.4%	1.9%
Mixed Urban-Rural	14	1,890	1.4%	0.8%	2.6%
Rural ^{##}	2	382	1.8%	0.4%	8.6%

Values are unstable. ## Values are very unstable.

Sex	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Female [#]	17	3,010	1.0%	0.5%	2.0%
Male [#]	13	2,207	0.9%	0.5%	1.6%

Values are unstable.

Age Group	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
18-24 years [#]	6	205	2.5%	1.1%	5.7%
25-44 years [#]	9	1,053	0.9%	0.4%	2.4%
45-64 years [#]	11	2,006	0.7%	0.4%	1.4%
65+ years ^{##}	4	1,899	0.5%	0.1%	1.8%

Values are unstable. ## Values are very unstable.

Race/Ethnicity	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
American Indian/Alaska Native [#]	6	494	1.4%	0.6%	3.2%
Asian/Pacific Islander	**
Black/African American ^{##}	1	51	1.3%	0.2%	8.8%
Hispanic [#]	11	1,621	1.1%	0.5%	2.2%
White [#]	11	2,899	0.8%	0.4%	1.6%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Table D5. Emergency department encounter for self-injury, 18+ years, New Mexico, 2014					
County	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	889	522,679	17.0	15.9	18.1
Catron ^{##}
Chaves	98	48,242	20.3	16.3	24.3
Cibola	39	20,814	18.7	12.9	24.6
Colfax	16	10,628	15.1	7.7	22.4
Curry	85	37,068	22.9	18.1	27.8
De Baca ^{##}
Dona Ana	279	160,864	17.3	15.3	19.4
Eddy	72	41,615	17.3	13.3	21.3
Grant	152	23,193	65.5	55.2	75.9
Guadalupe	14	3,641	38.5	18.4	58.6
Harding ^{##}
Hidalgo [#]	5	3,556	14.1	1.7	26.4
Lea	105	48,104	21.8	17.7	26.0
Lincoln	26	16,505	15.8	9.7	21.8
Los Alamos	15	13,695	11.0	5.4	16.5
Luna	36	18,309	19.7	13.2	26.1
McKinley	40	51,790	7.7	5.3	10.1
Mora [#]	11	3,881	28.4	11.6	45.1
Otero	36	50,463	7.1	4.8	9.5
Quay	24	6,838	35.1	21.1	49.1
Rio Arriba	73	30,223	24.2	18.6	29.7
Roosevelt [#]	5	14,899	3.4	0.4	6.3
Sandoval	145	104,175	13.9	11.6	16.2
San Juan	101	92,133	11.0	8.8	13.1
San Miguel	49	22,819	21.5	15.5	27.5
Santa Fe	164	118,822	13.8	11.7	15.9
Sierra [#]	11	9,706	11.3	4.6	18.0
Socorro	31	13,447	23.0	15.0	31.2
Taos	53	27,162	19.5	14.3	24.8
Torrance [#]	11	12,272	9.0	3.7	14.3
Union ^{##}
Valencia	106	57,706	18.4	14.9	21.9
New Mexico	2,695	1,594,191	16.9	16.3	17.5

Values are unstable. ## Values are very unstable

New Mexico Health Region	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Northwest	180	164,738	10.9	9.3	12.5
Northeast	397	235,120	16.9	15.2	18.5
Metro	1,151	696,831	16.5	15.6	17.5
Southeast	416	214,801	19.4	17.5	21.2
Southwest	551	282,700	19.5	17.9	21.1

Sex	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Female	1,514	811,117	18.7	17.7	19.6
Male	1,181	783,074	15.1	14.2	15.9

Age Groups	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Total	2,695	1,594,191	16.9	16.3	17.5
18-19 years	232	56,137	41.3	36.0	46.6
20-24 years	472	154,089	30.6	27.9	33.4
25-34 years	739	281,375	26.3	24.4	28.2
35-44 years	557	245,012	22.7	20.8	24.6
45-54 years	424	265,685	16.0	14.4	17.5
55-64 years	184	271,143	6.8	5.8	7.8
65-74 years	55	187,915	2.9	2.2	3.7
75-84 years	20	95,303	2.1	1.2	3.0
85+ years	12	37,530	3.2	1.4	5.0

Table D6. Hospitalization for acute episode of mental illness, 18+ years, New Mexico, 2016					
County (Patient's Residence)	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	5,005	529,290	94.6	92.0	97.2
Catron	15	3,211	46.7	23.1	70.3
Chaves	958	48,563	197.3	184.9	209.6
Cibola	121	21,099	57.4	47.2	67.5
Colfax	56	10,421	53.7	39.7	67.8
Curry	304	37,123	81.9	72.7	91.1
De Baca [#]	5	1,470	34.0	4.2	63.8
Dona Ana	2,092	163,016	128.3	122.9	133.8
Eddy	545	42,534	128.1	117.4	138.8
Grant	374	23,097	161.9	145.6	178.2
Guadalupe	24	3,624	66.2	39.8	92.6
Harding ^{##}
Hidalgo	35	3,492	100.2	67.2	133.3
Lea	369	48,816	75.6	67.9	83.3
Lincoln	154	16,374	94.0	79.3	108.8
Los Alamos	69	14,208	48.6	37.1	60.0
Luna	189	18,478	102.3	87.8	116.8
McKinley	400	51,128	78.2	70.6	85.9
Mora	27	3,813	70.8	44.2	97.4
Otero	725	50,339	144.0	133.6	154.4
Quay	49	6,763	72.4	52.2	92.7
Rio Arriba	246	30,554	80.5	70.5	90.5
Roosevelt	85	14,913	57.0	44.9	69.1
Sandoval	726	107,779	67.4	62.5	72.2
San Juan	850	90,281	94.2	87.8	100.4
San Miguel	301	22,756	132.3	117.4	147.1
Santa Fe	752	120,961	62.2	57.7	66.6
Sierra	130	9,637	134.9	111.9	157.9
Socorro	145	13,374	108.4	90.9	126.0
Taos	189	27,335	69.1	59.3	79.0
Torrance	82	12,327	66.5	52.2	80.9
Union [#]	10	3,579	27.9	10.6	45.2
Valencia	396	58,095	68.2	61.5	74.8
New Mexico	15,431	1,609,049	95.9	94.4	97.4

Values are unstable. ## Values are very unstable.

New Mexico Health Region	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Northwest	1,371	162,508	84.4	79.9	88.8
Northeast	1,677	237,848	70.5	67.1	73.9
Metro	6,209	707,491	87.8	85.6	89.9
Southeast	2,469	216,557	114.0	109.5	118.5
Southwest	3,705	284,645	130.2	126.0	134.3

Sex	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Female	6,865	818,358	83.9	81.9	85.9
Male	8,566	790,691	108.3	106.0	110.6

Age Group	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
18-19 years	553	55,826	99.1	90.8	107.3
20-24 years	1,653	148,734	111.1	105.8	116.5
25-34 years	3,687	283,121	130.2	126.0	134.4
35-44 years	3,117	244,918	127.3	122.8	131.7
45-54 years	2,766	254,022	108.9	104.8	112.9
55-64 years	1,920	276,256	69.5	66.4	72.6
65-74 years	975	205,571	47.4	44.5	50.4
75-84 years	495	100,818	49.1	44.8	53.4
85+ years	265	39,783	66.6	58.6	74.6

Table D7. Death by intentional self-harm (suicide), 18+ years, New Mexico, 2012-2016					
Decedent's County of Residence	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Bernalillo	676	2,615,045	25.8	23.9	27.8
Catron	15	15,925	94.2	46.6	141.8
Chaves	64	241,233	26.5	20.0	33.0
Cibola	31	104,118	29.8	19.3	40.2
Colfax	15	53,171	28.2	13.9	42.5
Curry	44	183,673	24.0	16.9	31.0
De Baca ^{##}	3	7,630	39.3	0.0	83.8
Dona Ana	163	804,137	20.3	17.2	23.4
Eddy	63	208,340	30.2	22.8	37.7
Grant	47	115,792	40.6	29.0	52.2
Guadalupe [#]	4	18,264	21.9	0.4	43.4
Harding [#]	0	3,047	0.0	0.0	111.4
Hidalgo [#]	11	17,829	61.7	25.2	98.1
Lea	53	240,669	22.0	16.1	28.0
Lincoln	29	82,607	35.1	22.3	47.9
Los Alamos [#]	10	69,274	14.4	5.5	23.4
Luna	28	92,146	30.4	19.1	41.6
McKinley	96	257,886	37.2	29.8	44.7
Mora [#]	7	19,358	36.2	9.4	62.9
Otero	76	248,733	30.6	23.7	37.4
Quay	16	34,280	46.7	23.8	69.5
Rio Arriba	53	151,859	34.9	25.5	44.3
Roosevelt	13	74,843	17.4	7.9	26.8
Sandoval	124	520,977	23.8	19.6	28.0
San Juan	138	458,019	30.1	25.1	35.2
San Miguel	38	114,322	33.2	22.7	43.8
Santa Fe	177	594,541	29.8	25.4	34.2
Sierra	23	48,863	47.1	27.8	66.3
Socorro	22	67,352	32.7	19.0	46.3
Taos	52	135,067	38.5	28.0	49.0
Torrance	21	61,580	34.1	19.5	48.7
Union ^{##}	3	18,168	16.5	0.0	35.2
Valencia	80	288,977	27.7	21.6	33.8
New Mexico	2,198	7,967,723	27.6	26.4	28.7

Values are unstable. ## Values are very unstable.

New Mexico Health Region	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Northwest	265	820,023	32.3	28.4	36.2
Northeast	359	1,177,071	30.5	27.3	33.6
Metro	901	3,486,579	25.8	24.2	27.5
Southeast	285	1,073,274	26.6	23.5	29.6
Southwest	385	1,410,777	27.3	24.6	30.0

Urban and Rural Counties	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Metropolitan	901	3,486,579	25.8	24.2	27.5
Small Metro	478	1,856,697	25.7	23.4	28.0
Mixed Urban/Rural	668	2,237,954	29.8	27.6	32.1
Rural	148	386,494	38.3	32.1	44.5

Sex	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Female	515	4,054,987	12.7	11.6	13.8
Male	1,683	3,912,736	43.0	41.0	45.1

Age Group	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
18-19 years	56	283,541	19.8	14.6	24.9
20-24 years	199	760,805	26.2	22.5	29.8
25-34 years	383	1,402,947	27.3	24.6	30.0
35-44 years	361	1,227,847	29.4	26.4	32.4
45-54 years	402	1,330,148	30.2	27.3	33.2
55-64 years	370	1,358,325	27.2	24.5	30.0
65-74 years	231	940,287	24.6	21.4	27.7
75-84 years	146	476,449	30.6	25.7	35.6
85+ years	50	187,373	26.7	19.3	34.1

Race and Ethnicity	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
American Indian or Alaska Native	191	657,025	29.1	25	33.2
Asian or Pacific Islander	19	138,258	13.7	7.6	19.9
Black or African American	25	168,416	14.8	9	20.7
Hispanic	720	3,506,601	20.5	19	22
White	1,225	3,497,424	35	33.1	37

APPENDIX E: STATE INDICATOR TABLES – ALL AGES



Table E1. Emergency department encounter for intentional self-injury, New Mexico, 2014					
County	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Bernalillo	1,135	677,724	17.5	16.5	18.5
Catron ^{##}
Chaves	134	66,181	20.7	17.2	24.3
Cibola	55	27,500	20.8	15.3	26.3
Colfax	23	13,136	21.1	12.3	29.8
Curry	101	50,811	19.6	15.6	23.6
De Baca ^{##}
Dona Ana	341	216,026	16.6	14.8	18.4
Eddy	94	56,501	17.9	14.2	21.6
Grant	165	29,310	71.3	60.0	82.5
Guadalupe	14	4,543	26.9	12.6	41.2
Harding ^{##}
Hidalgo [#]	5	4,613	11.7	1.5	21.9
Lea	135	69,001	20.2	16.8	23.7
Lincoln	38	20,248	24.8	16.5	33.0
Los Alamos	21	17,846	15.6	8.8	22.3
Luna	46	24,706	21.6	15.2	28.1
McKinley	51	74,375	7.5	5.4	9.6
Mora	12	4,770	28.1	11.8	44.5
Otero	59	66,240	10.2	7.6	12.9
Quay	31	8,618	43.2	27.3	59.1
Rio Arriba	81	39,846	22.0	17.1	26.9
Roosevelt [#]	5	19,858	2.3	0.2	4.4
Sandoval	203	138,240	15.7	13.6	17.9
San Juan	136	126,756	11.4	9.5	13.3
San Miguel	59	28,457	23.8	17.6	30.1
Santa Fe	220	147,516	17.7	15.3	20.0
Sierra	13	11,456	16.8	7.3	26.3
Socorro	37	17,588	24.0	16.0	31.9
Taos	64	33,535	24.8	18.6	30.9
Torrance	16	15,742	11.9	6.0	17.8
Union ^{##}
Valencia	144	76,504	20.8	17.4	24.3
New Mexico	3,443	2,098,381	17.5	16.9	18.1

Values are unstable. ## Values are very unstable.

New Mexico Health Region	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Northwest	242	228,631	11.1	9.7	12.6
Northeast	496	294,778	19.6	17.9	21.4
Metro	1,498	908,210	17.4	16.5	18.3
Southeast	539	293,159	19.2	17.5	20.8
Southwest	668	373,603	19.7	18.2	21.3

Sex	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Female	2,051	1,058,496	21.2	20.2	22.1
Male	1,392	1,039,885	13.9	13.2	14.7

Age Groups	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95% CI LL	95% CI UL
Less than 1 year	0	26,540	0.0	0.0	0.0
1-14 years	308	394,379	7.8	6.9	8.7
15-24 years	1,144	293,498	39.0	36.7	41.2
25-44 years	1,296	526,388	24.6	23.3	26.0
45-64 years	608	536,828	11.3	10.4	12.2
65-84 years	75	283,218	2.7	2.1	3.3
85+ years	12	37,530	3.2	1.4	5.0

Table E2. Hospitalization for acute episode of mental illness, New Mexico, 2016					
County (Patient's Residence)	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Bernalillo	5,863	682,011	86.6	84.4	88.9
Catron [#]	16	3,654	54.5	21.9	87.0
Chaves	1,068	66,221	174.2	163.6	184.7
Cibola	149	27,764	55.2	46.2	64.1
Colfax	63	12,781	48.3	35.4	61.3
Curry	335	50,649	67.4	60.0	74.8
De Baca [#]	6	1,863	40.5	6.5	74.5
Dona Ana	2,533	217,288	124.3	119.3	129.3
Eddy	638	57,567	116.0	106.9	125.1
Grant	416	29,005	178.5	160.8	196.2
Guadalupe	29	4,481	68.8	43.4	94.2
Harding ^{##}
Hidalgo	40	4,467	97.7	65.7	129.7
Lea	404	69,801	61.5	55.5	67.6
Lincoln	172	19,966	105.2	88.3	122.1
Los Alamos	100	18,367	60.5	48.4	72.6
Luna	221	24,856	94.9	81.8	107.9
McKinley	461	73,575	65.3	59.3	71.4
Mora	29	4,640	75.0	46.1	104.0
Otero	835	65,658	132.5	123.4	141.7
Quay	60	8,495	81.1	59.6	102.5
Rio Arriba	273	40,022	74.7	65.7	83.8
Roosevelt	102	19,708	53.5	42.7	64.4
Sandoval	931	141,831	67.4	63.0	71.8
San Juan	1,050	122,122	91.4	85.8	96.9
San Miguel	327	28,175	124.5	110.5	138.6
Santa Fe	820	149,227	58.3	54.1	62.4
Sierra	161	11,370	179.1	148.6	209.7
Socorro	158	17,397	100.0	84.0	116.1
Taos	213	33,477	70.56	60.5	80.6
Torrance	104	15,693	67.1	53.7	80.4
Union	12	4,353	28.4	11.7	45.0
Valencia	523	76,427	71.7	65.4	77.9
New Mexico	18,115	2,103,586	89.5	88.2	90.8

[#] Values are unstable. ^{##} Values are very unstable.

New Mexico Health Region	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Northwest	1,660	223,461	77.9	74.1	81.7
Northeast	1,869	296,199	67.7	64.5	70.9
Metro	7,421	915,962	82.0	80.2	83.9
Southeast	2,785	294,270	100.3	96.5	104.1
Southwest	4,380	373,695	126.8	123.0	130.7

Sex	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Female	8,355	1,060,756	82.1	80.3	83.9
Male	9,760	1,042,830	96.9	94.9	98.8

Age Group	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Less than 1 year [#]	0	25,907	0	0	1.3
1-14 years	1,299	384,249	33.8	32.0	35.6
15-24 years	3,591	288,940	124.3	120.2	128.3
25-44 years	6,804	528,039	128.8	125.8	131.9
45-64 years	4,686	530,278	88.4	85.8	90.9
65-84 years	1,470	306,389	48.0	45.5	50.4
85+ years	265	39,783	66.6	58.6	74.6

[#] Values are unstable.

