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Suicide Ideation and Attempts Among New Mexico Adults

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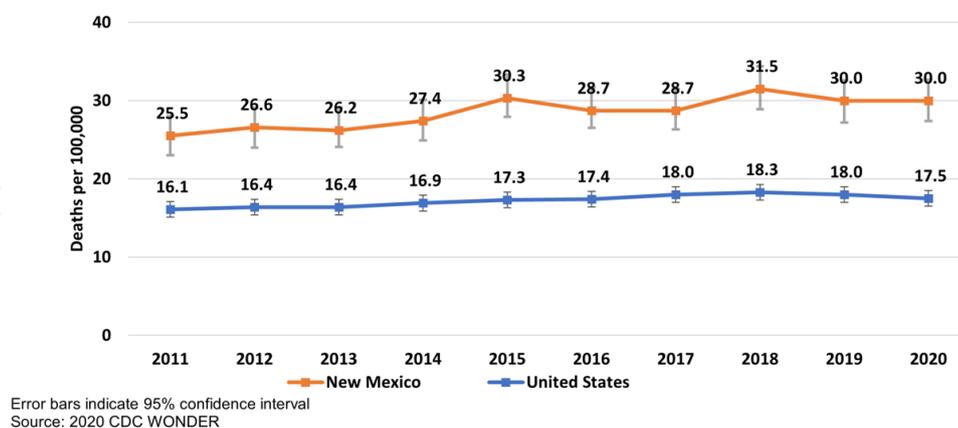
CHAPTER 1

Introduction

Self-directed violence, including a range of behaviors from nonsuicidal self-injury to acts of fatal and nonfatal suicide behavior, represents a major public health issue in New Mexico. In 2020, suicide was the 10th leading cause of death for New Mexico adults (ages 18+) resulting in 490 deaths. Suicide rates are high among adults (30.0 per 100,000 population) when compared with youth aged 12-17 (14.9 per 100,000). New Mexico's adult suicide death rate was at least 50% greater than the United States rate during each year from 2011 to 2020 and was 73% higher than the United State rate in 2020. From 2011 to 2020, the adult suicide death rate increased 17% in New Mexico [3]. In addition to the burden of suicide death, suicide-related behaviors represent a major public health challenge. In 2020, for every New Mexico adult who died by suicide there were approximately 18 hospitalizations for nonfatal suicide-related behaviors and 231 adults thought about attempting suicide [1, 4]. Thousands more are affected by the suicide deaths or suicide-related behaviors of family members or friends [5].

This report uses data from the Behavioral Risk Factor Surveillance System (BRFSS), a national and state-level cross-sectional survey on adult health and behavior, to present recent data on adult suicide-related behaviors. Population survey data is an important tool for estimating the prevalence of suicide thoughts and behaviors, demonstrating the magnitude of the problem, and setting goals for state priorities. Since 2016, New Mexico has included a state specific module with three questions on suicide-related behaviors (see Figure B). These data supplement existing suicide death data to present the broader burden of suicide thoughts and attempts among adults in New Mexico and assess progress of statewide and nationwide suicide prevention strategies.

Figure 1.1: Suicide Deaths, Ages 18+, New Mexico and United States, 2011-2020



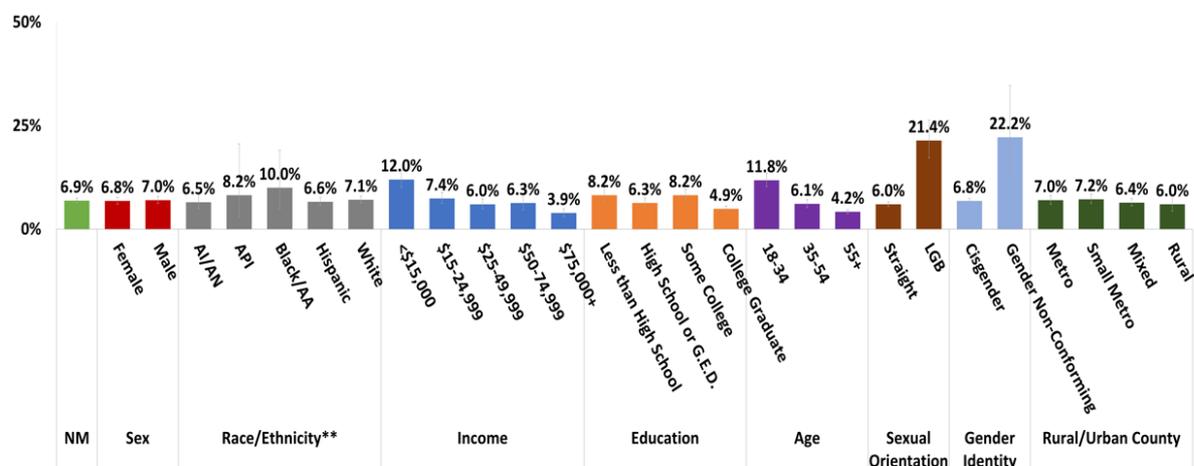
CHAPTER 2

Suicide Ideation and Attempts

2.1 Suicide Ideation

In 2018-2020, one in fifteen (6.9%) New Mexico adults thought about attempting suicide in the past year. Adults with a household income less than \$15,000 per year (12.0%) were more likely than all other incomes groups to think about suicide. Adults with less than a high school diploma (8.2%) were more likely to think about attempting suicide than adults with a college degree (4.9%). Lesbian, gay, or bisexual adults (21.4%) were more than three times as likely to think about attempting suicide than straight adults (6.0%). Transgender or gender non-conforming adults (22.2%) were more than three times as likely to think about attempting suicide than cisgender adults (6.8%). Younger adults (ages 18-34) (11.8%) were more likely to think about attempting suicide than other adults. There were no significant differences in thoughts of suicide by race/ethnicity, sex, or rural/urban county designation (Table C.1).

