



Bernalillo County

2009

# Community Health Profile

## Highlights



The complete version of the Health Profile is posted on the Bernalillo County Community Health Council web site at [www.berncohealthcouncil.org](http://www.berncohealthcouncil.org), including citations for the information included in this document .

# ACKNOWLEDGEMENTS

Thanks to the many community members, Council partners, and Council members who participated in the review and development of the Bernalillo County Health Profile. A special thanks to all the Council members who participated in the Health Profile Steering Committee, and in particular to Marsh McMurray-Avila, Melisa Crain, Daryl Smith, and Charm Lindblad for their contributions to both content and editing. Another special thanks to Tom Scharmen from NMDOH Region 3 for preparing the Albuquerque/Bernalillo County Health Equity Assessment Tool (HEAT) maps included in the profile, and for providing ongoing feedback throughout the profile development process. Without our funding from the New Mexico Department of Health and the fiscal sponsorship of Bernalillo County, none of this would be possible. LJS Consulting, Inc. and contractors were a pleasure to work with and have taken our health profile to a new level; we are fortunate to have such expertise available to us. Thank you to all of the Council members who contribute their time and expertise to the Council and our communities on a daily basis.

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# INTRODUCTION

**A community health profile is a comprehensive compilation of information about a community.** The Profile is a living document, which should be updated on a regular basis as resources become available and emergent issues need to be addressed. The Bernalillo County 2009 Community Health Profile includes data on the following topics:

- County Overview (including demographics, education, poverty, housing, and transportation)
- Community Perceptions of Problems and Strengths
- Risk and Resiliency
- Environmental Health
- Mortality
- Maternal and Infant Health
- Chronic Diseases and Conditions
- Infectious Diseases
- Injury
- Crime and Violence
- Mental Health, Substance Abuse, and Suicide
- Health System Capacity, and
- Health Access

The Community Health Profile is a critical first step in identifying community health needs and problems, which then serve as the basis for establishing priorities in the Community Health Improvement Plan(CHIP). The CHIP is a four-year, community-wide plan that identifies health priorities and community-wide goals and objectives for addressing those priorities.

This document includes highlights from the Community Health Profile, and places particular emphasis on presenting information related to the five priority areas identified through the CHIP planning process, that was completed in May 2009:

1. Health Access/Health System Capacity
2. Poverty
3. Education
4. Mental Health/Substance Abuse
5. Crime

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## **ROLE OF THE BERNALILLO COUNTY COMMUNITY HEALTH COUNCIL**

In its role as one of New Mexico's thirty-six comprehensive health planning councils, the Bernalillo County Community Health Council is responsible for preparing and updating the Bernalillo County Community Health Profile. The Council members are appointed by the County Commissioners and include community members, health and social service providers, educators, and other private and public employees that serve County residents. The Council strives to improve the health and well being of all Bernalillo County residents and neighborhoods through a variety of strategies and activities:

- By developing a Community Health Profile to identify and map our community's health resources, needs and characteristics.
- By identifying and prioritizing important issues related to individual, familial, school and neighborhood health.
- By working in partnership with other individuals, groups and agencies to promote health awareness and to provide community education about health issues.
- By creating action plans, strategies and activities to achieve the systemic changes needed to meet the varied health needs of all Bernalillo County residents.

### **BERNALILLO COUNTY COMMUNITY HEALTH COUNCIL**

[www.berncohealthcouncil.org](http://www.berncohealthcouncil.org)

#### **COUNCIL VISION**

A community that supports the ability of everyone to meet his or her full potential.

#### **COUNCIL MISSION**

To improve the health and quality of life in Bernalillo County through coalition building, health assessment and prioritization and community action.

# COUNTY OVERVIEW/POPULATION

- From 1990 to 2007, the Bernalillo County population increased from less than 500,000 to 628,292 in 2007, a 30% increase.
- Albuquerque's population has increased by nearly 35%; the remainder of the County by 11%.