Table E3. Death by intentional self-harm (suicide), New Mexico, 2012-2016					
Decedent's County of Residence	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Bernalillo	696	3,391,730	19.9	18.4	21.4
Catron [#]	15	18,373	83.5	27.6	139.5
Chaves	68	330,898	21.0	15.8	26.1
Cibola	32	137,646	23.1	14.9	31.4
Colfax	15	65,706	21.8	9.9	33.7
Curry	44	252,120	18.0	12.6	23.5
De Baca ^{##}	3	9,673	21.6	0.0	47.2
Dona Ana	168	1,080,117	16.1	13.6	18.6
Eddy	68	282,115	26.2	19.8	32.5
Grant	48	146,320	34.6	24.1	45.1
Guadalupe ^{##}	4	22,763	21.6	0.0	43.5
Harding [#]	0	3,442	0.0	0.0	98.6
Hidalgo [#]	11	23,116	57.5	21.6	93.4
Lea	56	344,169	17.4	12.8	22.1
Lincoln	29	101,205	24.0	14.4	33.7
Los Alamos	12	90,230	14.6	6.1	23.0
Luna	28	124,311	19.3	11.7	26.8
McKinley	99	370,992	28.6	22.9	34.4
Mora [#]	7	23,793	35.8	7.6	63.9
Otero	78	326,851	22.9	17.6	28.2
Quay	16	43,297	36.4	17.6	55.1
Rio Arriba	56	199,981	29.6	21.6	37.6
Roosevelt	13	99,982	13.4	5.8	20.9
Sandoval	132	691,947	19.2	15.9	22.6
San Juan	148	628,595	23.8	19.9	27.6
San Miguel	38	142,799	27.0	17.9	36.0
Santa Fe	181	738,799	23.2	19.7	26.8
Sierra	24	57,790	33.5	17.1	49.9
Socorro	22	87,975	24.0	13.4	34.6
Taos	54	166,772	34.0	24.3	43.7
Torrance	21	79,181	24.5	13.4	35.7
Union ^{##}	4	22,192	20.6	0.3	41.0
Valencia	86	383,531	23.0	18.0	27.9
New Mexico	2,279	10,488,411	21.5	20.6	22.4

[#] Values are unstable. ^{##} Values are very unstable.

New Mexico Health Region	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Northwest	279	1,137,233	25.4	22.4	28.5
Northeast	371	1,476,478	25.0	22.3	27.6
Metro	935	4,546,389	20.1	18.8	21.4
Southeast	297	1,463,459	20.9	18.5	23.3
Southwest	394	1,864,853	20.8	18.7	23.0

Urban and Rural Counties	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Metropolitan	935	4,546,389	20.1	18.8	21.4
Small Metro	497	2,447,511	20.1	18.3	21.9
Mixed Urban/Rural	694	3,015,186	23.7	21.9	25.5
Rural	150	479,325	29.8	24.6	35.0

Sex	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Female	534	5,291,728	9.9	9.1	10.8
Male	1,745	5,196,683	33.5	31.9	35.2

Age Group	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
0-17 years	79	2,520,688	3.1	2.4	3.8
18-24 years	255	1,044,347	24.4	21.4	27.4
25-34 years	383	1,402,947	27.3	24.6	30.0
35-44 years	361	1,227,847	29.4	26.4	32.4
45-54 years	402	1,330,148	30.2	27.3	33.2
55-64 years	370	1,358,325	27.2	24.5	30.0
65-74 years	231	940,287	24.6	21.4	27.7
75+ years	196	663,823	29.5	25.4	33.7

Race and Ethnicity	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
American Indian or Alaska Native	201	922,517	21.9	18.8	25.0
Asian or Pacific Islander	20	172,685	10.7	5.9	15.4
Black or African American	26	227,756	11.5	7.0	16.0
Hispanic	757	5,003,103	15.7	14.6	16.9
White	1,256	4,162,350	27.4	25.7	29.0

APPENDIX F: NEW MEXICO HEALTH REGION INDICATOR TABLES – NORTHWEST



New Mexico Health Regions Map



Table F1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015

	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Cibola	269	763	34.7%	31.7%	37.7%
McKinley	148	475	28.3%	24.60%	32.4%
San Juan	279	897	32.3%	28.7%	36.1%
NW Health Region	696	2,135	31.2%	28.7%	33.8%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

Female	459	1,089	41.3%	37.1%	45.5%
Male	236	1,043	21.0%	17.9%	24.5%

9th grade	219	630	31.6%	26.7%	37.0%
10th grade	163	531	30.1%	25.5%	35.1%
11th grade	188	573	32.8%	28.9%	36.9%
12th grade	124	391	30.0%	22.4%	38.9%

American Indian/Alaska Native	401	1,291	29.6%	26.8%	32.6%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	138	402	34.0%	27.4%	41.4%
White	124	354	33.3%	27.4%	39.6%

** Data suppressed due to small numbers.

Table F2. Non-suicidal self-injury in the past 12 months, Grades 9-12, Northwest New Mexico Health Region, 2015

	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Cibola	199	764	25.5%	22.6%	28.6%
McKinley	107	475	21.6%	17.3%	26.5%
San Juan	189	898	22.6%	19.3%	26.2%
NW Health Region	495	2,137	22.5%	20.1%	25.2%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

Female	342	1,090	30.9%	27.1%	35.1%
Male	151	1,044	13.9%	11.1%	17.2%

9th grade	165	630	24.3%	19.8%	29.5%
10th grade	120	531	24.8%	20.1%	30.1%
11th grade	129	573	20.3%	16.1%	25.2%
12th grade	77	393	19.7%	16.1%	24.0%

American Indian/Alaska Native	285	1,290	22.7%	19.3%	26.5%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	94	404	21.6%	16.5%	27.8%
White	87	355	20.0%	15.0%	26.1%

** Data suppressed due to small numbers.

Table F3. Seriously considered suicide in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015

	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI -LL-	95%CI -UL-
Cibola	130	764	16.7%	15.0%	18.6%
McKinley	60	475	13.7%	9.7%	18.9%
San Juan	43	293	16.0%	10.2%	24.4%
NW Health Region	337	2,136	16.0%	13.5%	18.9%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

Female	226	1,089	21.8%	17.8%	26.2%
Male	110	1,045	10.3%	7.8%	13.4%

9th grade	103	629	15.0%	11.5%	19.2%
10th grade	80	532	16.2%	12.8%	20.2%
11th grade	80	573	16.2%	12.0%	21.6%
12th grade	71	392	17.6%	11.2%	26.4%

American Indian/Alaska Native	179	1,291	14.7%	11.7%	18.3%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	69	404	18.3%	12.4%	26.1%
White	71	353	17.8%	13.1%	23.6%

** Data suppressed due to small numbers.

Table F4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015

	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Cibola	117	764	15.3%	14.2%	16.4%
McKinley	65	475	14.4%	9.6%	21.1%
San Juan	130	895	15.2%	12.5%	18.4%
NW Health Region	312	2,134	15.0%	12.6%	17.7%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

Female	204	1,087	20.6%	16.4%	25.5%
Male	108	1,044	9.4%	7.1%	12.3%

9th grade	91	628	11.7%	8.7%	15.4%
10th grade	76	531	16.1%	12.7%	20.2%
11th grade	72	573	13.5%	9.0%	19.8%
12th grade	72	392	22.1%	15.1%	31.1%

American Indian/Alaska Native	164	1,288	13.8%	10.5%	17.9%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	64	404	17.3%	12.8%	22.9%
White	67	354	15.6%	10.8%	22.1%

** Data suppressed due to small numbers.

Table F5. Attempted suicide in the past 12 months, grades 9-12, Northwestern New Mexico Health Region, 2015

	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Cibola	86	666	12.7%	10.9%	14.7%
McKinley	41	380	11.9%	7.8%	17.8%
San Juan	77	787	11.0%	8.5%	14.1%
NW Health Region	204	1,833	11.4%	9.3%	13.9%
New Mexico	683	7,220	9.4%	8.6%	10.4%

Female	137	956	14.1%	11.0%	17.8%
Male	66	874	8.6%	6.2%	11.9%

9th grade	60	533	10.9%	7.5%	15.7%
10th grade	51	453	13.0%	9.3%	17.9%
11th grade	51	499	10.4%	6.1%	17.2%
12th grade	40	340	12.0%	7.9%	17.7%

American Indian/Alaska Native	114	1,076	12.0%	9.0%	15.7%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	44	357	11.3%	7.4%	16.9%
White	29	328	8.1%	5.2%	12.4%

** Data suppressed due to small numbers.

Table F6. Injured in a suicide attempt in the past 12 months, grades 9-12, Northwest New Mexico Health Region, 2015

	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Cibola	31	664	4.6%	3.2%	6.7%
McKinley	12	379	3.9%	2.1%	7.2%
San Juan	25	782	3.6%	2.1%	5.9%
NW Health Region	68	1,825	3.8%	2.6%	5.4%
New Mexico	244	7,198	3.2%	2.7%	3.8%

Female	44	954	4.1%	2.8%	6.0%
Male	23	868	3.4%	2.1%	5.5%

9th grade	22	531	3.6%	1.9%	6.7%
10th grade	17	449	4.2%	2.2%	7.9%
11th grade	13	497	3.8%	1.8%	7.9%
12th grade	15	340	3.5%	1.3%	8.8%

American Indian/Alaska Native	37	1,070	4.0%	2.4%	6.3%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	13	356	3.2%	1.5%	6.7%
White	9	327	2.1%	0.8%	5.1%

** Data suppressed due to small numbers.

Table F7. Emergency department encounter for intentional self-injury, 10-19 years, Northwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Cibola	11	3,539	31.1	12.7	49.4
McKinley	11	11,730	9.4	3.8	14.9
San Juan	45	18,169	24.8	17.5	32.0
NW Health Region	67	33,439	20.0	15.2	24.8
New Mexico	959	279,984	34.3	32.1	36.4
Female	49	16,542	29.6	21.3	37.9
Male	18	16,897	10.6	5.7	15.6
10-14 years	18	17,523	10.3	5.5	15.0
15-19 years	49	15,916	30.8	22.2	39.4

Table F8. Hospitalization for acute episode of mental illness, 12-17 years, Northwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Cibola	26	2,150	120.9	74.7	167.1
McKinley	56	7,240	77.4	57.2	97.5
San Juan	182	10,414	174.8	149.6	199.9
NW Health Region	264	19,804	133.3	117.3	149.3
New Mexico	2,282	166,880	136.8	131.2	142.3
Female	175	9,872	177.3	151.2	203.3
Male	89	9,932	89.6	71.1	108.1
12-14 years	119	9,864	120.6	99.1	142.2
15-17 years	145	9,940	145.9	122.3	169.4

Table F9. Death by intentional self-harm (suicide), 12-17 years, Northwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Cibola[#]	0	10,877	0.0	0.0	31.2
McKinley^{##}	3	36,104	8.3	0.0	17.7
San Juan[#]	9	55,503	16.2	5.6	26.8
NW Health Region	12	102,483	11.7	5.1	18.3
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable. ^{##} Values are very unstable.

Female^{##}	2	51,069	3.9	0.0	9.3
Male[#]	10	51,414	19.4	7.4	31.5

[#] Values are unstable. ^{##} Values are very unstable.

12-14 years^{##}	3	51,878	5.8	0.0	12.3
15-17 years[#]	9	50,605	17.8	6.2	29.4

[#] Values are unstable. ^{##} Values are very unstable.

American Indian/Alaska Native[#]	6	55,856	10.7	2.2	19.3
Asian/Pacific Islander[#]	0	488	0.0	0.0	693.7
Black/African American[#]	0	1,292	0.0	0.0	262.4
Hispanic[#]	0	22,959	0.0	0.0	14.8
White[#]	6	21,888	27.4	5.5	49.3

[#] Values are unstable.

Table F10. Mental distress (6+ days) in the past 30 days, 18+ years, Northwest New Mexico Health Region, 2016

	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Cibola[#]	22	183	21.5%	9.1%	42.8%
McKinley	59	354	16.0%	11.3%	22.2%
San Juan	134	833	19.0%	15.3%	23.3%
NW Health Region	217	1,392	18.0%	14.7%	21.8%
New Mexico	972	5,954	18.6%	17.1%	20.2%

[#] Values are unstable.

Female	125	807	16.7%	13.0%	21.2%
Male	92	585	19.4%	14.3%	25.8%

18-24 years[#]	11	57	25.1%	12.0%	45.2%
25-44 years	50	297	13.7%	9.9%	18.6%
45-64 years	93	522	19.5%	15.1%	24.8%
65+ years	63	495	19.2%	13.4%	26.6%

[#] Values are unstable.

American Indian/Alaska Native	78	411	20.3%	14.9%	27.1%
Asian/Pacific Islander	**
Black/African American	**
Hispanic[#]	26	215	11.4%	6.1%	20.4%
White	105	720	18.1%	14.0%	23.1%

** Data suppressed due to small numbers. [#] Values are unstable.

Table F11. Current depression, 18+ years, Northwest New Mexico Health Region, 2016

	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Cibola^{##}	11	147	18.9%	5.9%	46.1%
McKinley	22	288	7.0%	4.0%	11.7%
San Juan	70	727	11.7%	8.6%	15.8%
NW Health Region	103	1,170	11.0%	7.9%	15.2%
New Mexico	436	4,998	9.8%	8.6%	11.2%

^{##} Values are very unstable.

Female	65	688	10.3	7.3	14.4
Male	38	482	11.8	6.8	19.7

18-24 years[#]	6	50	20.5%	7.4%	45.2%
25-44 years	25	239	9.0%	5.7%	13.9%
45-64 years	43	452	9.5%	6.5%	13.6%
65+ years	29	411	10.6%	6.1%	17.9%

[#] Values are unstable.

American Indian/Alaska Native	37	331	11.9%	6.8%	20.2%
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	8	174	4.0%	1.4%	10.4%
White	55	631	13.3%	9.3%	18.8%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Table F12. Considered suicide in the past year, 18+ years, Northwest New Mexico Health Region, 2016

	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
Cibola^{##}	5	158	5.5%	1.8%	15.7%
McKinley[#]	14	309	4.2%	2.2%	8.0%
San Juan	34	755	4.2%	2.5%	6.8%
NW Health Region	53	1,231	4.3%	3.0%	6.3%
New Mexico	232	5,215	5.6%	4.6%	6.8%

Values are unstable. ## Values are very unstable.

Female	31	727	4.7%	2.8%	7.5%
Male	22	504	4.0%	2.3%	7.0%

18-24 years^{##}	1	51	1.9%	0.3%	12.5%
25-44 years[#]	12	247	4.9%	2.6%	8.9%
45-64 years[#]	21	468	4.2%	2.4%	7.0%
65+ years[#]	19	446	5.7%	2.6%	12.2%

Values are unstable. ## Values are very unstable.

American Indian/Alaska Native[#]	15	351	2.8%	1.4%	5.4%
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	3	177	1.7%	0.4%	7.8%
White	34	667	7.9%	4.9%	12.5%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Table F13. Made a suicide attempt in the past year, 18+ years, Northwest New Mexico Health Region, 2016

	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Cibola^{##}	0	157	0.0%	0.0%	0%
McKinley^{##}	2	309	0.7%	0.2%	2.7%
San Juan[#]	3	756	1.7%	0.5%	5.3%
NW Health Region	5	1,231	1.1%	0.4%	2.9%
New Mexico	30	5,217	0.9%	0.6%	1.5%

Values are unstable. ## Values are very unstable.

Female^{##}	2	726	1.1%	0.2%	4.9%
Male^{##}	3	505	1.1%	0.3%	3.7%

Values are very unstable.

18-24 years^{##}	2	51	4.6%	1.1%	17.6%
25-44 years^{##}	2	247	0.9%	0.2%	4.0%
45-64 years^{##}	1	469	0.4%	0.1%	3.0%
65+ years^{##}	0	445	0.0%	0.0%	0.0%

Values are very unstable.

American Indian/Alaska Native^{##}	4	350	1.5%	0.5%	4.1%
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	0	177	0.0%	0.0%	0.0%
White^{##}	1	668	1.3%	0.2%	8.7%

** Data suppressed due to small numbers. ## Values are very unstable.

Table F14. Emergency department encounter for intentional self-injury, 18+ years, Northwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Cibola	39	20,814	18.7	12.9	24.6
McKinley	40	51,790	7.7	5.3	10.1
San Juan	101	92,133	11.0	8.8	13.1
NW Health Region	180	164,738	10.9	9.3	12.5
New Mexico	2,695	1,594,191	16.9	16.3	17.5

Female	107	84,483	12.7	10.3	15.1
Male	73	80,255	9.1	7.0	11.2

18-19 years	16	5,844	27.4	14.0	40.8
20-24 years	25	16,676	15.0	9.1	20.9
25-34 years	53	31,846	16.6	12.2	21.1
35-44 years	35	27,044	12.9	8.7	17.2
45-54 years	33	27,876	11.8	7.8	15.9
55-64 years[#]	8	27,116	3.0	0.9	5.0
65-74 years[#]	5	16,303	3.1	0.4	5.8
75-84 years^{##}	3	8,838	3.4	0.0	7.2
85+ years^{##}

[#] Values are unstable. ^{##} Values are very unstable.