Figure 2.1: Thought About Attempting Suicide* by Selected Characteristics, Age 18+, New Mexico, 2018-2020



*In the past year, felt so low at times that they thought about committing suicide.

**AI/AN = American Indian/Alaskan Native; API = Asian or Pacific Islander; AA = African American; LGB = Lesbian, Gay, or Bisexual

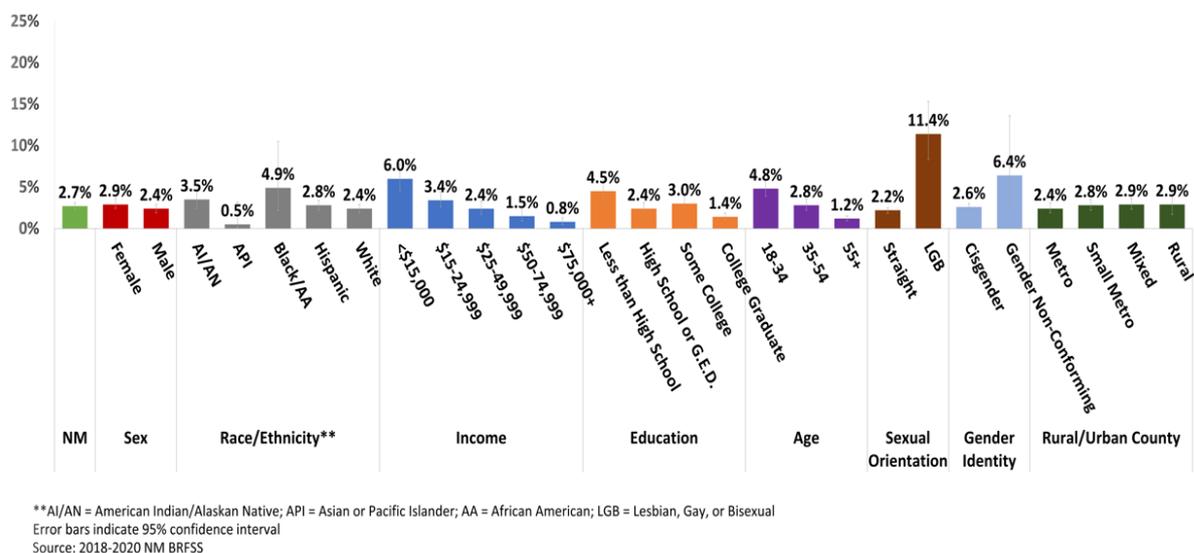
Error bars indicate 95% confidence interval

Source: 2018-2020 NM BRFSS

2.2 Suicide Attempts

In 2018-2020, one in thirty-seven (2.7%) New Mexico adults ever attempted suicide¹. Adults with a household income of less than \$15,000 per year (6.0%) were more likely than all other income categories to have ever attempted suicide. Adults with less than a high school diploma (4.5%) were more likely to have ever attempted suicide than adults who graduated high school (2.4%) or those with a college degree (1.4%). Lesbian, gay, or bisexual adults (11.4%) were more than five times as likely to have ever attempted suicide than straight adults (2.2%). Younger adults (ages 18-34) (4.8%) were more likely to have ever attempted suicide than other adults. Asian or Pacific Islander adults were less likely (0.5%) to have ever attempted suicide than all other race/ethnicities. There were no significant differences in suicide attempt history by sex or rural/urban county designation (Table C.2).

Figure 2.2: Ever Attempted Suicide by Selected Characteristics, Age 18+, New Mexico, 2018-2020



¹ Suicidal attempt estimates from BRFSS 2018-2020 are likely underestimates due to survey methodology during those years (see **Methodology**) for more detail.

2.3 Additional High-risk Groups

Binge Drinking

In 2020, 14.5% of New Mexico adults engaged in binge drinking². Adults who engaged in binge drinking (10.0%) were more likely to have thought about suicide than adults who did not binge drink (6.4%). Adults who engaged in binge drinking (4.5%) were nearly twice as likely to have ever attempted suicide than adults who did not binge drink (2.4%) and twice as likely to have attempted suicide in the past year (1.5%) than adults with no frequent mental distress (0.7%) (**Table C.4**).

Frequent Mental Distress

In 2020, 14.0% of New Mexico adults experienced frequent mental distress³. Adults who experienced frequent mental distress (25.6%) were nearly seven times as likely to have thought about suicide than adults without frequent mental distress (3.8%). Adults who experienced frequent mental distress were eleven times as likely to have ever attempted suicide (12.2%) than adults with no frequent mental distress (1.1%) and twenty-one times as likely to have attempted suicide in the past year (4.2%) than adults with no frequent mental distress (0.2%) (**Table C.5**).

Disability Status

In 2020, 28.4% of New Mexico adults had a disability⁴. Adults with a disability (13.3%) were more than three times as likely to have thought about suicide than adults with no disability (4.1%). Adults with a disability were almost six times as likely to have ever attempted suicide (5.9%) than adults with no disability (1.2%) and seven times as likely to have attempted suicide in the past year (2.1%) than adults with no disability (0.3%) (**Table C.9**).

Access to Healthcare

In 2020, 29.7% of New Mexico adults did not have a routine checkup with a doctor⁵. Adults with no routine doctor checkup (8.8%) were more likely to have thought about suicide than adults with a routine doctor checkup (5.5%). Adults with no routine doctor checkup were almost twice as likely to have ever attempted suicide (3.6%) than adults with a routine doctor checkup (1.9%) (**Table C.8**).