<b>BERNALILLO COUNTY CENSUS QUICK FACTS</b>	<b>Bernalillo County</b>	<b>New Mexico</b>
Population, 2008 estimate	635,139	1,984,356
Population, percent change, April 1, 2000 to July 1, 2008	14.2%	9.1%
Population estimates base (April 1) 2000	556,002	1,819,041
Persons under 5 years old, percent, 2007	7.5%	7.4%
Persons under 18 years old, percent, 2007	24.7%	25.4%
Persons 65 years old and over, percent, 2007	12.1%	12.7%
White persons, percent, 2007 (a)	86.7%	84.5%
Black persons, percent, 2007 (a)	3.9%	2.8%
American Indian and Alaska Native persons, percent, 2007 (a)	4.8%	9.5%
Asian persons, percent, 2007 (a)	2.2%	1.4%
Native Hawaiian and Other Pacific Islander, percent, 2007 (a)	0.2%	0.1%
Persons reporting two or more races, percent, 2007	2.1%	1.7%
Persons of Hispanic or Latino origin, percent, 2007 (b)	45.2%	44.4%
White persons not Hispanic, percent, 2007	44.2%	42.3%
Foreign born persons, percent, 2000	8.6%	8.2%
Language other than English spoken at home, pct age 5+, 2000	29.5%	36.5%
Median value of owner-occupied housing units, 2000	\$128,300	\$108,100
Persons per household, 2000	2.47	2.63
Median household income, 2007	\$45,147	\$41,509
Land area, 2000 (square miles)	1,166.03	121,355.53
Persons per square mile, 2000	477.4	15
(a) Includes persons reporting only one race.		
(b) Hispanics may be of any race, so also are included in applicable race categories.		
Source: US Census Bureau State & County QuickFacts		

## Why is this important?

- Population growth can strain health and other infrastructures.
- Language and cultural differences suggest need for different approaches to improving health access.

# TRANSPORTATION



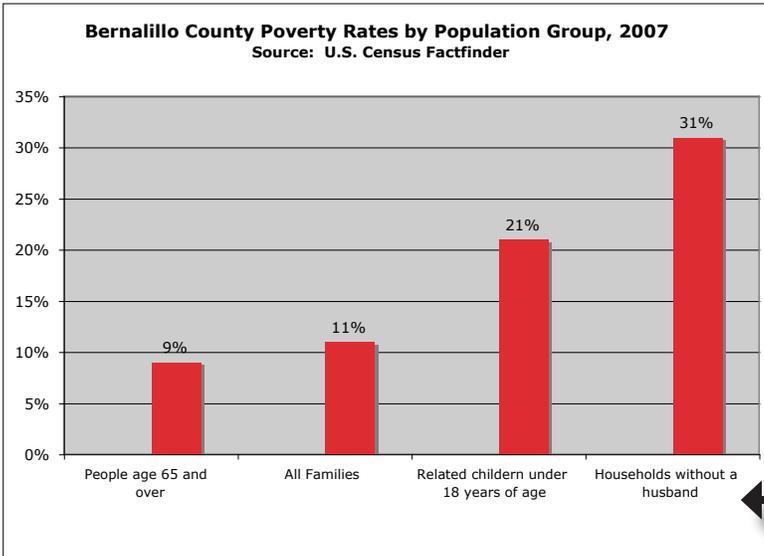
- 6% of Bernalillo households did not have access to a vehicle for private use in 2000 (U.S. Census), 36% had only one vehicle.
- From 2005 – 2007, 78% of County residents drove to work alone, 12% car-pooled, and 2% took public transportation.
- ABQ Ride, the public transit provider in the Albuquerque area, operates most bus routes every 15 to 60 minutes on weekdays.
- Due to the long wait between many routes, transferring can be difficult.
- Bus service is very limited in rural areas of the County. There is no service in the East Mountains and only two routes in the South Valley.
- Night and weekend service is only available on a limited number of routes, making it difficult for people with untraditional work hours to use ABQRide.

