

Public Health Division Southeast Region

2023

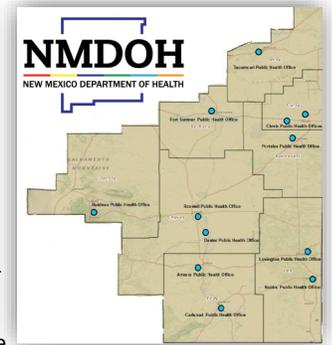
CHAVES ♦ CURRY ♦ DEBACA ♦ EDDY ♦ LEA ♦ LINCOLN ♦ QUAY ♦ ROOSEVELT

SUBSTANCE USE AND MENTAL DISORDERS

Of the 801 New Mexicans who died from drug overdoses in 2020; 82 of those were in the SE Region. The drug overdose rate was 29.9, slightly lower than the state average of 39.7 per 100,000 (age-adjusted.) There were 520 deaths in NM due to suicide, of these 75 were from the SE Region. The SE Region is above the state's average of 24.3%.

WHAT IS PUBLIC HEALTH IN THE SE REGION DOING ABOUT IT?

- In FY21, the SE Region Harm Reduction Team and public health offices disbursed 1,052,060 syringes with a 99.58% collection rate, there were 395 overdose reversals, 5,842 harm reduction interactions, and 4,374 clients. Naloxone was disbursed to 2,464 clients. Fentanyl testing strips can now be distributed to individuals enrolled in their programs.
- Professional Service Contracts have been made between various county community partners and NMDOH to handle Drug Overdose Prevention to expand Naloxone availability, safe prescribing, increase access to Medication Assisted Treatment (MAT) through Primary Care Physicians (PCP) and other Substance Use Disorder (SUD) treatment .
- La Casa Behavioral Health in Chaves County received a grant by the Substance Abuse and Mental Health Services Administration that focuses on vaping, cannabis, and reduction of fentanyl use in teens.
- Online resource "There is Another Way"—tackling the Opioid Crisis or www.AnotherWayNM.com people share their stories as well as resources. Overdose Prevention contractors and stakeholders utilize Basecamp which is a community platform that provides trainings, links, and education.
- Nicotine Use Prevention and Control (NUPAC) Program and its partners work with organizations to implement activities and services that decrease the harmful and addictive use of commercial tobacco/nicotine.
- Q.P.R./Suicide Prevention –team members are QPR certified (**Question, Persuade, Refer**) provides suicide prevention training by recognizing the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



TEEN BIRTHS/DELAYED PREGNANCIES

Among the 5 Public Health Division (PHD) Regions, the SE Region had the highest teen rate of pregnancy (15-19yrs.) The birth rate in 2020 with 34.3 births per 1,000 girls. The teen birth rate has declined by 15% since 2020. The SE Region's Public Health Offices keep a variety of Long Acting Reversible Contraception methods in their offices and sees that population as a priority. The SE Region has a 27.3 rate for Syphilis, which is higher than the NE and SW regions and the US rate is 13.1 per 100,000. The region addresses the high Syphilis rate through testing, staging and treating clients and their partners assisted by the Disease Intervention Specialists team making contact with partners.

WHAT IS PUBLIC HEALTH IN THE SE REGION DOING ABOUT IT?

- Efforts are being made in Lea County to collaborate with local providers to offer Long- Acting Reversible Contraception.
- MyPower has been implemented in Lea County. It is a program that empowers young women to successfully navigate the teen years by making good choices, setting goals, succeeding academically, and avoiding teen pregnancy and it offers three quality program at no cost.
- S.W.A.G. (Success with Adolescent Goals) has been implemented in the Chaves County. S.W.A.G. is a teen pregnancy prevention program that teaches children about goal setting and making priorities important to youth.
- Public Health Offices and Health Councils co-sponsor annual youth events that provide the opportunity for students to experience some life choices, decisions, and potential careers in a place that is safe and engaging. All 8th graders are invited to participate in the MAZE of Life event. The MAZE of Life is an interactive life-sized game (health fair) set up in a maze format. The MAZE event is designed to expose students to life and social issues they might be currently facing and/or will be facing in the future, such as: education, finances, legal matters, substance use, preventing teen pregnancy and STDs, etc.