²Binge drinking - five or more drinks on one occasion for a male or four or more drinks on one occasion for a female in the past 30 days

³Frequent mental distress - In the last 30 days, at least 14 days included stress, depression, problems with emotions, or other mental health symptoms

⁴Disability - At least one of the following health issues: Serious difficulty hearing; seeing; doing errands alone; concentrating, remembering, or making decisions; walking or climbing stairs; and/or dressing or bathing.

⁵Routine doctor checkup - A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition that occurred within the past year.

CHAPTER 3

Recommendations

In 2020, New Mexico’s suicide death rate (24.2 per 100,000 persons) was 79.3% higher than the United States rate (13.5 per 100,000 persons) [3]. Suicide prevention activities should be expanded and comprehensively implemented in New Mexico given the disproportionate burden on the state.

3.1 Comprehensive Suicide Prevention

Suicide is preventable. Implementing the prevention activities outlined in the **CDC Technical Package on Preventing Suicide** is a promising approach to reduce suicide-related behaviors and suicide deaths. This public health approach utilizes seven strategies [8]:

Preventing Suicide	
Strategy	Approach
Strengthen economic supports	<ul style="list-style-type: none">• Strengthen household financial security• Housing stabilization policies
Strengthen access and delivery of suicide care	<ul style="list-style-type: none">• Coverage of mental health conditions in health insurance policies• Reduce provider shortages in underserved areas• Safer suicide care through systems change
Create protective environments	<ul style="list-style-type: none">• Reduce access to lethal means among persons at risk of suicide• Organizational policies and culture• Community-based policies to reduce excessive alcohol use
Promote connectedness	<ul style="list-style-type: none">• Peer norm programs• Community engagement activities
Teach coping and problem-solving skills	<ul style="list-style-type: none">• Social-emotional learning programs• Parenting skill and family relationship programs
Identify and support people at risk	<ul style="list-style-type: none">• Gatekeeper training• Crisis intervention• Treatment for people at risk of suicide• Treatment to prevent re-attempts
Lessen harms and prevent future risk	<ul style="list-style-type: none">• Postvention• Safe reporting and messaging about suicide

Suicide thoughts and attempts disproportionately impact persons living in lower income-households, those without a high school diploma, those with a disability, those with frequent mental distress, and persons who identify as lesbian, gay, bisexual, transgender, or gender non-conforming. For these reasons, particular attention at addressing social determinants of health as well, closing gaps

in mental health treatment access, and addressing issues of discrimination and stigma impacting sexual and gender minorities are essential strategies in reducing suicide-related behaviors among New Mexico adults.

3.2 Improved Data Collection

Additional data collection on important mental health indicators and access to essential services is needed to better answer questions at state and sub-state levels related to suicide death and suicide-related behaviors. One recommended strategy is to begin routine data collection on the prevalence of depression and anxiety among New Mexico adults by including the PHQ-2 and GAD-2 screenings (four questions) as well as a measure of access to behavioral health services to the BRFSS survey as a state optional module [6, 7] as a state-specific module. These additions will help policy makers better understand the prevalence of mental illness and the gaps in service availability across the state.

3.3 Data to Action

New and existing data can be used to produce more timely information as well as help stakeholders quickly respond to changing patterns in suicidal behavior. CDC's National Syndromic Surveillance Program (NSSP) is a tool to monitor emergency departments in near real time. Ten U.S. states currently participate in the **Emergency Department Surveillance of Nonfatal Suicide-related Outcomes (ED-SNSRO) Cooperative**. By tracking symptoms of patients in emergency departments public health officials can detect unusual levels of illness to determine whether a response is warranted [2].

APPENDIX A

Methodology

A.1 The Behavioral Risk Factor Surveillance System (BRFSS)

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, nationwide surveillance system that collects data on the prevalence of health conditions in the population and behaviors that affect risk for disease and injury. The surveillance system uses telephone survey methods to collect data in all 50 states, the District of Columbia, Guam, and Puerto Rico. Individuals who are 18 years of age and older, use a cell phone, or live in a private residential household with landline telephone service, are eligible for the survey. Adults who do not have a cell phone for personal use and do not have access to a landline telephone are not eligible for the survey. Additionally, adults who live in college dormitories, nursing homes, or group homes and do not have a cell phone for personal use or live in institutions, such as prisons, are not eligible for the survey.

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

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

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

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

The BRFSS is supported and coordinated by the Division of Population Health, Population Health Surveillance Branch, of the CDC.

The CDC has a web site dedicated to the BRFSS:

<http://www.cdc.gov/brfss>

A.2 Analysis

Data in this report was analyzed using statistical software, Stata (v17.0), of the 2018-2020 BRFSS dataset shared by NMDOH BRFSS epidemiologist. Multiple years of BRFSS data (2018, 2019, and 2020) were combined for a more robust sample size in order to improve capacity for statistically meaningful inferences. Tables and charts were prepared in excel and included in this report. Data in the introduction referencing suicide deaths and hospitalizations included data available from **CDC Wonder - Underlying Cause of Death Form** as well as NMDOH's Hospitalization Inpatient Discharge Data (HIDD). HIDD data analyzed is not de-duplicated meaning a single adult can be hospitalized multiple times in a single year and counted for each instance. HIDD data does not include federal hospitals such as those operated by Veterans Affairs (VA) or Indian Health Service (IHS) and therefore under counts the actual number of events.