## Why is this important?

“Public transportation can help achieve several public health objectives including improved traffic safety, reduced pollution emissions, increased physical activity and fitness, increased community cohesion, improved access to medical services, and increased transport affordability, which reduces mental stress. Public transit service tends to be particularly beneficial to physically, economically and socially disadvantaged people”. *Victoria Transport Policy Institute.*

## Meeting Basic Family Needs

Poverty is the shortage of common things such as food, clothing, shelter, safe drinking water, and health care -- all of which determine our quality of life. It may also include the lack of access to opportunities such as education and employment which aid the escape from poverty.



From 2005-2007, based on the federal poverty level, **15% of households in Bernalillo County were living in poverty.**

However, just saying that some people live below the "Federal Poverty Level" isn't enough – this doesn't accurately show how many people really are struggling to meet their basic needs.

*This means that 11% of all households in Bernalillo County live below the federal poverty level, compared to 21% of households with children under 18.*

### What's a better way to see who doesn't have enough money to pay for their basic needs?

The "Basic Family Budgets" shows what it **really costs** to support a family based on the actual cost of housing, food, child care, transportation, health care, other necessities, and taxes.

COMPARING THE FEDERAL POVERTY LEVEL AND THE "BASIC FAMILY BUDGET"				
2008 Federal Poverty Level		Basic Family Budget for Albuquerque Families*		
Household Size	Annual Income	Household Size	Basic Family Budget	% of Poverty
2 person	\$14,004	1 parent 1 child	\$31,632	226%
3 person household	\$17,604	1 parent 2 children	\$40,608	231%
		2 parents 1 child	\$37,620	214%
4 person household	\$21,204	1 parent 3 children	\$56,988	269%
		2 parents 2 children	\$46,068	217%

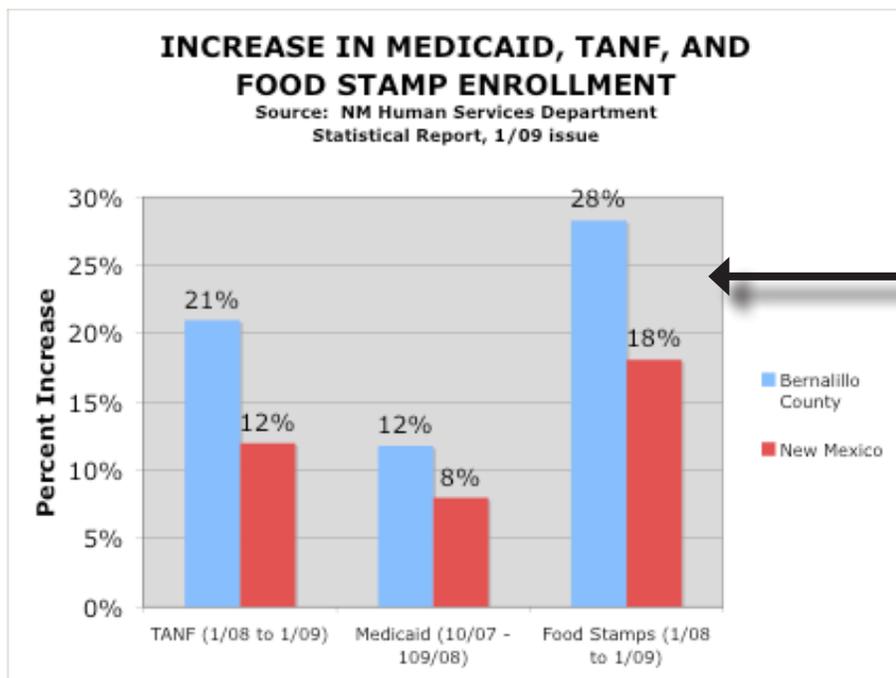
*In 2006, about 36% of County residents had incomes below 200% of the federal poverty level.*

\*Source Economic Policy Institute 12/2008

Using the "Basic Family Budgets" table (above), we know that **in 2007 a family in Albuquerque with one parent and two children needed** an annual income of about \$40,608 (231% of the 2008 federal poverty level), to meet their basic needs.