Table F15. Hospitalization for acute episode of mental illness, 18+ years, Northwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Cibola	121	21,099	57.4	47.2	67.5
McKinley	400	51,128	78.2	70.6	85.9
San Juan	850	90,281	94.2	87.8	100.4
NW Health Region	1,371	162,508	84.4	79.9	88.8
New Mexico	15,431	1,609,049	95.9	94.4	97.4

Female	571	83,086	68.7	63.1	74.3
Male	800	79,422	100.7	93.8	107.7

18-19 years	60	5,552	108.1	80.9	135.3
20-24 years	175	15,163	115.4	98.4	132.4
25-34 years	384	31,477	122.0	109.9	134.1
35-44 years	288	26,605	108.2	95.8	120.7
45-54 years	223	26,165	85.2	74.1	96.4
55-64 years	127	27,283	46.6	38.5	54.6
65-74 years	54	17,587	30.7	22.5	38.9
75-84 years	44	9,254	47.5	33.5	61.6
85+ years^{##}	16	3,421	46.8	23.9	69.6

^{##} Values are very unstable.

Table F16. Death by intentional self-harm (suicide), 18+ years, Northwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Cibola	31	104,118	29.8	19.3	40.2
McKinley	96	257,886	37.2	29.8	44.7
San Juan	138	458,019	30.1	25.1	35.2
NW Health Region	265	820,023	32.3	28.4	36.2
New Mexico	2,198	7,967,723	27.6	26.4	28.7

Female	54	419,786	12.9	9.4	16.3
Male	211	400,237	52.7	45.6	59.8

18-19 years[#]	10	29,915	33.4	12.7	54.1
20-24 years	31	81,846	37.9	24.6	51.2
25-34 years	65	157,878	41.2	31.2	51.2
35-44 years	48	134,649	35.6	25.6	45.7
45-54 years	41	139,759	29.3	20.4	38.3
55-64 years	29	134,875	21.5	13.7	29.3
65-74 years	26	81,236	32.0	19.7	44.3
75-84 years[#]	11	43,850	25.1	10.3	39.9
85+ years	4	16,014	25.0	0.5	49.4

[#] Values are unstable.

American Indian/Alaska Native	133	392,999	33.8	28.1	39.6
Asian/Pacific Islander^{##}	1	6,484	15.4	0.0	45.6
Black/African American^{##}	1	7,101	14.1	0.0	41.7
Hispanic	39	150,794	25.9	17.8	34.0
White[#]	91	262,646	34.6	27.5	41.8

[#] Values are unstable. ^{##} Values are very unstable.

Table F17. Emergency department encounter for intentional self-injury, Northwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Cibola	55	27,500	20.8	15.3	26.3
McKinley	51	74,375	7.5	5.4	9.6
San Juan	136	126,756	11.4	9.5	13.3
NW Health Region	242	228,631	11.1	9.7	12.6
New Mexico	3,443	2,098,381	17.5	16.9	18.1
Female	149	116,174	13.8	11.6	16.1
Male	93	112,457	8.6	6.8	10.3

Table F18. Hospitalization for acute episode of mental illness, Northwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Cibola	149	27,764	55.2	46.2	64.1
McKinley	461	73,575	65.3	59.3	71.4
San Juan	1,050	122,122	91.4	85.8	96.9
NW Health Region	1,660	223,461	77.9	74.1	81.7
New Mexico	18,115	2,103,586	89.5	88.2	90.8
Female	753	113,311	70.8	65.7	75.9
Male	907	110,150	85.5	79.8	91.1

Table F19. Death by intentional self-harm (suicide), Northwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Cibola	32	137,646	23.1	14.9	31.4
McKinley	99	370,992	28.6	22.9	34.4
San Juan	148	628,595	23.8	19.9	27.6
NW Health Region	279	1,137,233	25.4	22.4	28.5
New Mexico	2,279	10,488,411	21.5	20.6	22.4

Female	57	577,021	10.0	7.3	12.6
Male	222	560,212	41.5	36.0	47.1

American Indian/Alaska Native	139	559,353	25.3	21.0	29.6
Asian/Pacific Islander^{##}	1	8,233	26.0	0.0	76.9
Black/African American^{##}	1	12,332	11.3	0.0	33.4
Hispanic	40	228,344	19.7	13.5	25.9
White	98	328,981	27.6	21.7	33.5

^{##} Values are very unstable.

APPENDIX G: NEW MEXICO HEALTH REGION INDICATOR TABLES — NORTHEAST



New Mexico Health Regions Map

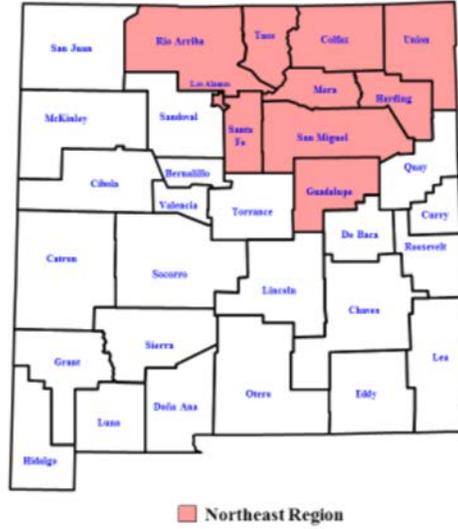


Table G1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Colfax	67	232	28.0%	23.0%	33.6%
Guadalupe	43	146	28.0%	22.3%	34.5%
Harding	**
Los Alamos	297	889	33.7%	30.1%	37.4%
Mora	29	105	25.9%	19.3%	33.9%
Rio Arriba	134	463	31.6%	27.4%	36.0%
San Miguel	82	295	28.6%	26.2%	31.0%
Santa Fe	491	1,555	34.1%	31.3%	36.9%
Taos	232	731	31.3%	26.9%	36.1%
Union	37	129	28.7%	26.8%	30.6%
NE Health Region	1,416	4,554	32.3%	30.8%	33.9%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

** Data suppressed due to small numbers.

Female	870	2,242	40.1%	37.6%	42.7%
Male	541	2,307	24.3%	22.2%	26.5%

9th grade	415	1,307	33.9%	30.7%	37.3%
10th grade	408	1,199	34.9%	31.5%	38.4%
11th grade	323	1,125	30.2%	26.9%	33.7%
12th grade	258	878	28.8%	26.3%	31.5%

American Indian/Alaska Native	185	570	34.1%	29.2%	39.5%
Asian/Pacific Islander	46	132	37.1%	27.9%	47.3%
Black/African American	24	89	28.0%	18.2%	40.5%
Hispanic	797	2,522	32.6%	30.3%	34.9%
White	362	1,221	31.1%	27.3%	35.1%

Table G2. Non-suicidal self-injury in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Colfax	35	231	14.2%	10.1%	19.6%
Guadalupe	25	146	15.6%	10.0%	23.5%
Harding	**
Los Alamos	225	887	25.3%	22.9%	27.8%
Mora	19	105	15.7%	8.8%	26.4%
Rio Arriba	83	467	18.3%	13.1%	24.9%
San Miguel	53	294	18.3%	15.2%	21.7%
Santa Fe	298	1,549	20.7%	18.6%	23.0%
Taos	162	730	21.1%	15.4%	28.2%
Union	26	129	20.2%	15.2%	26.2%
NE Health Region	926	4,547	20.2%	18.7%	21.8%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

** Data suppressed due to small numbers.

Female	622	2,239	27.6%	25.3%	30.0%
Male	302	2,303	12.9%	11.2%	14.9%

9th grade	309	1,305	23.1%	21.1%	25.3%
10th grade	281	1,197	23.8%	20.5%	27.3%
11th grade	187	1,124	16.3%	13.7%	19.4%
12th grade	142	876	15.9%	13.2%	18.9%

American Indian/Alaska Native	117	567	21.6%	17.4%	26.6%
Asian/Pacific Islander	35	131	27.2%	19.8%	36.2%
Black/African American	20	89	21.3%	13.2%	32.6%
Hispanic	490	2,520	19.5%	17.9%	21.1%
White	261	1,220	21.1%	18.1%	24.5%

Table G3. Seriously considered suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI -LL-	95%CI -UL-
Colfax	38	231	16.3%	11.6%	22.4%
Guadalupe	22	146	14.8%	11.7%	18.4%
Harding	**
Los Alamos	192	888	21.5%	18.8%	24.4%
Mora[#]	12	105	10.6%	5.7%	19.0%
Rio Arriba	66	467	15.8%	13.3%	18.7%
San Miguel	168	1,014	17.0%	15.4%	18.8%
Santa Fe	207	1,553	14.9%	12.8%	17.2%
Taos	130	730	17.3%	14.3%	20.7%
Union	23	129	18.3%	15.4%	21.6%
NE Health Region	734	4,551	16.1%	14.7%	17.6%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

** Data suppressed due to small numbers. # Values are unstable.

Female	438	2,242	19.9%	17.5%	22.4%
Male	292	2,304	12.0%	10.6%	13.5%

9th grade	217	1,304	17.3%	14.7%	20.4%
10th grade	219	1,200	17.3%	14.7%	20.3%
11th grade	154	1,124	13.7%	10.9%	17.0%
12th grade	136	878	15.2%	13.1%	17.5%

American Indian/Alaska Native	83	570	16.3%	11.5%	22.7%
Asian/Pacific Islander	24	132	19.3%	12.9%	27.9%
Black/African American	16	88	17.1%	9.7%	28.4%
Hispanic	373	2,522	15.2%	13.5%	17.0%
White	236	1,219	18.4%	15.2%	22.1%

Table G4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Colfax	40	232	16.9%	12.7%	22.1%
Guadalupe	22	146	15.2%	10.4%	21.9%
Harding	**
Los Alamos	157	886	17.7%	15.0%	20.7%
Mora[#]	5	105	4.2%	1.8%	9.5%
Rio Arriba	58	466	13.1%	9.7%	17.5%
San Miguel	33	293	12.7%	7.6%	20.5%
Santa Fe	181	1,553	12.9%	10.8%	15.4%
Taos	104	729	13.8%	12.3%	15.5%
Union	18	129	14.4%	10.2%	20.0%
NE Health Region	619	4,548	13.6%	12.3%	15.1%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

** Data suppressed due to small numbers. # Values are unstable.

Female	346	2,241	15.8%	13.6%	18.3%
Male	270	2,302	11.2%	9.7%	12.8%

9th grade	190	1,303	15.3%	12.5%	18.7%
10th grade	179	1,197	14.7%	12.7%	16.8%
11th grade	130	1,124	11.3%	9.0%	13.9%
12th grade	111	879	12.2%	10.3%	14.4%

American Indian/Alaska Native	71	570	13.3%	9.7%	17.9%
Asian/Pacific Islander	22	132	13.8%	9.3%	19.9%
Black/African American	16	88	14.8%	8.2%	25.3%
Hispanic	299	2,522	12.2%	10.7%	13.9%
White	210	1,216	17.9%	15.0%	21.2%

Table G5. Attempted suicide in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Colfax	12	202	4.9%	2.7%	8.5%
Guadalupe [#]	9	126	6.6%	3.4%	12.5%
Harding	**
Los Alamos	77	832	9.1%	7.2%	11.6%
Mora [#]	6	88	5.7%	2.9%	11.2%
Rio Arriba [#]	29	403	7.4%	3.9%	13.8%
San Miguel	23	254	8.8%	6.1%	12.7%
Santa Fe	120	1,327	9.7%	7.7%	12.1%
Taos	71	644	11.2%	8.2%	15.0%
Union [#]	8	116	7.3%	4.0%	13.1%
NE Health Region	355	4,000	9.1%	7.8%	10.4%
New Mexico	683	7,220	9.4%	8.6%	10.4%

** Data suppressed due to small numbers. # Values are unstable.

Female	218	2,016	11.4%	9.3%	13.8%
Male	135	1,979	6.4%	5.1%	8.0%

9 th grade	116	1,140	10.3%	8.4%	12.6%
10 th grade	92	1,049	8.1%	5.8%	11.2%
11 th grade	75	987	8.1%	6.1%	10.5%
12 th grade	68	785	9.4%	6.7%	13.0%

American Indian/Alaska Native	45	480	9.8%	7.2%	13.3%
Asian/Pacific Islander [#]	12	118	11.8%	5.4%	23.7%
Black/African American	14	76	17.3%	9.5%	29.5%
Hispanic	198	2,190	8.9%	7.5%	10.6%
White	85	1,118	8.2%	6.0%	11.2%

Values are unstable.

Table G6. Injured in a suicide attempt in the past 12 months, grades 9-12, Northeast New Mexico Health Region, 2015

	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Colfax	6	202	2.1%	0.9%	4.6%
Guadalupe ^{##}	3	126	2.1%	0.5%	8.3%
Harding	**
Los Alamos	24	833	2.8%	2.1%	3.7%
Mora ^{##}	2	87	2.2%	0.6%	7.1%
Rio Arriba ^{##}	6	401	1.0%	0.3%	3.7%
San Miguel	12	254	4.2%	2.4%	7.3%
Santa Fe	46	1,328	4.1%	3.1%	5.3%
Taos [#]	21	639	3.2%	1.6%	6.3%
Union ^{##}	3	116	2.9%	0.5%	15.7%
NE Health Region	123	3,994	3.3%	2.7%	4.0%
New Mexico	244	7,198	3.2%	2.7%	3.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	75	2,014	4.1%	3.1%	5.6%
Male	47	1,975	2.3%	1.6%	3.2%

9 th grade	42	1,139	4.0%	2.9%	5.6%
10 th grade	31	1,046	3.1%	1.9%	5.1%
11 th grade	27	985	2.6%	1.6%	4.2%
12 th grade	21	784	2.9%	1.7%	5.0%

American Indian/Alaska Native	16	479	3.5%	2.1%	5.6%
Asian/Pacific Islander ^{##}	7	119	6.5%	1.8%	20.8%
Black/African American ^{##}	5	77	6.5%	2.1%	18.5%
Hispanic	65	2,184	3.2%	2.5%	4.1%
White	29	1,118	2.8%	1.7%	4.5%

^{##} Values are very unstable.

Table G7. Emergency department encounter for intentional self-injury, 10-19 years, Northeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Colfax[#]	7	1,445	48.4	12.6	84.2
Guadalupe^{##}
Harding[#]	0	44	0.0	0.0	750.0
Los Alamos[#]	6	2,473	24.3	4.9	43.7
Mora^{##}
Rio Arriba	13	5,211	25.0	11.4	38.5
San Miguel	16	3,659	43.7	22.4	65.1
Santa Fe	70	16,417	42.6	32.7	52.6
Taos	15	3,588	41.8	20.7	62.9
Union[#]	0	448	0.0	0.0	75.5
NE Health Region	129	34,365	37.5	31.1	44.0
New Mexico	959	279,984	34.3	32.1	36.4

Values are unstable. ## Values are very unstable.

Female	87	16,803	51.8	40.9	62.6
Male	42	17,563	23.9	16.7	31.1

10-14 years	43	17,125	25.1	17.6	32.6
15-19 years	86	17,240	49.9	39.4	60.4

Table G8. Hospitalization for acute episode of mental illness, 12-17 years, Northeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Colfax[#]	7	807	86.7	22.8	150.6
Guadalupe^{##}
Harding[#]	0	31	0	0	1,052.8
Los Alamos	31	1,566	197.9	128.9	266.9
Mora^{##}
Rio Arriba	21	3,216	65.3	37.5	93.2
San Miguel	22	2,000	110.0	64.3	155.7
Santa Fe	63	9,956	63.3	47.7	78.8
Taos	24	2,168	110.7	66.7	154.8
Union^{##}
NE Health Region	174	20,666	84.2	71.7	96.6
New Mexico	2,282	166,880	136.8	131.2	142.3

Values are unstable. ## Values are very unstable.

Female	112	10,106	110.8	90.4	131.2
Male	62	10,560	58.7	44.1	73.3

12-14 years	61	10,013	60.9	45.7	76.2
15-17 years	113	10,653	106.1	86.6	125.5

Table G9. Death by intentional self-harm (suicide), 12-17 years, Northeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Colfax [#]	0	4,340	0.0	0.0	78.2
Guadalupe [#]	0	1,606	0.0	0.0	211.2
Harding [#]	0	160	0.0	0.0	2,106.3
Los Alamos ^{##}	2	7,854	25.5	0.0	60.8
Mora [#]	0	1,752	0.0	0.0	193.6
Rio Arriba ^{##}	3	16,175	18.6	0.0	39.5
San Miguel [#]	0	10,466	0.0	0.0	32.4
Santa Fe [#]	4	50,087	8.0	0.2	15.8
Taos ^{##}	2	10,894	18.4	0.0	43.8
Union ^{##}	1	1,377	72.6	0.0	214.9
NE Health Region	12	104,710	11.5	5.0	17.9
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable. ^{##} Values are very unstable.