A.3 Data Note

The NM BRFSS has included three questions about suicide-related behaviors since 2016 (see Figure B). From 2016 to 2020, BRFSS interviewers were instructed to skip questions two and three about suicide attempts if the respondent answered "No" to thinking about suicide in the past year. This approach meant that persons who had ever attempted suicide but had not thought about suicide in the past year were not captured as having ever attempted suicide. Additionally, given that some persons attempt suicide with little or no prior consideration it is believed that excluding suicide attempts from persons who did not consider suicide in the past year is a major limitation of the data collected. Since 2021, the module and method has been modified to ask all respondents all three questions. Beginning in 2022, the wording of the first question has been changed to replace the term "committing suicide" with "attempting suicide" to avoid the use stigmatizing language. Data from these changes will be available for future reports

APPENDIX B

New Mexico State Added Module: Suicide Questions

1. In the Past Year, have you felt so low at times that you thought about committing suicide?

- *Yes*
- *No*
- *Don't Know/Not Sure*
- *Refused*

2. Have you ever attempted suicide?

- *Yes*
- *No*
- *Don't Know/Not Sure*
- *Refused*

3. In the past year, have you attempted suicide?

- *Yes*
- *No*
- *Don't Know/Not Sure*
- *Refused*

Closing Statement: This topic may bring up past experiences that some people may wish to talk about. If you would like to talk to a trained counselor, you can call toll-free to 1-855-NMCRISIS (662-7474). Would you like me to repeat this number?

APPENDIX C

Tables

C.1 Suicide Ideation and Attempts

Table C.1: Thought About Attempting Suicide* by Selected Characteristics, Age 18+, New Mexico, 2018-2020

	No Suicide Thoughts		Suicide Thoughts		Sample Size
	%	95% CI	%	95% CI	
Sex					
Male	93.0	[92.1-93.8]	7.0	[6.2-7.9]	7637
Female	93.2	[92.3-94.0]	6.8	[6.0-7.7]	9392
Race/Ethnicity					
American Indian or Alaskan Native	93.5	[91.6-95.0]	6.5	[5.0-8.4]	1583
Asian or Pacific Islander	91.8	[79.4-97.0]	8.2	[3.0-20.6]	126
Black or African American	90.0	[80.9-95.0]	10.0	[5.0-19.1]	195
Hispanic	93.4	[92.4-94.3]	6.6	[5.7-7.6]	5518
White	92.9	[92.0-93.7]	7.1	[6.3-8.0]	9284
Income					
<\$15,000	88.0	[85.8-89.9]	12.0	[10.1-14.2]	1880
\$15-24,999	92.6	[91.1-93.8]	7.4	[6.2-8.9]	3114
\$25-49,999	94.0	[92.7-95.1]	6.0	[4.9-7.3]	3648
\$50-74,999	93.7	[91.5-95.4]	6.3	[4.6-8.5]	2132
\$75,000+	96.1	[95.1-97.0]	3.9	[3.0-4.9]	4091
Education					
Less than High School	91.8	[89.9-93.4]	8.2	[6.6-10.1]	1810
High School Graduate or G.E.D.	93.7	[92.5-94.7]	6.3	[5.3-7.5]	4515
Some College	91.8	[90.4-93.0]	8.2	[7.0-9.6]	4658
College Graduate	95.1	[94.4-95.8]	4.9	[4.2-5.6]	6098
Age					
18-34	88.2	[86.4-89.7]	11.8	[10.3-13.6]	2587
35-54	93.9	[92.9-94.8]	6.1	[5.2-7.1]	4129
55+	95.8	[95.3-96.3]	4.2	[3.7-4.7]	10282
Sexual Orientation					
Straight	94.0	[93.4-94.5]	6.0	[5.5-6.6]	16002
Lesbian, Gay, Bisexual, or Other	78.6	[73.7-82.8]	21.4	[17.2-26.3]	677
Gender Identity					
Cisgender	93.2	[92.6-93.8]	6.8	[6.2-7.4]	16845
Transgender or Gender Non-Conforming	77.8	[65.3-86.7]	22.2	[13.3-34.7]	89
Rural/Urban County					
Metro Area	93.0	[91.9-94.0]	7.0	[6.0-8.1]	3944
Small Metro Area	92.8	[91.6-93.8]	7.2	[6.2-8.4]	5446
Mixed Urban/Rural Area	93.6	[92.6-94.4]	6.4	[5.6-7.4]	6333
Rural Area	94.0	[91.7-95.7]	6.0	[4.3-8.3]	1210
Total					
All Obs.	93.1	[92.5-93.7]	6.9	[6.3-7.5]	17113

*In the past year, felt so low at times that they thought about committing suicide

Source: 2018-2020 NM BRFSS

Table C.2: Ever Attempted Suicide by Selected Characteristics, Age 18+, New Mexico, 2018-2020