CHRONIC DISEASE

NM-IBIS shows that the leading cause of death in SE New Mexico is heart disease. Seven of the Southeast's eight counties have rates of Heart Disease Deaths that were higher than the state's average of 147.3 per 100,000 population, with Chaves County having highest rate of 222.5 deaths per 100,000 population. 674 people in the SE Region died because of heart disease. Cancer, Coronavirus, and Chronic Lower Respiratory diseases are included in the top five causes of death in the region. The State of New Mexico's average rate for Diabetes Deaths was 29.9 per 100,000 population. Diabetes is the 6th leading cause of death in the SE Region and seven of the SE Region's counties were above the norm and Curry County had the highest ranking of 48.2 deaths per 100,000 population.

WHAT IS PUBLIC HEALTH IN THE SE REGION DOING ABOUT IT?

- Paths to Health New Mexico: Prevent T2/Diabetes, My CD/Managing Your Chronic Disease, Cancer and Thriving and diabetes support groups are established in Roswell to coordinate with the workshops and other activities around chronic disease self-management.
- Efforts were made in different counties in the Southeast Region around trail planning with partners including NM Dept. of Transportation, National Park Service, Bureau of Land Management, city & county governments, among other partners.
- The Health Promotion Division assists county health councils in addressing their health priorities and ensuring health equity. Focus has been on the Community Health Improvement Plan for all eight counties.
- The Health Promotion Division participates in several outreaches during the year to educate the public on the importance of wellness.

OBESITY/FOOD ACCESS

In 2019, all of the SE Region counties (Chaves, Curry, De Baca, Eddy, Lea, Lincoln, Quay and Roosevelt) had either overweight and obesity among youth rates higher than the state average of 15.7% 2019* based upon the findings of the Youth Risk and Resiliency Survey.

WHAT IS PUBLIC HEALTH IN THE SE REGION DOING ABOUT IT?

- During FY20, The SE Region Women, Infants and Children (WIC) Program had a caseload of 66,924 participants. SE Region WIC collaborated with Cooperative Extension ICAN (Ideas for Cooking and Nutrition) in Roosevelt and Curry counties. ICAN educators provide short food demonstrations using WIC approved foods twice per month to WIC clients as an added value to required WIC nutrition education.
- The regional Health Promotion Program assists the Healthy Kids Healthy Communities (HKHC). Coordinators collect Body Mass Index (BMI) data in public elementary schools (Kindergarten and 3rd grade) to better understand statewide prevalence, identify at-risk groups, guide state and local prevention efforts, and inform appropriate resource allocation. Coordinators on their Healthy Kids Facebook page posted news, resources, recipes, and nutrition and physical activity tips in addition to recognizing community partners and promoting events. Healthy Kids 5210 Challenge encourages students for 21 days to eat five (5) fruits or vegetables every day, with (2) two hours or less of screen time, (1) one hour of physical activity each day and (0) represents drinking water.
- Produce to the People in Roosevelt County has been successful for families to have access to fresh and affordable produce.

ACCESS TO CARE

SE Region counties are either designated as full or partial county health professional shortage areas

WHAT IS PUBLIC HEALTH IN THE SE REGION DOING ABOUT IT?

- During FY21, the Children's Medical Services (C.M.S.) Program in the SE Region hosted 49 specialty outreach clinics that served approx. 385 children with medical needs with an approx. 87% show rate. C.M.S. partners with Public Health, University of New Mexico, and Carrie Tingley Hospital to provide needs in Asthma, Cystic Fibrosis, Gastrointestinal, Cardiac, CTH, Neuro, Cleft Palate, Endocrine, Genetics, Metabolic, and Nephrology.
- Children's Medical Services continue to receive COVID Social Service Referrals which continue to be a vital role in helping those who continue to struggle with COVID related issues and need assistance within their communities. Continuing to find creative ways to meet the families' needs have reached a new level. Some of the needs being identified are for food, diapers, medicine, utilities, rent, and baby formula.

Mr. James Masters, SE Region Director at (505) 222-4633 or James.Masters@doh.nm.gov

SOURCES:

- Bureau of Vital Records and Health Statistics (BVRHS), New Mexico Department of Health
- Behavioral Risk Factor Surveillance System Survey (BRFSS) Data, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention
- Division of Nutrition, Physical Activity, and Obesity / U.S. Census Bureau
- U.S. Department of Health and Human Services, Health Resources and Services Administration
- NM IBIS—Community and Health Systems Epidemiology Bureau—Epidemiology and Response Division