Female [#]	5	51,416	9.7	1.2	18.2
Male [#]	7	53,294	13.1	3.4	22.9

[#] Values are unstable.

12-14 years ^{##}	2	51,734	3.9	0.0	9.2
15-17 years [#]	10	52,976	18.9	7.2	30.6

[#] Values are unstable. ^{##} Values are very unstable.

American Indian/Alaska Native ^{##}	1	5,459	18.3	0.0	54.2
Asian/Pacific Islander [#]	0	1,338	0.0	0.0	253.5
Black/African American ^{##}	1	929	107.6	0.0	318.4
Hispanic [#]	6	71,027	8.4	1.7	15.2
White [#]	4	25,957	15.4	0.3	30.5

[#] Values are unstable. ^{##} Values are very unstable.

Table G10. Mental distress (6+ days) in the past 30 days, 18+ years, Northeast New Mexico Health Region, 2016

	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Colfax	**
Guadalupe	**
Harding	**
Los Alamos [#]	8	61	21.5%	9.1%	42.9%
Mora	**
Rio Arriba	38	201	20.6%	14.4%	28.5%
San Miguel	16	88	20.2%	12.3%	31.3%
Santa Fe	74	504	16.3%	12.7%	20.8%
Taos [#]	16	106	22.9%	10.6%	42.6%
Union	**
NE Health Region	177	1,092	19.0%	16.0%	22.5%
New Mexico	972	5,954	18.6%	17.1%	20.2%

** Data suppressed due to small numbers. [#] Values are unstable.

Female	93	585	19.8%	15.8%	24.6%
Male	84	507	18.2%	14.0%	23.4%

18-24 years [#]	7	31	24.8%	11.3%	46.1%
25-44 years	50	216	24.8%	19.0%	31.7%
45-64 years	68	436	16.6%	13.0%	21.0%
65+ years	50	392	13.6%	9.9%	18.6%

[#] Values are unstable.

American Indian/Alaska Native [#]	9	42	23.4%	11.2%	42.6%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	89	468	20.4%	16.3%	25.2%
White	71	540	15.4%	11.7%	20.0%

** Data suppressed due to small numbers. [#] Values are unstable.

Table G11. Current depression, 18+ years, Northeast New Mexico Health Region, 2016					
	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Colfax	**
Guadalupe	**
Harding	**
Los Alamos ^{##}	2	53	3.0%	0.7%	12.6%
Mora	**
Rio Arriba	16	167	8.2%	4.7%	14.1%
San Miguel [#]	10	74	14.7%	7.7%	26.1%
Santa Fe	33	451	8.4%	5.7%	12.1%
Taos [#]	5	91	3.9%	1.5%	9.6%
Union	**
NE Health Region	71	918	8.2%	6.3%	10.6%
New Mexico	436	4,998	9.8%	8.6%	11.2%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	35	508	7.7%	5.2%	11.1%
Male	36	410	8.8%	6.1%	12.6%

18-24 years	**
25-44 years	20	176	11.6%	7.4%	17.9%
45-64 years	34	374	8.8%	6.1%	12.4%
65+ years	14	334	4.5%	2.5%	8.0%

** Data suppressed due to small numbers.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	34	387	8.8%	6.0%	12.7%
White	28	470	6.5%	4.2%	9.8%

** Data suppressed due to small numbers.

Table G12. Considered suicide in the past year, 18+ years, Northeast New Mexico Health Region, 2016

	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
Colfax	**
Guadalupe	**
Harding	**
Los Alamos ^{##}	1	57	1.1%	0.1%	7.3%
Mora	**
Rio Arriba ^{##}	4	173	2.2%	0.7%	6.4%
San Miguel ^{##}	2	77	2.9%	0.7%	11.3%
Santa Fe	22	460	5.8%	3.5%	9.2%
Taos ^{##}	6	95	15.8%	4.2%	44.4%
Union	**
NE Health Region	40	953	5.6%	3.6%	8.7%
New Mexico	232	5,215	5.6%	4.6%	6.8%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Female	21	526	4.5%	2.6%	7.5%
Male [#]	19	427	6.8%	3.5%	12.8%

[#] Values are unstable.

18-24 years	**
25-44 years [#]	10	181	4.9%	2.6%	9.3%
45-64 years [#]	18	381	4.6%	2.7%	7.8%
65+ years [#]	9	357	3.7%	1.8%	7.8%

** Data suppressed due to small numbers. [#] Values are unstable.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	16	406	4.3%	2.4%	7.4%
White	20	482	4.5%	2.7%	7.5%

** Data suppressed due to small numbers.

Table G13. Made a suicide attempt in the past year, 18+ years, Northeast New Mexico Health Region, 2016					
	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Colfax	**
Guadalupe	**
Harding	**
Los Alamos^{##}	0	57	0.0%	0.0%	0.0%
Mora	**
Rio Arriba^{##}	1	173	0.5%	0.1%	3.5%
San Miguel^{##}	0	77	0.0%	0.0%	0.0%
Santa Fe^{##}	1	462	0.2%	0.0%	1.3%
Taos^{##}	0	95	0.0%	0.0%	0.0%
Union	**
NE Health Region[#]	2	955	0.2%	0.0%	0.7%
New Mexico	30	5,217	0.9%	0.6%	1.5%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female^{##}	2	526	0.3%	0.1%	1.3%
Male^{##}	0	429	0.0%	0.0%	0.0%

Values are very unstable.

18-24 years	**
25-44 years^{##}	1	181	0.3%	0.0%	1.9%
45-64 years^{##}	1	382	0.3%	0.0%	1.9%
65+ years^{##}	0	358	0.0%	0.0%	0.0%

** Data suppressed due to small numbers. ## Values are very unstable.

American Indian/Alaska Native^{##}	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	0	407	0.0%	0.0%	0.0%
White^{##}	1	938	0.1%	0.0%	0.7%

** Data suppressed due to small numbers. ## Values are very unstable.

Table G14. Emergency department encounter for intentional self-injury, 18+ years, Northeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Colfax	16	10,628	15.1	7.7	22.4
Guadalupe	14	3,641	38.5	18.4	58.6
Harding ^{##}
Los Alamos ^{##}	15	13,695	11.0	5.4	16.5
Mora [#]	11	3,881	28.4	11.6	45.1
Rio Arriba	73	30,223	24.2	18.6	29.7
San Miguel	49	22,819	21.5	15.5	27.5
Santa Fe	164	118,822	13.8	11.7	15.9
Taos	53	27,162	19.5	14.3	24.8
Union ^{##}
NE Health Region	397	235,120	16.9	15.2	18.5
New Mexico	2,695	1,594,191	16.9	16.3	17.5

Values are unstable. ## Values are very unstable.

Female	228	119,690	19.0	16.6	21.5
Male	169	115,430	14.6	12.4	16.8

18-19 years	32	6,805	47.0	30.8	63.3
20-24 years	77	16,681	46.2	35.9	56.4
25-34 years	113	32,826	34.4	28.1	40.8
35-44 years	66	33,651	19.6	14.9	24.3
45-54 years	68	40,639	16.7	12.8	20.7
55-64 years	31	47,152	6.6	4.3	8.9
65-74 years [#]	7	35,373	2.0	0.5	3.4
75-84 years ^{##}	2	15,946	1.2	0.0	3.0
85+ years ^{##}	1	6,047	1.6	0.0	4.9

Values are unstable. ## Values are very unstable.

Table G15. Hospitalization for acute episode of mental illness, 18+ years, Northeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Colfax	56	10,421	53.7	39.7	67.8
Guadalupe	24	3,624	66.2	39.8	92.6
Harding ^{##}
Los Alamos	69	14,208	48.6	37.1	60.0
Mora	27	3,813	70.8	44.2	97.4
Rio Arriba	246	30,554	80.5	70.5	90.5
San Miguel	301	22,756	132.3	117.4	147.1
Santa Fe	752	120,961	62.2	57.7	66.6
Taos	189	27,335	69.1	59.3	79.0
Union [#]	10	3,579	27.9	10.6	45.2
NE Health Region	1,677	237,848	70.5	67.1	73.9
New Mexico	15,431	1,609,049	95.9	94.4	97.4

[#] Values are unstable. ^{##} Values are very unstable.

Female	704	121,177	58.1	53.8	62.4
Male	973	116,671	83.4	78.2	88.6

18-19 years	47	6,649	70.7	50.6	90.8
20-24 years	151	16,311	92.6	77.9	107.3
25-34 years	381	32,726	116.4	104.8	128.0
35-44 years	326	33,247	98.0	87.5	108.6
45-54 years	301	38,659	77.9	69.1	86.6
55-64 years	235	47,497	49.5	43.2	55.8
65-74 years	138	39,099	35.3	29.4	41.2
75-84 years	70	17,220	40.6	31.2	50.2
85+ years	28	6,441	43.5	27.4	59.5

Table G16. Death by intentional self-harm (suicide), 18+ years, Northeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Colfax	15	53,171	28.2	13.9	42.5
Guadalupe [#]	4	18,264	21.9	0.4	43.4
Harding [#]	0	3,047	0.0	0.0	111.4
Los Alamos [#]	10	69,274	14.4	5.5	23.4
Mora [#]	7	19,358	36.2	9.4	62.9
Rio Arriba	53	151,859	34.9	25.5	44.3
San Miguel	38	114,322	33.2	22.7	43.8
Santa Fe	177	594,541	29.8	25.4	34.2
Taos	52	135,067	38.5	28.0	49.0
Union ^{##}	3	18,168	16.5	0.0	35.2
NE Health Region	359	1,177,071	30.5	27.3	33.6
New Mexico	2,198	7,967,723	27.6	26.4	28.7

[#] Values are unstable. ^{##} Values are very unstable.

Female	98	599,240	16.4	13.1	19.6
Male	261	577,831	45.2	39.7	50.6

18-19 years [#]	10	34,057	29.4	11.2	47.6
20-24 years	23	82,328	27.9	16.5	39.4
25-34 years	68	164,021	41.5	31.6	51.3
35-44 years	67	169,234	39.6	30.1	49.1
45-54 years	58	203,851	28.4	21.1	35.8
55-64 years	76	236,962	32.1	24.9	39.3
65-74 years	31	176,872	17.5	11.4	23.7
75-84 years	20	79,678	25.1	14.1	36.1
85+ years [#]	6	30,067	20.0	4.0	35.9

[#] Values are unstable.

American Indian/Alaska Native [#]	9	44,686	20.1	7.0	33.3
Asian/Pacific Islander ^{##}	3	16,649	18.0	0.0	38.4
Black/African American ^{##}	1	10,956	9.1	0.0	27.0
Hispanic	178	613,099	29.0	24.8	33.3
White	165	491,680	33.6	28.4	38.7

[#] Values are unstable. ^{##} Values are very unstable.

Table G17. Emergency department encounter for intentional self-injury, Northeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Colfax	23	13,136	21.1	12.3	29.8
Guadalupe	14	4,543	26.9	12.6	41.2
Harding^{##}
Los Alamos	21	17,846	15.6	8.8	22.3
Mora	12	4,770	28.1	11.8	44.5
Rio Arriba	81	39,846	22.0	17.1	26.9
San Miguel	59	28,457	23.8	17.6	30.1
Santa Fe	220	147,516	17.7	15.3	20.0
Taos	64	33,535	24.8	18.6	30.9
Union^{##}
NE Health Region	496	294,778	19.6	17.9	21.4
New Mexico	3,443	2,098,381	17.5	16.9	18.1

^{##} Values are very unstable.

Female	298	149,280	24.1	21.3	26.8
Male	198	145,498	15.4	13.2	17.6

Table G18. Hospitalization for acute episode of mental illness, Northeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Colfax	63	12,781	48.3	35.4	61.3
Guadalupe	29	4,481	68.8	43.4	94.2
Harding^{##}
Los Alamos	100	18,367	60.5	48.4	72.6
Mora	29	4,640	75.0	46.1	104.0
Rio Arriba	273	40,022	74.7	65.7	83.8
San Miguel	327	28,175	124.5	110.5	138.6
Santa Fe	820	149,227	58.3	54.1	62.4
Taos	213	33,477	70.56	60.5	80.6
Union	12	4,353	28.4	11.7	45.0
NE Health Region	1,869	296,199	67.7	64.5	70.9
New Mexico	18,115	2,103,586	89.5	88.2	90.8

^{##} Values are very unstable.

Female	829	150,137	60.5	56.2	64.8
Male	1,040	146,062	74.8	70.1	79.5

Table G19. Death by intentional self-harm (suicide), Northeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Colfax	15	65,706	21.8	9.9	33.7
Guadalupe^{##}	4	22,763	21.6	0.0	43.5
Harding[#]	0	3,442	0.0	0.0	98.6
Los Alamos	12	90,230	14.6	6.1	23.0
Mora[#]	7	23,793	35.8	7.6	63.9
Rio Arriba	56	199,981	29.6	21.6	37.6
San Miguel	38	142,799	27.0	17.9	36.0
Santa Fe	181	738,799	23.2	19.7	26.8
Taos	54	166,772	34.0	24.3	43.7
Union^{##}	4	22,192	20.6	0.3	41.0
NE Health Region	371	1,476,478	25.0	22.3	27.6
New Mexico	2,279	10,488,411	21.5	20.6	22.4

Values are unstable. ## Values are very unstable.

Female	103	747,764	13.3	10.5	16.0
Male	268	728,714	36.5	32.0	41.1

American Indian/Alaska Native[#]	10	59,990	17.4	6.4	28.4
Asian/Pacific Islander^{##}	8	20,711	11.9	0.0	25.3
Black/African American^{##}	2	13,677	14.6	0.0	35.8
Hispanic	184	821,040	22.8	19.5	26.2
White	169	561,059	28.8	23.7	33.9

Values are unstable. ## Values are very unstable.

APPENDIX H: NEW MEXICO HEALTH REGION INDICATOR TABLES – METRO



New Mexico Health Regions Map



Table H1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Bernalillo	669	2,017	33.0%	30.8%	35.2%
Sandoval	345	1,018	34.6%	31.6%	37.6%
Torrance	112	315	34.8%	30.2%	39.6%
Valencia	115	347	32.4%	25.4%	40.3%
Metro Health Region	1,241	3,733	33.2%	31.4%	35.1%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

Female	786	1,874	42.6%	40.0%	45.2%
Male	444	1,842	24.3%	22.1%	26.7%

9th grade	369	1,108	32.9%	29.8%	36.2%
10th grade	354	995	35.6%	31.9%	39.6%
11th grade	288	838	33.6%	30.1%	37.2%
12th grade	223	775	29.9%	26.0%	34.0%

American Indian/Alaska Native	195	506	43.2%	38.1%	48.5%
Asian/Pacific Islander	45	126	34.0%	25.7%	43.4%
Black/African American	65	185	32.5%	25.4%	40.6%
Hispanic	524	1,666	31.1%	28.6%	33.8%
White	403	1,225	32.6%	29.4%	35.9%

Table H2. Non-suicidal self-injury in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Bernalillo	430	2,019	21.2%	19.1%	23.5%
Sandoval	216	1,015	22.2%	19.4%	25.3%
Torrance	60	350	18.6%	14.0%	24.3%
Valencia	78	346	21.3%	15.5%	28.6%
Metro Health Region	784	3,730	21.3%	19.6%	23.1%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

Female	523	1,868	29.7%	27.0%	32.5%
Male	250	1,845	13.2%	11.5%	15.0%

9th grade	250	1,110	22.0%	19.4%	24.9%
10th grade	221	995	23.1%	19.4%	27.3%
11th grade	164	832	19.9%	16.5%	23.6%
12th grade	142	776	18.7%	16.0%	21.8%

American Indian/Alaska Native	128	506	27.5%	22.1%	33.5%
Asian/Pacific Islander	20	126	14.6%	9.1%	22.5%
Black/African American	40	184	20.4%	15.7%	26.0%
Hispanic	316	1,663	19.0%	17.0%	21.2%
White	275	1,225	23.1%	19.9%	26.6%

Table H3. Seriously considered suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI -LL-	95%CI -UL-
Bernalillo	326	2,016	16.0%	14.4%	17.8%
Sandoval	147	897	17.3%	14.0%	21.2%
Torrance	55	351	19.7%	14.5%	26.1%
Valencia	59	346	16.7%	10.8%	24.8%
Metro Health Region	608	3,727	16.4%	15.0%	17.8%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