	Never Attempted Suicide		Attempted Suicide		Sample Size
	%	95% CI	%	95% CI	
Sex					
Male	97.6	[97.1-98.1]	2.4	[1.9-2.9]	7634
Female	97.1	[96.4-97.6]	2.9	[2.4-3.6]	9391
Race/Ethnicity					
American Indian or Alaskan Native	96.5	[94.8-97.6]	3.5	[2.4-5.2]	1583
Asian or Pacific Islander	99.5	[96.8-99.9]	0.5	[0.1-3.2]	126
Black or African American	95.1	[89.5-97.8]	4.9	[2.2-10.5]	195
Hispanic	97.2	[96.6-97.8]	2.8	[2.2-3.4]	5515
White	97.6	[97.1-98.1]	2.4	[1.9-2.9]	9282
Income					
<\$15,000	94.0	[92.3-95.4]	6.0	[4.6-7.7]	1879
\$15-24,999	96.6	[95.6-97.4]	3.4	[2.6-4.4]	3113
\$25-49,999	97.6	[96.7-98.3]	2.4	[1.7-3.3]	3648
\$50-74,999	98.5	[97.4-99.1]	1.5	[0.9-2.6]	2131
\$75,000+	99.2	[98.7-99.5]	0.8	[0.5-1.3]	4090
Education					
Less than High School	95.5	[94.1-96.6]	4.5	[3.4-5.9]	1810
High School Graduate or G.E.D.	97.6	[96.9-98.1]	2.4	[1.9-3.1]	4512
Some College	97.0	[96.1-97.6]	3.0	[2.4-3.9]	4656
College Graduate	98.6	[98.1-99.0]	1.4	[1.0-1.9]	6098
Age					
18-34	95.2	[94.1-96.1]	4.8	[3.9-5.9]	2586
35-54	97.2	[96.4-97.8]	2.8	[2.2-3.6]	4127
55+	98.8	[98.5-99.1]	1.2	[0.9-1.5]	10280
Sexual Orientation					
Straight	97.8	[97.5-98.2]	2.2	[1.8-2.5]	15999
Lesbian, Gay, Bisexual, or Other	88.6	[84.7-91.7]	11.4	[8.3-15.3]	676
Gender Identity					
Cisgender	97.4	[97.0-97.7]	2.6	[2.3-3.0]	16841
Transgender or Gender Non-Conforming	93.6	[86.4-97.1]	6.4	[2.9-13.6]	89
Rural/Urban County					
Metro Area	97.6	[96.9-98.1]	2.4	[1.9-3.1]	3943
Small Metro Area	97.2	[96.5-97.8]	2.8	[2.2-3.5]	5443
Mixed Urban/Rural Area	97.1	[96.4-97.7]	2.9	[2.3-3.6]	6332
Rural Area	97.1	[95.1-98.3]	2.9	[1.7-4.9]	1210
Total					
All Obs.	97.3	[96.9-97.7]	2.7	[2.3-3.1]	17108

Source: 2018-2020 NM BRFSS

Table C.3: Attempted Suicide in the Past Year by Selected Characteristics, Age 18+, New Mexico, 2018-2020

	Did Not Attempt Suicide		Attempted Suicide		Sample Size
	%	95% CI	%	95% CI	
Sex					
Male	99.3	[99.0-99.5]	0.7	[0.5-1.0]	7634
Female	99.1	[98.7-99.4]	0.9	[0.6-1.3]	9389
Race/Ethnicity					
American Indian or Alaskan Native	98.9	[98.1-99.4]	1.1	[0.6-1.9]	1583
Asian or Pacific Islander	100.0		0.0		126
Black or African American	96.4	[90.5-98.7]	3.6	[1.3-9.5]	195
Hispanic	99.0	[98.5-99.3]	1.0	[0.7-1.5]	5514
White	99.5	[99.2-99.7]	0.5	[0.3-0.8]	9282
Income					
<\$15,000	98.4	[97.5-99.0]	1.6	[1.0-2.5]	1878
\$15-24,999	99.1	[98.5-99.4]	0.9	[0.6-1.5]	3113
\$25-49,999	99.3	[98.5-99.7]	0.7	[0.3-1.5]	3648
\$50-74,999	99.4	[98.5-99.8]	0.6	[0.2-1.5]	2131
\$75,000+	99.8	[99.5-99.9]	0.2	[0.1-0.5]	4090
Education					
Less than High School	98.3	[97.2-98.9]	1.7	[1.1-2.8]	1810
High School Graduate or G.E.D.	99.1	[98.6-99.4]	0.9	[0.6-1.4]	4511
Some College	99.2	[98.7-99.5]	0.8	[0.5-1.3]	4656
College Graduate	99.8	[99.6-99.9]	0.2	[0.1-0.4]	6097
Age					
18-34	98.3	[97.5-98.8]	1.7	[1.2-2.5]	2585
35-54	99.1	[98.6-99.4]	0.9	[0.6-1.4]	4127
55+	99.9	[99.8-99.9]	0.1	[0.1-0.2]	10279
Sexual Orientation					
Straight	99.4	[99.2-99.6]	0.6	[0.4-0.8]	15997
Lesbian, Gay, Bisexual, or Other	94.9	[91.2-97.0]	5.1	[3.0-8.8]	676
Gender Identity					
Cisgender	99.2	[99.0-99.4]	0.8	[0.6-1.0]	16839
Transgender or Gender Non-Conforming	97.1	[89.6-99.3]	2.9	[0.7-10.4]	89
Rural/Urban County					
Metro Area	99.3	[98.8-99.6]	0.7	[0.4-1.2]	3943
Small Metro Area	99.1	[98.6-99.4]	0.9	[0.6-1.4]	5442
Mixed Urban/Rural Area	99.2	[98.8-99.5]	0.8	[0.5-1.2]	6331
Rural Area	99.0	[97.0-99.7]	1.0	[0.3-3.0]	1210
Total					
All Obs.	99.2	[98.9-99.4]	0.8	[0.6-1.1]	17106

Source: 2018-2020 NM BRFSS

C.2 Additional High-Risk Groups

Table C.4: Suicide Related Behaviors Among Binge Drinkers*, Age 18+, New Mexico, 2018-2020

	No Binge Drinking		Binge Drinking		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	93.6	[93.0-94.2]	90.0	[87.7-91.9]	93.1	[92.5-93.7]	15,936
Thought About Attempting Suicide	6.4	[5.8-7.0]	10.0	[8.1-12.3]	6.9	[6.3-7.5]	1,007
Ever Attempted Suicide							
Never Attempted Suicide	97.6	[97.2-98.0]	95.5	[93.7-96.7]	97.3	[96.9-97.7]	16,570
Attempted Suicide	2.4	[2.0-2.8]	4.5	[3.3-6.3]	2.7	[2.3-3.1]	368
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	99.3	[99.0-99.5]	98.5	[97.3-99.2]	99.2	[98.9-99.4]	16,839
Attempted Suicide	0.7	[0.5-1.0]	1.5	[0.8-2.7]	0.8	[0.6-1.1]	97