# Income Support Programs

The number of people signing up for Medicaid, Food Stamps, and Temporary Assistance to Needy Families (TANF) is increasing in Bernalillo County at a higher rate than the State as a whole.



Food stamp enrollment has increased by 28% in Bernalillo County, compared to 18% in the State as a whole.

Enrollment: TANF 3640 (1/09), Medicaid 122,039 (9/08), Food Stamps 34,573 (12/08)

Although we're not sure why more people are signing up for support programs, we do know that the people that sign them up and offer these support programs are being asked to serve more people.

## **Temporary Assistance for Needy Families (TANF)**

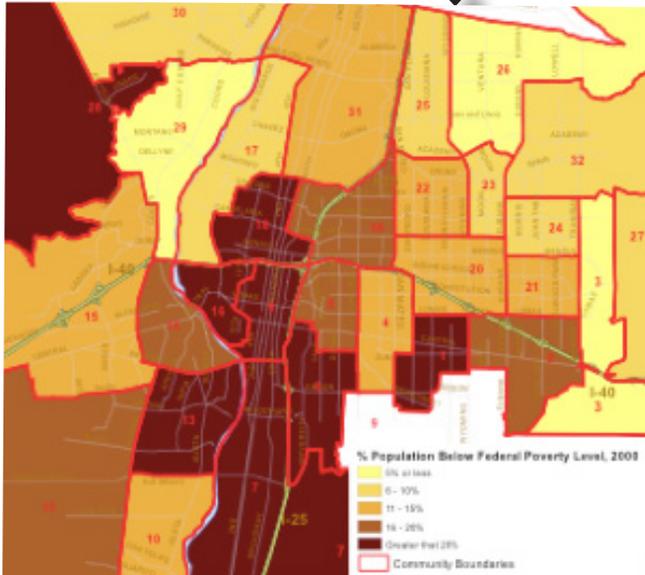
- TANF provides **short-term** assistance to needy families.
- 5,102 Bernalillo County families were enrolled in TANF in January 2009.
- Participants must fulfill work requirements, including looking for a job.
- Participants have a fixed amount of time to look for a job.
- The average hourly rate that people make when leaving the TANF program is \$8.71/hr.

*Even though TANF is designed to get people into jobs, most people on average make only \$8.71/hr. when leaving the program. Is this enough income to support a family?*

# Poverty and Premature Deaths

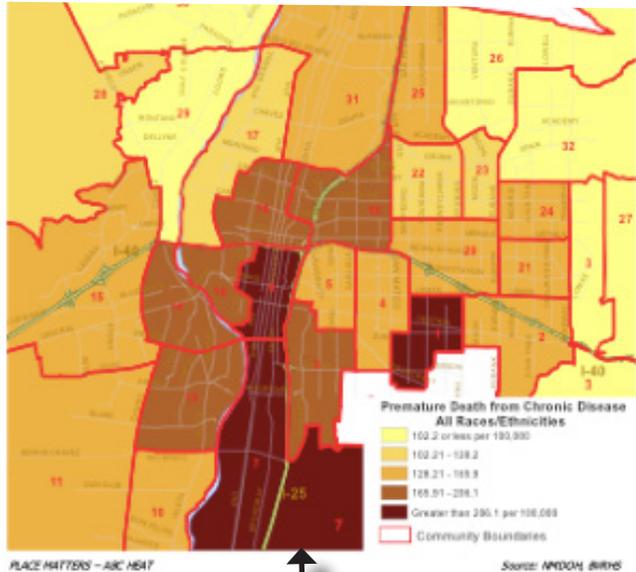
The darker areas show where there are higher rates of poverty.

**Poverty by Community**



PLACE MATTERS – ABC HEAT  
Source: Poverty - U.S. Census, Premature Deaths - NMDOH, BVRHS

**Premature Death by Chronic Disease\***



The darker areas show where there are higher rates of premature deaths (between 5 and 65 years of age).