Female	393	1,870	21.9%	19.7%	24.2%
Male	206	1,840	11.0%	9.6%	12.6%

9th grade	189	1,110	16.8%	14.4%	19.5%
10th grade	160	992	17.0%	14.1%	20.4%
11th grade	137	833	15.3%	13.0%	18.0%
12th grade	118	775	15.7%	13.3%	18.5%

American Indian/Alaska Native	100	505	22.6%	18.7%	26.9%
Asian/Pacific Islander	23	126	18.6%	11.8%	28.0%
Black/African American	33	183	16.9%	12.1%	23.0%
Hispanic	229	1,664	13.2%	11.6%	15.0%
White	215	1,223	17.8%	15.2%	20.7%

Table H4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Bernalillo	275	2,010	13.6%	12.1%	15.3%
Sandoval	144	1,014	14.6%	12.7%	16.7%
Torrance	55	350	18.1%	14.0%	23.1%
Valencia	56	347	15.8%	10.4%	23.2%
Metro Health Region	530	3,721	14.1%	12.8%	15.5%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

Female	348	1,867	18.9%	16.9%	21.1%
Male	173	1,837	9.3%	7.9%	11.0%

9th grade	175	1,106	15.5%	13.6%	17.6%
10th grade	141	991	14.8%	12.4%	17.7%
11th grade	114	833	12.7%	10.0%	16.0%
12th grade	92	774	11.8%	9.7%	14.3%

American Indian/Alaska Native	93	504	22.9%	18.5%	28.0%
Asian/Pacific Islander	22	125	17.6%	11.3%	26.3%
Black/African American	25	183	11.4%	7.6%	16.7%
Hispanic	201	1,662	11.3%	9.8%	13.1%
White	180	1,222	14.5%	12.5%	16.9%

Table H5. Attempted suicide in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Bernalillo	145	1,804	8.1%	6.7%	9.6%
Sandoval	89	882	9.9%	8.1%	12.0%
Torrance	31	304	11.3%	8.3%	15.2%
Valencia	32	306	9.4%	6.7%	13.0%
Metro Health Region	297	3,296	8.6%	7.5%	9.8%
New Mexico	683	7,220	9.4%	8.6%	10.4%

Female	192	1,678	11.5%	9.8%	13.4%
Male	100	1,602	5.5%	4.4%	6.8%

9th grade	110	958	10.2%	7.9%	12.9%
10th grade	79	879	8.8%	6.5%	11.8%
11th grade	61	737	8.5%	6.6%	11.0%
12th grade	42	706	5.4%	3.8%	7.4%

American Indian/Alaska Native	52	402	14.7%	10.0%	21.1%
Asian/Pacific Islander[#]	15	109	12.7%	6.8%	22.4%
Black/African American	15	156	9.3%	6.0%	14.1%
Hispanic	121	1,460	7.0%	6.0%	8.2%
White	92	1,144	8.2%	6.5%	10.2%

[#] Values are unstable.

Table H6. Injured in a suicide attempt in the past 12 months, grades 9-12, Metro New Mexico Health Region, 2015

	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Bernalillo	46	1,800	2.4%	1.7%	3.3%
Sandoval	45	880	5.0%	3.6%	6.9%
Torrance[#]	15	305	5.9%	3.3%	10.5%
Valencia	14	304	4.0%	2.4%	6.7%
Metro Health Region	120	3,289	3.1%	2.5%	3.9%
New Mexico	244	7,198	3.2%	2.7%	3.8%

[#] Values are unstable.

Female	76	1,677	3.9%	2.9%	5.2%
Male	43	1,597	2.3%	1.6%	3.2%

9th grade	36	954	3.0%	1.9%	4.5%
10th grade	38	879	3.3%	2.1%	5.1%
11th grade	21	735	3.1%	2.0%	4.7%
12th grade	22	706	2.7%	1.7%	4.1%

American Indian/Alaska Native[#]	19	401	4.6%	2.2%	9.3%
Asian/Pacific Islander^{##}	3	110	2.4%	0.8%	7.2%
Black/African American^{##}	8	155	4.7%	2.3%	9.3%
Hispanic	54	1,452	2.8%	2.1%	3.8%
White	35	1,146	2.8%	1.9%	4.2%

[#] Values are unstable. ^{##} Values are very unstable.

Table H7. Emergency department encounter for intentional self-injury, 10-19 years, Metro New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Bernalillo	321	85,861	373.9	333.0	414.7
Sandoval	76	19,733	385.2	298.7	471.6
Torrance	6	2,101	285.6	57.4	513.7
Valencia	43	10,693	402.1	282.2	522.1
Metro Health Region	446	118,388	376.7	341.8	411.6
New Mexico	959	279,984	34.3	32.1	36.4

Female	302	58,086	52.0	46.1	57.8
Male	144	60,302	23.9	20.0	27.8

10-14 years	132	60,240	21.9	18.2	25.6
15-19 years	314	58,148	54.0	48.0	60.0

Table H8. Hospitalization for acute episode of mental illness, 12-17 years, Metro New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	681	51,669	131.8	122.0	141.6
Sandoval	182	12,481	145.8	124.8	166.9
Torrance	14	1,283	109.1	52.3	165.9
Valencia	100	6,549	152.7	123.0	182.4
Metro Health Region	977	71,981	135.7	127.3	144.2
New Mexico	2,282	166,880	136.8	131.2	142.3

Female	535	35,101	152.4	139.6	165.2
Male	442	36,880	119.8	108.7	131.0

12-14 years	375	35,800	104.8	94.2	115.3
15-17 years	602	36,181	166.4	153.2	179.6

Table H9. Death by intentional self-harm (suicide), 12-17 years, Metro New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Bernalillo	18	257,595	7.0	3.8	10.2
Sandoval[#]	7	61,657	11.4	2.9	19.8
Torrance[#]	0	6,668	0.0	0.0	50.9
Valencia[#]	5	33,574	14.9	1.8	28.0
Metro Health Region	30	359,494	8.4	5.4	11.3
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable.

Female[#]	8	175,732	4.6	1.4	7.7
Male	22	183,763	12.0	7.0	17.0

[#] Values are unstable.

12-14 years[#]	7	180,663	3.9	1.0	6.7
15-17 years	23	178,832	12.9	7.6	18.1

[#] Values are unstable.

American Indian/Alaska Native^{##}	3	22,223	13.5	0.0	28.8
Asian/Pacific Islander^{##}	1	7,926	12.6	0.0	37.4
Black/African American[#]	0	10,229	0.0	0.0	33.2
Hispanic	18	215,061	8.4	4.5	12.2
White[#]	8	104,056	7.7	2.4	13.0

[#] Values are unstable. ^{##} Values are very unstable.

Table H10. Mental distress (6+ days) in the past 30 days, 18+ years, Metro New Mexico Health Region, 2016

	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Bernalillo	146	842	18.2%	15.1%	21.7%
Sandoval	45	243	23.9%	16.4%	33.6%
Torrance	**
Valencia	22	121	21.3%	12.2%	34.4%
Metro Health Region	227	1,287	19.8%	17.1%	22.9%
New Mexico	972	5,954	18.6%	17.1%	20.2%

** Data suppressed due to small numbers.

Female	142	754	21.6%	17.8%	25.8%
Male	85	533	18.0%	14.1%	22.6%

18-24 years	24	67	33.5%	22.0%	47.3%
25-44 years	59	276	21.3%	16.4%	27.2%
45-64 years	88	478	16.2%	12.8%	20.3%
65+ years	52	448	14.1%	10.0%	19.5%

American Indian/Alaska Native	11	67	27.4%	14.4%	45.9%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	82	419	19.6%	15.4%	24.7%
White	119	723	19.4%	15.7%	23.7%

** Data suppressed due to small numbers.

Table H11. Current depression, 18+ years, Metro New Mexico Health Region, 2016

	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Bernalillo	66	735	10.4%	7.8%	13.7%
Sandoval	21	213	11.0%	6.3%	18.5%
Torrance	**
Valencia^{##}	5	106	6.1%	2.0%	17.3%
Metro Health Region	94	1,084	10.1%	7.9%	12.8%
New Mexico	436	4,998	9.8%	8.6%	11.2%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Female	65	632	11.6%	8.6%	15.5%
Male	29	452	8.6%	5.7%	12.8%

18-24 years[#]	10	52	19.3%	9.9%	34.4%
25-44 years	21	220	9.9%	6.4%	15.2%
45-64 years	46	407	10.8%	7.7%	15.0%
65+ years	16	392	4.2%	2.4%	7.3%

[#] Values are unstable.

American Indian/Alaska Native[#]	7	54	14.2%	5.6%	31.4%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	32	340	9.9%	6.7%	14.2%
White	48	633	9.3%	6.4%	13.3%

** Data suppressed due to small numbers. [#] Values are unstable.

Table H12. Considered suicide in the past year, 18+ years, Metro New Mexico Health Region, 2016

	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
Bernalillo	38	755	6.9%	4.7%	10.0%
Sandoval[#]	6	222	3.2%	1.3%	7.7%
Torrance	**
Valencia^{##}	4	111	4.5%	1.3%	14.5%
Metro Health Region	49	1,118	6.0%	4.3%	8.4%
New Mexico	232	5,215	5.6%	4.6%	6.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	25	655	5.3%	3.3%	8.4%
Male	24	463	6.8%	4.2%	10.8%

18-24 years[#]	6	52	13.1%	5.6%	27.8%
25-44 years	16	229	7.1%	4.1%	11.8%
45-64 years	20	417	5.1%	3.1%	8.4%
65+ years^{##}	6	408	2.0%	0.7%	5.6%

Values are unstable. ## Values are very unstable.

American Indian/Alaska Native^{##}	2	57	7.7%	1.8%	27.7%
Asian/Pacific Islander	**
Black/African American	**
Hispanic	17	351	5.5%	3.2%	9.2%
White	26	649	6.4%	3.9%	10.4%

** Data suppressed due to small numbers. ## Values are very unstable.

Table H13. Made a suicide attempt in the past year, 18+ years, Metro New Mexico Health Region, 2016

	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Bernalillo^{##}	5	755	0.8%	0.2%	2.5%
Sandoval^{##}	0	221	0.0%	0.0%	0.0%
Torrance	**
Valencia^{##}	1	111	0.6%	0.1%	4.0%
Metro Health Region	6	1,117	0.6%	0.2%	1.8%
New Mexico	30	5,217	0.9%	0.6%	1.5%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Female^{##}	5	655	1.2%	0.4%	3.5%
Male^{##}	1	462	0.1%	0.0%	0.5%

^{##} Values are very unstable.

18-24 years^{##}	0	51	0.0%	0.0%	0.0%
25-44 years^{##}	2	229	1.0%	0.2%	5.3%
45-64 years^{##}	2	417	0.4%	0.1%	1.6%
65+ years^{##}	2	408	0.8%	0.1%	4.6%

^{##} Values are very unstable.

American Indian/Alaska Native^{##}	0	57	0.0%	0.0%	0.0%
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	2	350	1.0%	0.2%	4.1%
White^{##}	4	649	0.4%	0.1%	1.3%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Table H14. Emergency department encounter for intentional self-injury, 18+ years, Metro New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Bernalillo	889	522,679	17.0	15.9	18.1
Sandoval	145	104,175	13.9	11.6	16.2
Torrance[#]	11	12,272	9.0	3.7	14.3
Valencia	106	57,706	18.4	14.9	21.9
Metro Health Region	1,151	696,831	16.5	15.6	17.5
New Mexico	2,695	1,594,191	16.9	16.3	17.5

[#] Values are unstable.

Female	629	357,651	17.6	16.2	19.0
Male	522	339,180	15.4	14.1	16.7

18-19 years	104	22,703	45.8	37.0	54.6
20-24 years	208	62,427	33.3	28.8	37.8
25-34 years	327	130,100	25.1	22.4	27.9
35-44 years	246	112,859	21.8	19.1	24.5
45-54 years	161	119,624	13.5	11.4	15.5
55-64 years	75	117,638	6.4	4.9	7.8
65-74 years	19	77,865	2.4	1.3	3.5
75-84 years[#]	8	37,723	2.1	0.6	3.6
85+ years^{##}	3	15,893	1.9	0.0	4.0

[#] Values are unstable. ^{##} Values are very unstable.

Table H15. Hospitalization for acute episode of mental illness, 18+ years, Metro New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Bernalillo	5,005	529,290	94.6	92.0	97.2
Sandoval	726	107,779	67.4	62.5	72.2
Torrance	82	12,327	66.5	52.2	80.9
Valencia	396	58,095	68.2	61.5	74.8
Metro Health Region	6,209	707,491	87.8	85.6	89.9
New Mexico	15,431	1,609,049	95.9	94.4	97.4

Female	2,836	363,223	78.1	75.2	80.9
Male	3,373	344,269	98.0	94.7	101.3

18-19 years	201	22,869	87.9	75.8	100.0
20-24 years	617	60,112	102.6	94.6	110.7
25-34 years	1,417	131,610	107.7	102.1	113.2
35-44 years	1,222	113,240	107.9	101.9	113.9
45-54 years	1,070	115,471	92.7	87.1	98.2
55-64 years	885	121,132	73.1	68.3	77.9
65-74 years	477	86,032	55.4	50.5	60.4
75-84 years	207	40,099	51.6	44.6	58.6
85+ years	113	16,927	66.8	54.5	79.0

Table H16. Death by intentional self-harm (suicide), 18+ years, Metro New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Bernalillo	676	2,615,045	25.8	23.9	27.8
Sandoval	124	520,977	23.8	19.6	28.0
Torrance	21	61,580	34.1	19.5	48.7
Valencia	80	288,977	27.7	21.6	33.8
Metro Health Region	901	3,486,579	25.8	24.2	27.5
New Mexico	2,198	7,967,723	27.6	26.4	28.7

Female	240	1,789,966	13.4	11.7	15.1
Male	661	1,696,612	39.0	36.0	41.9

18-19 years	20	114,558	17.5	9.8	25.1
20-24 years	88	310,968	28.3	22.4	34.2
25-34 years	141	649,399	21.7	18.1	25.3
35-44 years	145	565,498	25.6	21.5	29.8
45-54 years	182	599,368	30.4	26.0	34.8
55-64 years	167	589,354	28.3	24.0	32.6
65-74 years	82	389,082	21.1	16.5	25.6
75-84 years	57	188,569	30.2	22.4	38.1
85+ years	19	79,781	23.8	13.1	34.5

American Indian/Alaska Native	39	177,604	22.0	15.1	28.8
Asian/Pacific Islander	12	85,958	14.0	6.1	21.9
Black/African American	13	92,099	14.1	6.4	21.8
Hispanic	302	1,536,150	19.7	17.4	21.9
White	525	1,594,767	32.9	30.1	35.7

Table H17. Emergency department encounter for intentional self-injury, Metro New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Bernalillo	1,135	677,724	17.5	16.5	18.5
Sandoval	203	138,240	15.7	13.6	17.9
Torrance	16	15,742	11.9	6.0	17.8
Valencia	144	76,504	20.8	17.4	24.3
Metro Health Region	1,498	908,210	17.4	16.5	18.3
New Mexico	3,443	2,098,381	17.5	16.9	18.1
Female	876	461,020	20.6	19.2	22.0
Male	622	447,190	14.3	13.2	15.4

Table H18. Hospitalization for acute episode of mental illness, Metro New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Bernalillo	5,863	682,011	86.6	84.4	88.9
Sandoval	931	141,831	67.4	63.0	71.8
Torrance	104	15,693	67.1	53.7	80.4
Valencia	523	76,427	71.7	65.4	77.9
Metro Health Region	7,421	915,962	82.0	80.2	83.9
New Mexico	18,115	2,103,586	89.5	88.2	90.8
Female	3,450	465,004	74.6	72.1	77.2
Male	3,971	450,958	89.1	86.3	91.9

Table H19. Death by intentional self-harm (suicide), Metro New Mexico Health Region, 2012-2016

	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Bernalillo	696	3,391,730	19.9	18.4	21.4
Sandoval	132	691,947	19.2	15.9	22.6
Torrance	21	79,181	24.5	13.4	35.7
Valencia	86	383,531	23.0	18.0	27.9
Metro Health Region	935	4,546,389	20.1	18.8	21.4
New Mexico	2,279	10,488,411	21.5	20.6	22.4

Female	249	2,308,183	10.4	9.1	11.7
Male	686	2,238,206	30.3	28.0	32.6

American Indian/Alaska Native	42	244,509	17.1	11.8	22.5
Asian/Pacific Islander	13	107,833	11.1	5.0	17.2
Black/African American	13	123,112	10.4	4.6	16.0
Hispanic	323	2,181,621	15.1	13.4	16.8
White	534	1,889,315	25.4	23.1	27.7

APPENDIX I: HEALTH REGION INDICATOR TABLES – SOUTHEAST



New Mexico Health Regions Map

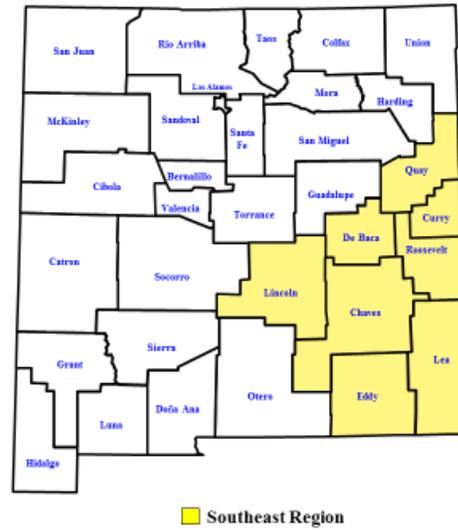


Table I1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Chaves	90	269	32.3%	20.9%	46.3%
Curry	59	289	22.0%	18.0%	26.7%
De Baca	19	73	25.3%	17.2%	35.5%
Eddy	173	497	35.1%	28.2%	42.6%
Lea	194	634	32.2%	27.8%	36.9%
Lincoln	178	549	31.9%	29.2%	34.7%
Quay	62	210	28.6%	20.8%	37.8%
Roosevelt	53	197	31.8%	20.4%	46.0%
SE Health Region	828	2,718	30.9%	27.6%	34.4%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

Female	552	1,367	40.6%	35.2%	46.1%
Male	275	1,348	21.6%	18.5%	25.1%

9th grade	198	733	25.7%	20.9%	31.2%
10th grade	239	761	30.0%	23.8%	37.1%
11th grade	194	584	38.5%	32.0%	45.5%
12th grade	194	631	31.5%	26.0%	37.6%

American Indian/Alaska Native	47	141	35.8%	23.5%	50.2%
Asian/Pacific Islander^{##}	7	36	19.6%	6.5%	46.0%
Black/African American	29	70	50.2%	36.4%	64.1%
Hispanic	437	1,398	32.6%	28.6%	36.9%
White	305	1,059	27.1%	22.6%	32.0%

^{##} Values are very unstable.