*Binge drinking defined as five or more drinks in one sitting for a male or four or more drinks for a female

Source: 2018-2020 NM BRFSS

Table C.5: Suicide Related Behaviors Among Those Who Experienced Frequent Mental Distress*, Age 18+, New Mexico, 2018-2020

	No Frequent Mental Distress		Frequent Mental Distress		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	96.2	[95.7-96.7]	74.4	[71.6-77.0]	93.2	[92.6-93.8]	15,907
Thought About Attempting Suicide	3.8	[3.3-4.3]	25.6	[23.0-28.4]	6.8	[6.2-7.4]	997
Ever Attempted Suicide							
Never Attempted Suicide	98.9	[98.7-99.1]	87.8	[85.5-89.7]	97.4	[97.0-97.7]	16,535
Attempted Suicide	1.1	[0.9-1.3]	12.2	[10.3-14.5]	2.6	[2.3-3.0]	364
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	99.8	[99.6-99.9]	95.8	[94.2-97.0]	99.2	[99.0-99.4]	16,804
Attempted Suicide	0.2	[0.1-0.4]	4.2	[3.0-5.8]	0.8	[0.6-1.0]	93

*14+ Days of Mental Health “Not Good”

Source: 2018-2020 NM BRFSS

Table C.6: Suicide Related Behaviors Among Those with a Depressive Disorder*, Age 18+, New Mexico, 2018-2020

	No Depressive Disorder		Depressive Disorder		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	96.8	[96.3-97.3]	76.0	[73.6-78.3]	93.2	[92.5-93.7]	16,044
Thought About Attempting Suicide	3.2	[2.7-3.7]	24.0	[21.7-26.4]	6.8	[6.3-7.5]	1,009
Ever Attempted Suicide							
Never Attempted Suicide	99.2	[99.0-99.4]	88.5	[86.6-90.2]	97.3	[96.9-97.7]	16,679
Attempted Suicide	0.8	[0.6-1.0]	11.5	[9.8-13.4]	2.7	[2.3-3.1]	369
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	99.8	[99.7-99.9]	96.3	[95.0-97.3]	99.2	[98.9-99.4]	16,950
Attempted Suicide	0.2	[0.1-0.3]	3.7	[2.7-5.0]	0.8	[0.6-1.1]	96

*(Ever Told) by a doctor, nurse, or other health professional that you had any of the following: a depressive disorder, including depression, major depression, dysthymia, or minor depression

Source: 2018-2020 NM BRFSS

Table C.7: Suicide Related Behaviors Among Those with Poor Physical Health*, Age 18+, New Mexico, 2018-2020

	<14 Days of Poor Health		14+ Days of Poor Health		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	94.2	[93.6-94.8]	86.4	[84.2-88.3]	93.2	[92.6-93.8]	15,890
Thought About Attempting Suicide	5.8	[5.2-6.4]	13.6	[11.7-15.8]	6.8	[6.2-7.4]	1,001
Total	100.0		100.0		100.0		16,891
Ever Attempted Suicide							
Never Attempted Suicide	97.9	[97.6-98.3]	93.6	[91.9-95.0]	97.4	[97.0-97.7]	16,523
Attempted Suicide	2.1	[1.7-2.4]	6.4	[5.0-8.1]	2.6	[2.3-3.0]	363
Total	100.0		100.0		100.0		16,886
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	99.3	[99.0-99.5]	98.4	[97.5-99.0]	99.2	[98.9-99.4]	16,788
Attempted Suicide	0.7	[0.5-1.0]	1.6	[1.0-2.5]	0.8	[0.6-1.1]	96
Total	100.0		100.0		100.0		16,884

*14+ Days of physical health "Not Good"

Source: 2018-2020 NM BRFSS

Table C.8: Suicide Related Behaviors Among Those Who Had a Routine Checkup with a Doctor*, Age 18+, New Mexico, 2018-2020

	No Routine Doctor Visit		Routine Doctor Visit		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	91.2	[89.8-92.4]	93.9	[93.2-94.5]	93.1	[92.5-93.7]	16,001
Thought About Attempting Suicide	8.8	[7.6-10.2]	6.1	[5.5-6.8]	6.9	[6.3-7.5]	1,015
Ever Attempted Suicide							
Never Attempted Suicide	96.4	[95.5-97.2]	97.7	[97.3-98.1]	97.3	[96.9-97.7]	16,643
Attempted Suicide	3.6	[2.8-4.5]	2.3	[1.9-2.7]	2.7	[2.3-3.1]	368
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	98.7	[98.1-99.1]	99.4	[99.1-99.6]	99.2	[98.9-99.4]	16,912
Attempted Suicide	1.3	[0.9-1.9]	0.6	[0.4-0.9]	0.8	[0.6-1.1]	97

*Within past year, had a routine checkup (A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition)
Source: 2018-2020 NM BRFSS

Table C.9: Suicide Related Behaviors by Disability Status, Age 18+, New Mexico, 2018-2020