Table 12. Non-suicidal self-injury in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Chaves	64	269	20.1%	13.5%	28.8%
Curry	42	289	18.9%	12.8%	27.1%
De Baca	14	73	18.4%	12.5%	26.4%
Eddy	84	497	18.3%	14.6%	22.7%
Lea	112	636	18.1%	13.9%	23.2%
Lincoln	112	549	20.2%	17.4%	23.2%
Quay	30	209	13.4%	11.0%	16.2%
Roosevelt	42	198	26.4%	20.5%	33.3%
SE Health Region	500	2,720	19.2%	16.8%	21.8%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

Female	348	1,369	26.8%	23.3%	30.6%
Male	151	1,347	11.7%	9.0%	15.0%

9th grade	128	733	20.0%	15.4%	25.5%
10th grade	153	761	19.1%	15.0%	24.0%
11th grade	115	585	20.4%	15.6%	26.2%
12th grade	101	432	16.8%	13.9%	20.1%

American Indian/Alaska Native	24	141	28.0%	14.8%	46.6%
Asian/Pacific Islander[#]	10	37	29.8%	13.5%	53.5%
Black/African American	13	70	30.6%	16.0%	50.5%
Hispanic	266	1,400	20.1%	17.3%	23.1%
White	183	1,058	15.5%	12.3%	19.2%

[#] Values are unstable.

Table I3. Seriously considered suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI -LL-	95%CI -UL-
Chaves	44	268	14.7%	9.2%	22.8%
Curry	28	289	10.5%	5.9%	18.1%
De Baca	6	73	7.9%	5.2%	11.8%
Eddy	80	496	17.7%	14.0%	22.2%
Lea	86	635	14.1%	10.2%	19.2%
Lincoln	86	550	15.1%	12.8%	17.8%
Quay	29	208	13.8%	11.4%	16.5%
Roosevelt	30	198	19.1%	13.8%	25.8%
SE Health Region	389	2,717	14.7%	12.5%	17.1%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

Female	259	1,369	18.4%	14.8%	22.6%
Male	128	1,344	11.0%	8.6%	13.9%

9th grade	92	733	13.3%	10.5%	16.8%
10th grade	119	758	15.3%	10.4%	21.8%
11th grade	90	585	17.7%	13.0%	23.5%
12th grade	86	432	12.8%	9.6%	16.8%

American Indian/Alaska Native	24	141	18.3%	10.1%	31.1%
Asian/Pacific Islander^{##}	4	37	7.6%	2.1%	23.6%
Black/African American[#]	10	70	17.7%	8.6%	32.7%
Hispanic	195	1,397	16.0%	12.7%	20.1%
White	156	1,058	12.8%	10.7%	15.2%

Values are unstable. ## Values are very unstable.

Table I4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Chaves	36	268	12.1%	7.5%	19.0%
Curry	36	289	17.2%	11.4%	25.0%
De Baca[#]	7	73	9.0%	4.7%	16.6%
Eddy	60	495	13.1%	9.8%	17.1%
Lea	81	633	14.2%	12.1%	16.5%
Lincoln	78	549	13.7%	11.5%	16.4%
Quay	25	208	11.4%	9.8%	13.3%
Roosevelt	28	198	16.6%	10.3%	25.6%
SE Health Region	351	2,713	14.1%	12.2%	16.1%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

[#] Values are unstable.

Female	237	1,368	19.1%	15.8%	22.9%
Male	112	1,341	9.0%	7.1%	11.5%

9th grade	90	732	14.7%	12.3%	17.6%
10th grade	96	758	11.5%	8.3%	15.6%
11th grade	81	583	17.8%	13.8%	22.7%
12th grade	83	631	13.3%	10.5%	16.7%

American Indian/Alaska Native[#]	23	141	22.3%	9.5%	44.0%
Asian/Pacific Islander^{##}	4	37	5.0%	1.2%	19.0%
Black/African American[#]	11	70	20.7%	10.0%	37.8%
Hispanic	168	1,396	14.1%	11.8%	16.9%
White	144	1,055	13.2%	10.7%	16.2%

[#] Values are unstable. ^{##} Values are very unstable.

Table 15. Attempted suicide in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Chaves[#]	22	239	10.0%	5.3%	18.0%
Curry	16	242	8.6%	5.1%	14.2%
De Baca[#]	6	69	8.6%	3.6%	18.9%
Eddy	35	446	8.8%	5.2%	14.5%
Lea	49	556	10.2%	6.6%	15.4%
Lincoln	37	482	7.6%	5.3%	10.8%
Quay	13	189	6.7%	4.7%	9.4%
Roosevelt	16	169	13.1%	9.9%	17.1%
SE Health Region	194	2,392	9.5%	7.6%	11.9%
New Mexico	683	7,220	9.4%	8.6%	10.4%

[#] Values are unstable.

Female	137	1,230	12.0%	9.1%	15.8%
Male	56	1,158	6.8%	4.8%	9.6%

9th grade	60	649	10.6%	7.2%	15.3%
10th grade	60	661	7.9%	5.2%	11.7%
11th grade	35	510	11.8%	7.5%	18.0%
12th grade	38	565	8.1%	5.3%	12.2%

American Indian/Alaska Native[#]	14	123	13.7%	5.4%	30.3%
Asian/Pacific Islander^{##}	3	29	7.0%	1.5%	27.5%
Black/African American[#]	6	56	18.6%	8.2%	36.9%
Hispanic	102	1,197	10.8%	8.2%	14.2%
White	69	978	7.0%	5.0%	9.7%

[#] Values are unstable. ^{##} Values are very unstable.

Table 16. Injured in a suicide attempt in the past 12 months, grades 9-12, Southeast New Mexico Health Region, 2015

	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Chaves[#]	8	239	2.7%	1.0%	7.0%
Curry^{##}	5	243	2.6%	1.0%	6.9%
De Baca^{##}	2	69	2.7%	0.9%	7.6%
Eddy	9	443	2.6%	1.5%	4.4%
Lea[#]	11	555	2.3%	1.0%	5.2%
Lincoln	19	482	3.9%	2.3%	6.5%
Quay[#]	6	190	3.1%	1.5%	6.6%
Roosevelt	6	169	5.3%	3.6%	7.7%
SE Health Region	66	2,390	2.8%	2.0%	3.9%
New Mexico	244	7,198	3.2%	2.7%	3.8%

[#] Values are unstable. ^{##} Values are very unstable.

Female	48	1,229	3.6%	2.4%	5.3%
Male	17	1,157	1.9%	1.0%	3.4%

9th grade	21	650	3.3%	2.2%	5.0%
10th grade[#]	21	660	2.7%	1.4%	5.3%
11th grade[#]	8	508	1.3%	0.5%	3.0%
12th grade[#]	15	565	3.0%	1.4%	6.4%

[#] Values are unstable.

American Indian/Alaska Native[#]	11	123	12.7%	4.8%	29.6%
Asian/Pacific Islander^{##}	2	29	6.1%	1.1%	28.4%
Black/African American^{##}	4	55	9.4%	3.1%	25.2%
Hispanic	31	1,195	2.9%	1.8%	4.8%
White[#]	18	979	1.4%	0.7%	2.7%

[#] Values are unstable. ^{##} Values are very unstable.

Table 17. Emergency department encounter for intentional self-injury, 10-19 years, Southeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI - LL-	95%CI -UL-
Chaves	49	10,093	485.5	349.9	621.1
Curry	22	6,933	317.3	184.9	449.7
De Baca	0	239	0.0	0.0	0.0
Eddy	26	8,106	320.7	197.6	443.8
Lea	42	10,560	397.7	277.7	517.8
Lincoln	17	2,064	823.4	433.6	1,213.3
Quay	7	981	713.8	186.9	1,240.7
Roosevelt	0	2,974	0.0	0.0	0.0
SE Health Region	163	41,951	388.6	329.0	448.1
New Mexico	959	279,984	342.5	320.9	364.2
Female	109	20,132	54.1	44.0	64.3
Male	54	21,818	24.8	18.2	31.3
10-14 years	51	21,112	24.2	17.5	30.8
15-19 years	112	20,839	53.8	43.8	63.7

Table 18. Hospitalization for acute episode of mental illness, 12-17 years, Southeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Chaves	95	6,012	158.0	126.5	189.5
Curry	30	4,033	74.4	47.9	100.9
De Baca^{##}
Eddy	86	5,109	168.3	133.1	203.6
Lea	27	6,458	41.8	26.1	57.5
Lincoln	18	1,216	148.1	80.2	216.0
Quay[#]	8	601	133.2	41.5	224.8
Roosevelt	16	1,449	110.4	56.6	164.2
SE Health Region	281	25,036	112.2	99.2	125.3
New Mexico	2,282	166,880	136.8	131.2	142.3

Values are unstable. ## Values are very unstable.

Female	175	12,098	144.6	123.4	165.9
Male	106	12,938	81.9	66.4	97.5

12-14 years	92	12,398	74.2	59.1	89.3
15-17 years	189	12,637	149.6	128.4	170.7

Table 19. Death by intentional self-harm (suicide), 12-17 years, Southeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Chaves [#]	4	29,941	13.4	0.3	26.4
Curry [#]	0	20,256	0.0	0.0	16.8
De Baca [#]	0	791	0.0	0.0	428.4
Eddy [#]	5	25,056	20.0	2.5	37.4
Lea ^{##}	3	31,554	9.5	0.0	20.3
Lincoln [#]	0	6,346	0.0	0.0	53.5
Quay [#]	0	3,050	0.0	0.0	111.2
Roosevelt [#]	0	7,754	0.0	0.0	43.8
SE Health Region	12	124,748	9.6	4.2	15.1
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable. ^{##} Values are very unstable.

Female ^{##}	1	60,391	1.7	0.0	4.9
Male [#]	11	64,358	17.1	7.0	27.2

[#] Values are unstable. ^{##} Values are very unstable.

12-14 years [#]	5	62,483	8.0	1.0	15.0
15-17 years [#]	7	62,265	11.2	2.9	19.6

[#] Values are unstable.

American Indian/Alaska Native [#]	0	1,395	0.0	0.0	243.1
Asian/Pacific Islander [#]	0	820	0.0	0.0	413.4
Black/African American [#]	0	3,631	0.0	0.0	93.5
Hispanic [#]	4	75,380	5.3	0.1	10.5
White [#]	8	43,523	18.4	5.6	31.1

[#] Values are unstable.

Table I10. Mental distress (6+ days) in the past 30 days, 18+ years, Southeast New Mexico Health Region, 2016

	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Chaves	30	189	15.8%	9.9%	24.3%
Curry	24	139	24.5%	16.2%	35.4%
De Baca	**
Eddy	35	180	19.0%	13.1%	26.8%
Lea	28	183	16.3%	10.5%	24.5%
Lincoln	15	111	13.7%	7.6%	23.6%
Quay	**
Roosevelt [#]	7	53	13.3%	6.0%	26.9%
SE Health Region	154	933	18.2%	15.2%	21.6%
New Mexico	972	5,954	18.6%	17.1%	20.2%

** Data suppressed due to small numbers. # Values are unstable.

Female	104	538	21.9%	17.6%	26.9%
Male	50	395	14.6%	10.7%	19.5%

18-24 years	**
25-44 years	39	214	17.3%	12.6%	23.4%
45-64 years	72	355	20.3%	15.9%	25.4%
65+ years	34	322	13.7%	9.6%	19.2%

** Data suppressed due to small numbers.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	64	326	19.5%	14.7%	25.4%
White	81	560	16.8%	13.1%	21.1%

** Data suppressed due to small numbers.

Table I11. Current depression, 18+ years, Southeast New Mexico Health Region, 2016

	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Chaves	21	156	14.4%	8.2%	24.1%
Curry	14	119	18.9%	10.7%	31.2%
De Baca	**
Eddy	21	149	11.0%	6.7%	17.6%
Lea[#]	10	149	6.3%	2.9%	12.8%
Lincoln^{##}	3	96	2.0%	0.6%	7.0%
Quay	**
Roosevelt[#]	5	51	8.9%	3.5%	21.0%
SE Health Region	78	775	10.8%	8.2%	14.0%
New Mexico	436	4,998	9.8%	8.6%	11.2%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	58	463	14.0%	10.3%	18.8%
Male	20	312	7.3%	4.3%	12.3%

18-24 years	**
25-44 years	15	181	7.7%	4.6%	12.7%
45-64 years	42	296	13.4%	9.7%	18.3%
65+ years	16	265	7.9%	4.7%	13.0%

** Data suppressed due to small numbers.

American Indian/Alaska Native[#]	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	39	262	13.5%	9.1%	19.5%
White	37	479	9.2%	6.3%	13.3%

** Data suppressed due to small numbers.

Table I12. Considered suicide in the past year, 18+ years, Southeast New Mexico Health Region, 2016

	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
Chaves[#]	8	168	5.3%	2.3%	11.8%
Curry[#]	10	124	15.1%	7.9%	27.0%
De Baca	**
Eddy[#]	15	157	8.1%	4.3%	14.8%
Lea[#]	7	161	5.9%	2.3%	14.5%
Lincoln^{##}	1	99	1.2%	0.2%	8.1%
Quay	**
Roosevelt^{##}	3	52	6.6%	2.0%	20.0%
SE Health Region	49	820	7.5%	5.4%	10.5%
New Mexico	232	5,215	5.6%	4.6%	6.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	31	488	8.5%	5.4%	13.0%
Male	18	332	6.5%	3.9%	10.8%

18-24 years	**
25-44 years[#]	12	185	6.7%	3.6%	12.1%
45-64 years	23	313	7.9%	5.1%	12.1%
65+ years[#]	10	290	4.8%	2.4%	9.5%

** Data suppressed due to small numbers. # Values are unstable.

American Indian/Alaska Native^{##}	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	26	275	11.8%	7.6%	18.0%
White	19	506	4.0%	2.4%	6.6%

** Data suppressed due to small numbers.

Table I13. Made a suicide attempt in the past year, 18+ years, Southeast New Mexico Health Region, 2016					
	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Chaves^{##}	1	169	0.7%	0.1%	5.0%
Curry^{##}	3	124	5.9%	1.8%	17.8%
De Baca	**
Eddy^{##}	1	156	0.9%	0.1%	6.4%
Lea[#]	1	159	0.5%	0.1%	3.2%
Lincoln^{##}	1	99	6.1%	0.9%	31.9%
Quay	**
Roosevelt^{##}	1	52	3.3%	0.5%	20.1%
SE Health Region	9	818	2.3%	1.1%	4.9%
New Mexico	30	5,217	0.9%	0.6%	1.5%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female^{##}	5	486	2.3%	0.9%	6.2%
Male^{##}	4	332	2.3%	0.7%	7.0%

Values are very unstable.

18-24 years	**
25-44 years^{##}	2	184	0.8%	0.2%	3.2%
45-64 years^{##}	3	313	1.5%	0.5%	4.9%
65+ years^{##}	1	290	0.9%	0.1%	5.9%

** Data suppressed due to small numbers. ## Values are very unstable.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic[#]	7	274	3.7%	1.6%	8.3%
White^{##}	1	585	1.1%	0.2%	7.4%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Table I14. Emergency department encounter for intentional self-injury, 18+ years, Southeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Chaves	98	48,242	20.3	16.3	24.3
Curry	85	37,068	22.9	18.1	27.8
De Baca^{##}
Eddy	72	41,615	17.3	13.3	21.3
Lea	105	48,104	21.8	17.7	26.0
Lincoln	26	16,505	15.8	9.7	21.8
Quay	24	6,838	35.1	21.1	49.1
Roosevelt[#]	5	14,899	3.4	0.4	6.3
SE Health Region	416	214,801	19.4	17.5	21.2
New Mexico	2,695	1,594,191	16.9	16.3	17.5

Values are unstable. ## Values are very unstable.

Female	224	106,362	21.1	18.3	23.8
Male	192	108,440	17.7	15.2	20.2

18-19 years	40	8,350	47.9	33.1	62.7
20-24 years	71	22,876	31.0	23.8	38.2
25-34 years	120	40,720	29.5	24.2	34.7
35-44 years	80	32,601	24.5	19.2	29.9
45-54 years	58	34,751	16.7	12.4	21.0
55-64 years	37	34,478	10.7	7.3	14.2
65-74 years[#]	7	22,973	3.0	0.8	5.3
75-84 years^{##}	3	12,884	2.3	0.0	5.0
85+ years[#]	0	5,168	0.0	0.0	6.6

Values are unstable. ## Values are very unstable.

Table I15. Hospitalization for acute episode of mental illness, 18+ years, Southeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Chaves	958	48,563	197.3	184.9	209.6
Curry	304	37,123	81.9	72.7	91.1
De Baca[#]	5	1,470	34.0	4.2	63.8
Eddy	545	42,534	128.1	117.4	138.8
Lea	369	48,816	75.6	67.9	83.3
Lincoln	154	16,374	94.0	79.3	108.8
Quay	49	6,763	72.4	52.2	92.7
Roosevelt	85	14,913	57.0	44.9	69.1
SE Health Region	2,469	216,557	114.0	109.5	118.5
New Mexico	15,431	1,609,049	95.9	94.4	97.4

[#] Values are unstable.

Female	1,128	107,014	105.4	99.3	111.5
Male	1,341	109,543	122.4	115.9	128.9

18-19 years	101	8,448	119.6	96.4	142.7
20-24 years	268	22,368	119.8	105.6	134.1
25-34 years	619	41,343	149.7	138.0	161.4
35-44 years	517	33,086	156.3	142.9	169.6
45-54 years	470	33,094	142.0	129.3	154.8
55-64 years	257	35,009	73.4	64.5	82.4
65-74 years	116	24,498	47.4	38.8	56.0
75-84 years	69	13,397	51.5	39.4	63.6
85+ years	52	5,315	97.8	71.4	124.3

Table I16. Death by intentional self-harm (suicide), 18+ years, Southeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Chaves	64	241,233	26.5	20.0	33.0
Curry	44	183,673	24.0	16.9	31.0
De Baca ^{##}	3	7,630	39.3	0.0	83.8
Eddy	63	208,340	30.2	22.8	37.7
Lea	53	240,669	22.0	16.1	28.0
Lincoln	29	82,607	35.1	22.3	47.9
Quay	16	34,280	46.7	23.8	69.5
Roosevelt	13	74,843	17.4	7.9	26.8
SE Health Region	285	1,073,274	26.6	23.5	29.6
New Mexico	2,198	7,967,723	27.6	26.4	28.7

^{##} Values are very unstable.

Female	48	532,062	9.0	6.5	11.6
Male	237	541,211	43.8	38.2	49.4

18-19 years [#]	5	42,285	11.8	1.5	22.2
20-24 years	28	112,095	25.0	15.7	34.2
25-34 years	51	202,177	25.2	18.3	32.2
35-44 years	48	163,972	29.3	21.0	37.6
45-54 years	55	173,573	31.7	23.3	40.1
55-64 years	43	172,761	24.9	17.4	32.3
65-74 years	29	115,404	25.1	16.0	34.3
75-84 years	18	65,290	27.6	14.8	40.3
85+ years [#]	8	25,717	31.1	9.6	52.7

[#] Values are unstable.

American Indian/Alaska Native ^{##}	3	11,341	26.4	0.0	56.4
Asian/Pacific Islander ^{##}	2	10,977	18.2	0.0	43.5
Black/African American [#]	7	31,471	22.2	5.8	38.7
Hispanic	76	460,365	16.5	12.8	20.2
White	196	559,119	35.1	30.2	40.0

[#] Values are unstable. ^{##} Values are very unstable.

Table I17. Emergency department encounter for intentional self-injury, Southeast New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Chaves	134	66,181	20.7	17.2	24.3
Curry	101	50,811	19.6	15.6	23.6
De Baca^{##}
Eddy	94	56,501	17.9	14.2	21.6
Lea	135	69,001	20.2	16.8	23.7
Lincoln	38	20,248	24.8	16.5	33.0
Quay	31	8,618	43.2	27.3	59.1
Roosevelt[#]	5	19,858	2.3	0.2	4.4
SE Health Region	539	293,159	19.2	17.5	20.8
New Mexico	3,443	2,098,381	17.5	16.9	18.1

[#] Values are unstable. ^{##} Values are very unstable.

Female	309	144,501	23.1	20.5	25.7
Male	230	148,658	15.6	13.6	17.7

Table I18. Hospitalization for acute episode of mental illness, Southeast New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Chaves	1,068	66,221	174.2	163.6	184.7
Curry	335	50,649	67.4	60.0	74.8
De Baca[#]	6	1,863	40.5	6.5	74.5
Eddy	638	57,567	116.0	106.9	125.1
Lea	404	69,801	61.5	55.5	67.6
Lincoln	172	19,966	105.2	88.3	122.1
Quay	60	8,495	81.1	59.6	102.5
Roosevelt	102	19,708	53.5	42.7	64.4
SE Health Region	2,785	294,270	100.3	96.5	104.1
New Mexico	18,115	2,103,586	89.5	88.2	90.8

[#] Values are unstable.

Female	1,312	144,868	97.9	92.5	103.3
Male	1,473	149,402	103.2	97.8	108.5

Table I19. Death by intentional self-harm (suicide), Southeast New Mexico Health Region, 2012-2016

	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Chaves	68	330,898	21.0	15.8	26.1
Curry	44	252,120	18.0	12.6	23.5
De Baca[#]	3	9,673	21.6	0.0	47.2
Eddy	68	282,115	26.2	19.8	32.5
Lea	56	344,169	17.4	12.8	22.1
Lincoln	29	101,205	24.0	14.4	33.7
Quay	16	43,297	36.4	17.6	55.1
Roosevelt	13	99,982	13.4	5.8	20.9
SE Health Region	297	1,463,459	20.9	18.5	23.3
New Mexico	2,279	10,488,411	21.5	20.6	22.4

[#] Values are unstable.

Female	49	722,301	7.3	5.2	9.4
Male	248	741,158	34.6	30.2	39.0

American Indian/Alaska Native^{##}	3	15,535	25.6	0.0	54.9
Asian/Pacific Islander^{##}	2	13,722	10.4	0.0	24.9
Black/African American[#]	7	43,251	16.1	3.4	28.9
Hispanic	80	700,216	12.4	9.6	15.2
White	204	690,736	28.3	24.2	32.4

[#] Values are unstable. ^{##} Values are very unstable.

APPENDIX J: HEALTH REGION INDICATOR TABLES – SOUTHWEST



New Mexico Health Regions Map

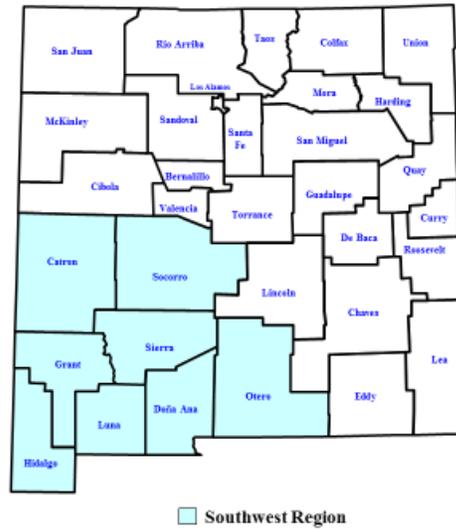


Table J1. Feelings of sadness and hopelessness in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Who Reported Feeling Sad/Hopeless	Sample Size (excluding unknown responses)	% Sad or Hopeless	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	476	1,353	35.0%	31.1%	39.2%
Grant	100	275	35.2%	30.0%	40.9%
Hidalgo[#]	27	124	21.8%	10.2%	40.7%
Luna	62	175	35.6%	26.6%	45.8%
Otero	142	440	36.3%	29.5%	43.7%
Sierra	47	124	37.3%	31.3%	43.7%
Socorro	55	210	24.3%	17.7%	32.4%
SW Health Region	914	2,733	34.8%	31.8%	37.9%
New Mexico	2,724	8,280	32.5%	30.8%	34.3%

** Data suppressed due to small numbers. # Values are unstable.

Female	614	1,397	45.3%	41.3%	49.3%
Male	300	1,332	24.1%	21.1%	27.5%

9th grade	236	719	31.7%	27.6%	36.1%
10th grade	275	843	33.7%	29.4%	38.2%
11th grade	221	647	38.2%	32.4%	44.4%
12th grade	180	518	36.2%	31.0%	41.8%

American Indian/Alaska Native	64	222	34.1%	24.9%	44.7%
Asian/Pacific Islander^{##}	18	48	35.5%	21.8%	52.1%
Black/African American	26	86	29.1%	20.0%	40.2%
Hispanic	561	1,640	35.2%	32.1%	38.5%
White	238	722	34.4%	29.2%	39.9%

^{##} Values are very unstable.

Table J2. Non-suicidal self-injury in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Who Reported Non-suicidal Self-injury	Sample Size (excluding unknown responses)	% with Non-suicidal Self-injury	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	273	1,353	20.2%	16.8%	24.2%
Grant	58	275	20.6%	17.5%	24.1%
Hidalgo	17	125	13.9%	9.0%	21.0%
Luna	33	175	19.4%	13.1%	27.9%
Otero	109	440	30.1%	23.8%	37.4%
Sierra	26	124	21.0%	13.8%	30.6%
Socorro	44	210	19.8%	14.9%	25.9%
SW Health Region	567	2,734	21.2%	18.6%	24.0%
New Mexico	1,713	8,280	20.5%	18.9%	22.2%

** Data suppressed due to small numbers.

Female	397	1,397	29.0%	25.2%	33.2%
Male	167	1,333	13.1%	10.6%	16.0%

9th grade	169	721	24.1%	19.8%	29.0%
10th grade	167	843	20.0%	15.9%	24.9%
11th grade	129	646	20.8%	16.1%	26.5%
12th grade	97	518	19.0%	15.4%	23.3%

American Indian/Alaska Native	49	222	21.9%	13.4%	33.8%
Asian/Pacific Islander[#]	14	48	26.9%	16.1%	41.3%
Black/African American	19	86	20.6%	12.4%	32.1%
Hispanic	328	1,640	20.5%	17.7%	23.5%
White	153	723	22.4%	18.9%	26.4%

[#] Values are unstable.

Table J3. Seriously considered suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Who Seriously Considered Suicide	Sample Size (excluding unknown responses)	% Who Seriously Considered Suicide	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	235	1,352	16.1%	13.7%	18.8%
Grant	50	275	17.3%	13.3%	22.3%
Hidalgo[#]	12	124	9.6%	4.9%	17.9%
Luna	29	175	17.2%	11.0%	25.7%
Otero	90	440	22.8%	16.7%	30.3%
Sierra	27	124	22.7%	19.7%	26.0%
Socorro	24	210	12.2%	10.0%	14.8%
SW Health Region	473	2,732	17.7%	14.8%	21.0%
New Mexico	1,345	8,278	16.5%	15.1%	17.9%

** Data suppressed due to small numbers. # Values are unstable.

Female	301	1,396	22.2%	17.9%	27.2%
Male	170	1,332	13.1%	10.7%	15.8%

9th grade	122	720	16.9%	14.1%	20.3%
10th grade	145	843	16.9%	13.4%	21.0%
11th grade	111	646	18.3%	12.5%	26.0%
12th grade	92	517	18.6%	14.7%	23.3%

American Indian/Alaska Native	34	222	18.8%	10.4%	31.7%
Asian/Pacific Islander[#]	11	48	19.9%	10.1%	35.2%
Black/African American	18	86	17.1%	9.5%	29.0%
Hispanic	273	1,638	17.1%	14.3%	20.4%
White	135	723	19.2%	15.1%	24.0%

Values are unstable.

Table J4. Made a plan to attempt suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Who Made Plan to Attempt Suicide	Sample Size (excluding unknown responses)	% Who Made a Plan	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	212	1,356	14.7%	12.3%	17.5%
Grant	49	275	18.4%	14.7%	22.8%
Hidalgo	11	124	8.8%	5.4%	13.9%
Luna	27	175	16.1%	9.9%	25.0%
Otero	71	439	16.1%	11.6%	21.8%
Sierra	24	124	20.7%	17.6%	24.3%
Socorro	28	210	12.7%	6.5%	23.3%
SW Health Region	425	2,734	15.8%	13.5%	18.6%
New Mexico	1,195	8,274	14.6%	13.6%	15.7%

** Data suppressed due to small numbers.

Female	266	1,399	19.4%	16.2%	22.9%
Male	159	1,331	12.3%	9.7%	15.4%

9th grade	108	719	15.5%	12.2%	19.6%
10th grade	142	844	16.4%	13.6%	19.7%
11th grade	92	648	16.5%	12.4%	21.6%
12th grade	81	517	14.9%	11.0%	19.9%

American Indian/Alaska Native	38	222	18.7%	11.6%	28.7%
Asian/Pacific Islander	11	48	22.2%	12.0%	37.4%
Black/African American	15	86	17.8%	10.8%	27.9%
Hispanic	255	1,642	15.8%	13.2%	18.9%
White	104	722	14.6%	11.4%	18.5%

Table J5. Attempted suicide in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Who Made Suicide Attempt	Sample Size (excluding unknown responses)	% Who Made an Attempt	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	129	1,140	10.2%	8.2%	12.6%
Grant	22	235	9.5%	6.2%	14.3%
Hidalgo[#]	7	111	6.2%	3.1%	12.0%
Luna	15	154	10.2%	5.6%	17.9%
Otero	47	383	12.8%	7.4%	21.3%
Sierra	19	110	18.4%	17.0%	19.9%
Socorro[#]	15	174	7.9%	4.0%	14.8%
SW Health Region	256	2,334	11.1%	9.3%	13.2%
New Mexico	683	7,220	9.4%	8.6%	10.4%

** Data suppressed due to small numbers. # Values are unstable.

Female	166	1,202	14.3%	11.6%	17.4%
Male	88	1,129	7.9%	6.0%	10.2%

9th grade	70	616	11.3%	8.0%	15.6%
10th grade	77	727	9.7%	7.3%	12.7%
11th grade	54	557	11.3%	7.7%	16.3%
12th grade	51	429	12.2%	8.9%	16.6%

American Indian/Alaska Native[#]	24	176	14.0%	7.0%	26.1%
Asian/Pacific Islander[#]	8	44	19.0%	9.0%	36.0%
Black/African American[#]	9	65	12.7%	5.4%	27.2%
Hispanic	153	1,379	11.5%	9.5%	13.8%
White	60	658	8.7%	6.3%	11.9%

Values are unstable.

Table J6. Injured in a suicide attempt in the past 12 months, grades 9-12, Southwest New Mexico Health Region, 2015

	# Within Group Injured in Attempt	Sample Size (excluding unknown responses)	% Who Were Injured	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	47	1,138	3.6%	2.6%	4.9%
Grant[#]	6	234	2.6%	1.1%	6.2%
Hidalgo^{##}	2	111	1.4%	0.5%	4.1%
Luna^{##}	4	150	3.5%	1.2%	10.0%
Otero[#]	17	383	5.3%	2.6%	10.3%
Sierra	7	109	7.4%	4.4%	12.3%
Socorro^{##}	5	174	2.6%	0.6%	10.0%
SW Health Region	88	2,326	3.9%	3.1%	4.9%
New Mexico	244	7,198	3.2%	2.7%	3.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	49	1,198	3.8%	2.8%	5.2%
Male	38	1,125	4.0%	2.8%	5.7%

9th grade	18	614	3.4%	2.1%	5.6%
10th grade	30	724	3.5%	2.3%	5.2%
11th grade	19	556	4.0%	2.2%	7.0%
12th grade	20	427	4.9%	2.8%	8.4%

American Indian/Alaska Native^{##}	9	175	5.1%	1.6%	14.4%
Asian/Pacific Islander^{##}	6	42	13.6%	4.9%	32.4%
Black/African American^{##}	3	65	4.2%	1.1%	14.3%
Hispanic	52	1,374	4.1%	3.1%	5.5%
White	17	657	2.3%	1.3%	4.2%

Values are very unstable.