	No Disability		Has a Disability		Total		Sample Size
	%	95% CI	%	95% CI	%	95% CI	
Thought About Attempting Suicide							
No Suicide Thoughts	95.9	[95.3-96.5]	86.7	[85.2-88.1]	93.3	[92.7-93.8]	15,932
Thought About Attempting Suicide	4.1	[3.5-4.7]	13.3	[11.9-14.8]	6.7	[6.2-7.3]	999
Ever Attempted Suicide							
Never Attempted Suicide	98.8	[98.4-99.0]	94.1	[93.0-95.0]	97.4	[97.0-97.8]	16,566
Attempted Suicide	1.2	[1.0-1.6]	5.9	[5.0-7.0]	2.6	[2.2-3.0]	361
Attempted Suicide in the Past Year							
Did Not Attempt Suicide	99.7	[99.6-99.8]	97.9	[97.1-98.5]	99.2	[99.0-99.4]	16,830
Attempted Suicide	0.3	[0.2-0.4]	2.1	[1.5-2.9]	0.8	[0.6-1.0]	95

*At least one of the following health issues: Serious difficulty hearing; serious difficulty seeing; difficulty doing errands alone; difficulty concentrating, remembering, or making decisions; serious difficulty walking or climbing stairs; and/or serious difficulty dressing or bathing
Source: 2018-2020 NM BRFSS

C.3 Suicide Ideation and Attempts - Region and County

Table C.10: Thought About Attempting Suicide by Region and County, Age 18+, New Mexico, 2018-2020

	No Suicide Thoughts		Thought About Attempting Suicide		Sample Size
	%	95% CI	%	95% CI	
Region					
Northwest	92.8	[91.4-94.0]	7.2	[6.0-8.6]	4079
Northeast	93.2	[91.9-94.2]	6.8	[5.8-8.1]	3396
Metro	92.9	[91.7-93.9]	7.1	[6.1-8.3]	3962
Southeast	93.7	[92.3-94.9]	6.3	[5.1-7.7]	2739
Southwest	93.4	[91.9-94.6]	6.6	[5.4-8.1]	2937
County					
Bernalillo	92.5	[91.1-93.7]	7.5	[6.3-8.9]	2814
Catron	91.4	[82.1-96.1]	8.6	[3.9-17.9]	94
Chaves	93.9	[90.9-96.0]	6.1	[4.0-9.1]	628
Cibola	91.6	[86.4-94.9]	8.4	[5.1-13.6]	744
Colfax	97.5	[94.1-99.0]	2.5	[1.0-5.9]	152
Curry	94.6	[91.3-96.7]	5.4	[3.3-8.7]	457
DeBaca					**
Dona Ana	92.4	[90.1-94.1]	7.6	[5.9-9.9]	1476
Eddy	94.5	[91.0-96.7]	5.5	[3.3-9.0]	429
Grant	95	[91.1-97.3]	5	[2.7-8.9]	337
Guadalupe	94.2	[82.0-98.3]	5.8	[1.7-18.0]	52
Harding					**
Hidalgo					**
Lea	91.9	[88.0-94.6]	8.1	[5.4-12.0]	555
Lincoln	93.5	[88.3-96.4]	6.5	[3.6-11.7]	282
Los Alamos	89.9	[82.7-94.2]	10.1	[5.8-17.3]	256
Luna	96.8	[93.1-98.6]	3.2	[1.4-6.9]	198
McKinley	93.5	[90.7-95.5]	6.5	[4.5-9.3]	878
Mora	96.7	[89.2-99.0]	3.3	[1.0-10.8]	74
Otero	94.6	[90.3-97.0]	5.4	[3.0-9.7]	490
Quay	89	[74.0-95.9]	11	[4.1-26.0]	125
Rio Arriba	92.4	[88.8-94.9]	7.6	[5.1-11.2]	518
Roosevelt	96	[90.6-98.4]	4	[1.6-9.4]	188
Sandoval	95	[91.9-96.9]	5	[3.1-8.1]	640
San Juan	92.6	[90.8-94.2]	7.4	[5.8-9.2]	2390
San Miguel	93.4	[88.6-96.2]	6.6	[3.8-11.4]	304
Santa Fe	93.4	[91.6-94.8]	6.6	[5.2-8.4]	1580
Sierra	93.9	[80.7-98.3]	6.1	[1.7-19.3]	136
Socorro	92.6	[85.3-96.4]	7.4	[3.6-14.7]	150
Taos	91.1	[85.7-94.6]	8.9	[5.4-14.3]	351
Torrance	96.8	[91.7-98.8]	3.2	[1.2-8.3]	75
Union	97.6	[90.7-99.4]	2.4	[0.6-9.3]	66
Valencia	93.8	[89.9-96.3]	6.2	[3.7-10.1]	415
Total					
All Obs.	93.1	[92.5-93.7]	6.9	[6.3-7.5]	17113

*In the past year, felt so low at times that they thought about committing suicide

** Data suppressed due to insufficient sample size

Source: 2018-2020 NM BRFSS

Table C.11: Ever Attempted Suicide by Region and County, Age 18+, New Mexico, 2018-2020