Table J7. Emergency department encounter for intentional self-injury, 10-19 years, Southwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Catron^{##}
Dona Ana	81	32,360	250.3	195.9	304.8
Grant	21	3,519	596.8	342.3	851.3
Hidalgo^{##}
Luna	11	3,482	316.0	129.5	502.4
Otero	28	8,098	345.8	217.9	473.6
Sierra^{##}
Socorro	8	2,540	314.9	97.0	532.8
SW Health Region	154	51,841	297.1	250.2	343.9
New Mexico	959	279,984	342.5	320.9	364.2

^{##} Values are very unstable.

Female	114	25,383	44.9	36.7	53.1
Male	40	26,458	15.1	10.4	19.8

10-14 years	43	24,575	17.5	12.3	22.7
15-19 years	111	27,266	40.7	33.2	48.3

Table J8. Hospitalization for acute episode of mental illness, 12-17 years, Southwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Catron^{##}
Dona Ana	377	17,978	209.7	188.8	230.6
Grant	37	2,100	176.2	119.9	232.5
Hidalgo[#]	4	328	122.1	3.2	241.0
Luna	30	2,097	143.1	92.2	193.9
Otero	98	4,732	207.1	166.5	247.7
Sierra	27	571	472.9	298.8	647.1
Socorro	12	1,394	86.1	37.6	134.6
SW Health Region	586	29,393	199.4	183.4	215.4
New Mexico	2,282	166,880	136.8	131.2	142.3

Values are unstable. ## Values are very unstable.

Female	348	14,421	241.3	216.3	266.4
Male	238	14,972	159.0	138.9	179.0

12-14 years	250	14,424	173.3	152.0	194.6
15-17 years	336	14,969	224.5	200.7	248.2

Table J9. Death by intentional self-harm (suicide), 12-17 years, Southwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Catron[#]	0	1,040	0.0	0.0	325.9
Dona Ana[#]	5	90,511	5.5	0.7	10.4
Grant^{##}	1	10,636	9.4	0.0	27.8
Hidalgo[#]	0	1,801	0.0	0.0	188.3
Luna[#]	0	10,621	0.0	0.0	32.0
Otero^{##}	1	24,005	4.2	0.0	12.3
Sierra^{##}	1	2,982	33.5	0.0	99.2
Socorro[#]	0	7,069	0.0	0.0	48.0
SW Health Region	8	148,666	5.4	1.6	9.1
New Mexico	74	840,102	8.8	6.8	10.8

[#] Values are unstable. ^{##} Values are very unstable.

Female^{##}	1	73,126	1.4	0.0	4.0
Male[#]	7	75,540	9.3	2.4	16.1

[#] Values are unstable. ^{##} Values are very unstable.

12-14 years[#]	0	73,764	0.0	0.0	4.6
15-17 years[#]	8	74,902	10.7	3.3	18.1

[#] Values are unstable.

American Indian/Alaska Native[#]	0	4,222	0.0	0.0	80.4
Asian/Pacific Islander[#]	0	1,245	0.0	0.0	272.4
Black/African American[#]	0	2,474	0.0	0.0	137.2
Hispanic[#]	5	106,926	4.7	0.6	8.8
White^{#3}	3	33,800	8.9	0.0	18.9

[#] Values are unstable. ^{##} Values are very unstable.

Table J10. Mental distress (6+ days) in the past 30 days, 18+ years, Southwest New Mexico Health Region, 2016

	# Within Group Who Reported Mental Distress	Sample Size (excluding unknown responses)	% with Mental Distress	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	104	635	16.0%	12.9%	19.8%
Grant	9	103	13.8%	6.2%	27.9%
Hidalgo	**
Luna[#]	8	66	12.9%	4.7%	30.7%
Otero	37	228	18.8%	12.6%	27.0%
Sierra	20	67	27.5%	17.0%	41.3%
Socorro[#]	8	59	11.3%	5.1%	23.4%
SW Health Region	197	1,250	15.9%	13.5%	18.7%
New Mexico	972	5,954	18.6%	17.1%	20.2%

** Data suppressed due to small numbers. # Values are unstable.

Female	119	693	15.8%	12.7%	19.6%
Male	78	557	16.0%	12.4%	20.4%

18-24 years	16	63	22.4%	13.5%	34.9%
25-44 years	41	248	14.3%	10.3%	19.5%
45-64 years	90	486	18.1%	14.5%	22.4%
65+ years	49	444	10.9%	8.0%	14.7%

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	85	499	16.6%	12.9%	21.0%
White	100	650	16.2%	12.9%	20.1%

** Data suppressed due to small numbers.

Table J11. Current depression, 18+ years, Southwest New Mexico Health Region, 2016

	# Within Group Reporting Current Depression	Sample Size (excluding unknown responses)	% with Current Depression	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana	40	554	7.1%	4.9%	10.2%
Grant[#]	9	93	15.6%	7.0%	31.2%
Hidalgo	**
Luna[#]	7	56	7.3%	3.0%	16.4%
Otero	19	197	12.0%	6.8%	20.5%
Sierra[#]	10	59	21.2%	10.6%	38.0%
Socorro	**
SW Health Region	90	1,051	9.1%	7.1%	11.7%
New Mexico	436	4,998	9.8%	8.6%	11.2%

** Data suppressed due to small numbers. # Values are unstable.

Female	56	589	8.7%	6.3%	11.7%
Male	34	462	9.6%	6.5%	14.0%

18-24 years[#]	5	51	8.2%	3.3%	19.1%
25-44 years	16	205	8.9%	5.3%	14.7%
45-64 years	49	411	12.3%	8.9%	16.7%
65+ years	20	377	6.0%	3.6%	9.9%

Values are unstable.

American Indian/Alaska Native[#]	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic	33	398	8.4%	5.6%	12.4%
White	49	572	9.9%	7.0%	13.6%

** Data suppressed due to small numbers.

Table J12. Considered suicide in the past year, 18+ years, Southwest New Mexico Health Region, 2016

	# Within Group Who Considered Suicide	Sample Size (excluding unknown responses)	% Who Considered Suicide	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana[#]	11	567	2.2%	1.0%	4.5%
Grant^{##}	6	95	7.5%	2.4%	20.8%
Hidalgo	**
Luna^{##}	3	60	2.9%	0.8%	9.5%
Otero[#]	15	205	9.4%	5.1%	16.8%
Sierra^{##}	1	62	1.1%	0.2%	7.6%
Socorro^{##}	4	50	7.2%	2.5%	19.4%
SW Health Region	41	1,093	3.9%	2.6%	5.7%
New Mexico	232	5,215	5.6%	4.6%	6.8%

** Data suppressed due to small numbers. # Values are unstable. ## Values are very unstable.

Female	24	614	3.1%	1.9%	5.1%
Male	17	479	4.6%	2.6%	8.0%

18-24 years^{##}	3	55	4.0%	1.2%	12.0%
25-44 years[#]	9	212	4.2%	2.0%	8.5%
45-64 years	22	421	5.7%	3.4%	9.3%
65+ years[#]	7	399	1.0%	0.5%	2.2%

Values are unstable. ## Values are very unstable.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic[#]	12	411	2.6%	1.3%	5.0%
White	22	594	4.9%	2.9%	8.3%

** Data suppressed due to small numbers. # Values are unstable.

Table J13. Made a suicide attempt in the past year, 18+ years, Southwest New Mexico Health Region, 2016

	# Within Group Who Attempted Suicide	Sample Size (excluding unknown responses)	% Who Attempted Suicide	95%CI -LL-	95%CI -UL-
Catron	**
Dona Ana^{##}	4	569	0.9%	0.2%	3.1%
Grant^{##}	1	95	4.1%	0.6%	23.5%
Hidalgo	**
Luna^{##}	0	60	0.0%	0.0%	0.0%
Otero^{##}	3	207	2.8%	0.7%	10.1%
Sierra^{##}	0	62	0.0%	0.0%	0.0%
Socorro^{##}	0	50	0.0%	0.0%	0.0%
SW Health Region	8	1,096	1.2%	0.5%	2.8%
New Mexico	30	5,217	0.9%	0.6%	1.5%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Female^{##}	3	617	0.2%	0.1%	0.7%
Male[#]	5	479	2.2%	0.9%	5.5%

Values are unstable. ^{##} Values are very unstable.

18-24 years^{##}	1	55	1.7%	0.2%	10.9%
25-44 years^{##}	2	212	1.3%	0.3%	5.6%
45-64 years^{##}	4	425	1.6%	0.4%	5.8%
65+ years^{##}	1	398	0.2%	0.0%	1.5%

^{##} Values are very unstable.

American Indian/Alaska Native	**
Asian/Pacific Islander	**
Black/African American	**
Hispanic^{##}	2	413	0.7%	0.1%	3.6%
White^{##}	4	594	1.5%	0.4%	5.0%

** Data suppressed due to small numbers. ^{##} Values are very unstable.

Table J14. Emergency department encounter for intentional self-injury, 18+ years, Southwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Crude Rates, ED Visits Per 10,000 Population	95%CI -LL-	95%CI -UL-
Catron^{##}
Dona Ana	279	160,864	17.3	15.3	19.4
Grant	152	23,193	65.5	55.2	75.9
Hidalgo[#]	5	3,556	14.1	1.7	26.4
Luna	36	18,309	19.7	13.2	26.1
Otero	36	50,463	7.1	4.8	9.5
Sierra[#]	11	9,706	11.3	4.6	18.0
Socorro	31	13,447	23.0	15.0	31.2
SW Health Region	551	282,700	19.5	17.9	21.1
New Mexico	2,695	1,594,191	16.9	16.3	17.5

Values are unstable. ## Values are very unstable.

Female	326	142,931	22.8	20.3	25.3
Male	225	139,769	16.1	14.0	18.2

18-19 years	40	12,435	32.2	22.2	42.1
20-24 years	91	35,430	25.7	20.4	31.0
25-34 years	126	45,883	27.5	22.7	32.2
35-44 years	130	38,858	33.5	27.7	39.2
45-54 years	104	42,795	24.3	19.6	29.0
55-64 years	33	44,759	7.4	4.9	9.9
65-74 years	17	35,402	4.8	2.5	7.1
75-84 years[#]	4	19,913	2.0	0.0	4.0
85+ years[#]	6	7,227	8.3	1.7	14.9

Values are unstable.

Table J15. Hospitalization for acute episode of mental illness, 18+ years, Southwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Crude Rates, Hospitalizations Per 10,000 Population	95% CI LL	95% CI UL
Catron	15	3,211	46.7	23.1	70.3
Dona Ana	2,092	163,016	128.3	122.9	133.8
Grant	374	23,097	161.9	145.6	178.2
Hidalgo	35	3,492	100.2	67.2	133.3
Luna	189	18,478	102.3	87.8	116.8
Otero	725	50,339	144.0	133.6	154.4
Sierra	130	9,637	134.9	111.9	157.9
Socorro	145	13,374	108.4	90.9	126.0
SW Health Region	3,705	284,645	130.2	126.0	134.3
New Mexico	15,431	1,609,049	95.9	94.4	97.4

Female	1,626	143,858	113.0	107.6	118.5
Male	2,079	140,787	147.7	141.4	154.0

18-19 years	144	12,308	117.0	98.0	136.0
20-24 years	442	34,779	127.1	115.3	138.9
25-34 years	886	45,965	192.8	180.2	205.3
35-44 years	764	38,741	197.2	183.4	211.1
45-54 years	702	40,634	172.8	160.1	185.4
55-64 years	416	45,336	91.8	83.0	100.5
65-74 years	190	38,356	49.5	42.5	56.6
75-84 years	105	20,848	50.4	40.8	60.0
85+ years	56	7,678	72.9	53.9	92.0

Table J16. Death by intentional self-harm (suicide), 18+ years, Southwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in Population (person-years)	Deaths per 100,000 Population	95% CI LL	95% CI UL
Catron	15	15,925	94.2	46.6	141.8
Dona Ana	163	804,137	20.3	17.2	23.4
Grant	47	115,792	40.6	29.0	52.2
Hidalgo[#]	11	17,829	61.7	25.2	98.1
Luna	28	92,146	30.4	19.1	41.6
Otero	76	248,733	30.6	23.7	37.4
Sierra	23	48,863	47.1	27.8	66.3
Socorro	22	67,352	32.7	19.0	46.3
SW Health Region	385	1,410,777	27.3	24.6	30.0
New Mexico	2,198	7,967,723	27.6	26.4	28.7

[#] Values are unstable.

Female	75	713,933	10.5	8.1	12.9
Male	310	696,845	44.5	39.5	49.4

18-19 years[#]	11	62,726	17.5	7.2	27.9
20-24 years	29	173,568	16.7	10.6	22.8
25-34 years	58	229,471	25.3	18.8	31.8
35-44 years	53	194,493	27.2	19.9	34.6
45-54 years	64	213,595	30.0	22.6	37.3
55-64 years	54	224,374	24.1	17.6	30.5
65-74 years	63	177,693	35.4	26.7	44.2
75-84 years	40	99,063	40.4	27.9	52.9
85+ years	13	35,794	36.3	16.6	56.1

[#] Values are unstable.

American Indian/Alaska Native^{##}	7	30,395	23.0	6.0	40.1
Asian/Pacific Islander^{##}	1	18,189	5.5	0.0	16.3
Black/African American[#]	3	26,789	11.2	0.0	23.9
Hispanic	124	746,192	16.6	13.7	19.5
White	246	589,211	41.8	36.5	47.0

[#] Values are unstable. ^{##} Values are very unstable.

Table J17. Emergency department encounter for intentional self-injury, Southwest New Mexico Health Region, 2014

	Number of ED Visits	Number in the Population	Age-adjusted Rates, ED Visits Per 10,000 Population	95% CI LL	95%CI UL
Catron^{##}
Dona Ana	341	216,026	16.6	14.8	18.4
Grant	165	29,310	71.3	60.0	82.5
Hidalgo[#]	5	4,613	11.7	1.5	21.9
Luna	46	24,706	21.6	15.2	28.1
Otero	59	66,240	10.2	7.6	12.9
Sierra	13	11,456	16.8	7.3	26.3
Socorro	37	17,588	24.0	16.0	31.9
SW Health Region	668	373,603	19.7	18.2	21.3
New Mexico	3,443	2,098,381	17.5	16.9	18.1

Values are unstable. ## Values are very unstable.

Female	419	187,521	24.6	22.1	27.0
Male	249	186,082	15.0	13.1	16.9

Table J18. Hospitalization for acute episode of mental illness, Southwest New Mexico Health Region, 2016

	Number of Hospitalizations	Number in the Population	Age-adjusted Rates, Hospitalizations Per 10,000 Population	95% CI LL	95%CI UL
Catron[#]	16	3,654	54.5	21.9	87.0
Dona Ana	2,533	217,288	124.3	119.3	129.3
Grant	416	29,005	178.5	160.8	196.2
Hidalgo	40	4,467	97.7	65.7	129.7
Luna	221	24,856	94.9	81.8	107.9
Otero	835	65,658	132.5	123.4	141.7
Sierra	161	11,370	179.1	148.6	209.7
Socorro	158	17,397	100.0	84.0	116.1
SW Health Region	4,380	373,695	126.8	123.0	130.7
New Mexico	18,115	2,103,586	89.5	88.2	90.8

[#] Values are unstable.

Female	2,011	187,438	116.9	111.7	122.2
Male	2,369	186,257	138.5	132.7	144.2

Table J19. Death by intentional self-harm (suicide), Southwest New Mexico Health Region, 2012-2016

	Number of Deaths	Number in the Population (person-years)	Deaths per 100,000 Population (Age-adjusted)	95% CI LL	95%CI UL
Catron[#]	15	18,373	83.5	27.6	139.5
Dona Ana	168	1,080,117	16.1	13.6	18.6
Grant	48	146,320	34.6	24.1	45.1
Hidalgo[#]	11	23,116	57.5	21.6	93.4
Luna	28	124,311	19.3	11.7	26.8
Otero	78	326,851	22.9	17.6	28.2
Sierra	24	57,790	33.5	17.1	49.9
Socorro	22	87,975	24.0	13.4	34.6
SW Health Region	394	1,864,853	20.8	18.7	23.0
New Mexico	2,279	10,488,411	21.5	20.6	22.4

[#] Values are unstable.

Female	76	936,460	8.2	6.2	10.1
Male	318	928,393	34.1	30.2	38.0

American Indian/Alaska Native[#]	7	43,140	15.7	3.8	27.6
Asian/Pacific Islander^{##}	1	22,187	5.4	0.0	15.9
Black/African American^{##}	3	35,385	8.3	0.0	18.0
Hispanic	129	1,071,882	12.9	10.6	15.2
White	249	692,260	31.2	26.8	36.6

[#] Values are unstable. ^{##} Values are very unstable.



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