	Never Attempted Suicide		Attempted Suicide		Sample Size
	%	95% CI	%	95% CI	
Region					
Northwest	96.8	[95.7-97.5]	3.2	[2.5-4.3]	4079
Northeast	97.7	[96.9-98.3]	2.3	[1.7-3.1]	3393
Metro	97.5	[96.8-98.1]	2.5	[1.9-3.2]	3961
Southeast	97.2	[96.2-98.0]	2.8	[2.0-3.8]	2738
Southwest	97.0	[95.9-97.8]	3.0	[2.2-4.1]	2937
County					
Bernalillo	97.7	[96.9-98.3]	2.3	[1.7-3.1]	2813
Catron	96.8	[87.6-99.2]	3.2	[0.8-12.4]	94
Chaves	96.3	[93.6-97.9]	3.7	[2.1-6.4]	628
Cibola	96.1	[91.4-98.3]	3.9	[1.7-8.6]	744
Colfax	99.0	[96.2-99.8]	1.0	[0.2-3.8]	152
Curry	98.5	[96.5-99.3]	1.5	[0.7-3.5]	456
DeBaca					**
Dona Ana	96.9	[95.4-97.9]	3.1	[2.1-4.6]	1476
Eddy	98.1	[95.2-99.3]	1.9	[0.7-4.8]	429
Grant	97.5	[93.5-99.1]	2.5	[0.9-6.5]	337
Guadalupe	94.2	[82.0-98.3]	5.8	[1.7-18.0]	52
Harding					**
Hidalgo					**
Lea	96.5	[93.7-98.0]	3.5	[2.0-6.3]	555
Lincoln	98.1	[92.9-99.5]	1.9	[0.5-7.1]	282
Los Alamos	98.2	[95.3-99.3]	1.8	[0.7-4.7]	256
Luna	97.2	[93.6-98.8]	2.8	[1.2-6.4]	198
McKinley	96.1	[93.9-97.6]	3.9	[2.4-6.1]	878
Mora	100.0		0.0		74
Otero	97.2	[92.7-99.0]	2.8	[1.0-7.3]	490
Quay	92.8	[78.3-97.9]	7.2	[2.1-21.7]	125
Rio Arriba	97.3	[94.6-98.6]	2.7	[1.4-5.4]	518
Roosevelt	97.9	[93.2-99.4]	2.1	[0.6-6.8]	188
Sandoval	97.4	[94.3-98.9]	2.6	[1.1-5.7]	640
San Juan	97.1	[95.9-98.0]	2.9	[2.0-4.1]	2390
San Miguel	97.1	[92.9-98.8]	2.9	[1.2-7.1]	304
Santa Fe	97.8	[96.6-98.5]	2.2	[1.5-3.4]	1577
Sierra	94.9	[80.1-98.9]	5.1	[1.1-19.9]	136
Socorro	96.2	[89.5-98.7]	3.8	[1.3-10.5]	150
Taos	97.7	[94.1-99.1]	2.3	[0.9-5.9]	351
Torrance	99.6	[97.1-99.9]	0.4	[0.1-2.9]	75
Union	100.0		0.0		66
Valencia	96.6	[93.0-98.4]	3.4	[1.6-7.0]	415
Total					
All Obs.	97.3	[96.9-97.7]	2.7	[2.3-3.1]	17108

** Data suppressed due to insufficient sample size

Source: 2018-2020 NM BRFSS

Table C.12: Attempted Suicide in the Past Year by Region and County, Age 18+, New Mexico, 2018-2020

	Did Not Attempt Suicide		Attempted Suicide		Sample Size
	%	95% CI	%	95% CI	
Region					
Northwest	98.9	[98.2-99.3]	1.1	[0.7-1.8]	4078
Northeast	99.6	[99.2-99.8]	0.4	[0.2-0.8]	3393
Metro	99.2	[98.7-99.5]	0.8	[0.5-1.3]	3961
Southeast	99.4	[98.9-99.7]	0.6	[0.3-1.1]	2738
Southwest	98.8	[98.0-99.3]	1.2	[0.7-2.0]	2936
County					
Bernalillo	99.3	[98.8-99.6]	0.7	[0.4-1.2]	2813
Catron	100.0		0.0		94
Chaves	99.7	[98.9-99.9]	0.3	[0.1-1.1]	628
Cibola	98.2	[91.8-99.6]	1.8	[0.4-8.2]	743
Colfax	100.0		0.0		152
Curry	99.2	[97.4-99.8]	0.8	[0.2-2.6]	456
DeBaca					**
Dona Ana	98.9	[97.8-99.4]	1.1	[0.6-2.2]	1475
Eddy	100.0		0.0		429
Grant	98.5	[94.3-99.6]	1.5	[0.4-5.7]	337
Guadalupe	100.0		0.0		52
Harding					**
Hidalgo					**
Lea	98.4	[96.3-99.3]	1.6	[0.7-3.7]	555
Lincoln	99.8	[98.8-100.0]	0.2	[0.0-1.2]	282
Los Alamos	99.4	[95.7-99.9]	0.6	[0.1-4.3]	256
Luna	99.1	[96.3-99.8]	0.9	[0.2-3.7]	198
McKinley	98.6	[97.2-99.3]	1.4	[0.7-2.8]	878
Mora	100.0		0.0		74
Otero	99.2	[94.4-99.9]	0.8	[0.1-5.6]	490
Quay	100.0		0.0		125
Rio Arriba	100.0		0.0		518
Roosevelt	100.0		0.0		188
Sandoval	99.0	[96.4-99.7]	1.0	[0.3-3.6]	640
San Juan	99.1	[98.2-99.5]	0.9	[0.5-1.8]	2390
San Miguel	99.4	[97.3-99.9]	0.6	[0.1-2.7]	304
Santa Fe	99.4	[98.7-99.8]	0.6	[0.2-1.3]	1577
Sierra	96.2	[77.8-99.5]	3.8	[0.5-22.2]	136
Socorro	97.4	[89.6-99.4]	2.6	[0.6-10.4]	150
Taos	99.7	[97.9-100.0]	0.3	[0.0-2.1]	351
Torrance	100.0		0.0		75
Union	100.0		0.0		66
Valencia	99.2	[96.6-99.8]	0.8	[0.2-3.4]	415
Total					
All Obs.	99.2	[98.9-99.4]	0.8	[0.6-1.1]	17106

** Data suppressed due to insufficient sample size

Source: 2018-2020 NM BRFSS

Acronyms

BRFSS Behavioral Risk Factor Surveillance System. ii, 1, 6–8

CDC Centers for Disease Control and Prevention. 6

HIDD Hospitalization Inpatient Discharge Data. 8

NMDOH New Mexico Department of Health. 8

NSSP National Syndromic Surveillance Program. 6

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