**PREMATURE DEATH REFERS TO SOMEONE DYING BEFORE THE AGE OF 65**

# AFFORDABLE HOUSING

- **Since 2000 housing costs in the County have increased at a much higher rate than salaries.**
- In 2007 an estimated 26% of all households in Albuquerque were either “cost-burdened” (spent more than 30% of their income on housing) or lived in substandard or over crowded housing conditions.
- Low and moderate income families and individuals have been especially hard hit by escalating housing costs.
- In Bernalillo County, the fair market rent for a two-bedroom apartment is \$671. County residents need to earn at least \$12.90 per hour (working 40 hours a week) in order to keep the cost of rent and utilities at 30% of their salaries ([www.nlihc.org](http://www.nlihc.org)).
- Families make up 21% of the homeless population in Albuquerque.

***In May 2009, a total of 3232 homeless people were counted in Albuquerque during one night*** (NM Coalition to End Homelessness - <http://www.nmceh.org>)



<http://static.guim.co.uk/sys-images/Society/Pix/pictures/2007/12/12/homec.jpg>

## Why is this important?

- Affordable housing is critical to help people prevent homelessness.
- Without homes, people lose access to education, regular health care, employment, and most of the things that many of us take for granted as part of our every day lives.

### Are Our Kids Ready for School?

In order to stay in school, students must start out right by getting on the best path which suits their specific needs and learning styles. **Nationally only 20% to 30% of children with a learning disability such as speech, vision, and/or hearing are identified before they start kindergarten.**

Some examples of how we get kids ready for school:

- Albuquerque Public Schools Child Find (APS)- identifies pre-school children with special needs that may impact their school readiness
- Head Start - helps preschoolers develop the early reading and math skills they need to be successful in school
- APS Even Start Family Literacy Program - family literacy program for eligible parents and their children (birth - 5)
- Nurse Family Partnership Program (in development) - Nurse home visitation program for low-income, first-time mothers. A task force of the Bernalillo County Health Council is working to bring this program to the County.

### Are Our Kids Staying in School?

**Compared to the State as a whole, many more APS students drop out of high school.** Eight out of every 100 high school students who were enrolled in an APS High School in 2005/2006, were not enrolled in 2006/2007. In the State as a whole, the number was four for every 100 students.

Kids experience different short-term health problems when they drop out of school. These include:

- » Substance abuse
- » Pregnancy (an estimated 35% of female drop-outs are mothers)
- » Psychological and behavioral problems

**Children who participate in early intervention programs, prior to high school, are more likely to graduate from high school, hold jobs, live independently, avoid teen pregnancy, delinquency, and violent crimes.**

# Assets that Help Youth

In 2004, over 3000 APS students (6th to 12th grades) answered a survey which measured how many external and internal assets (strengths) they had.

## External Assets

These are what we hope are provided by the family, school, and community:

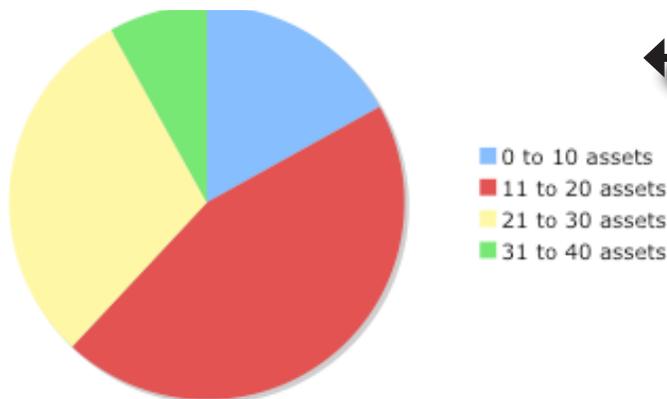
- support (family love, communication)
- empowerment (safety, the community values youth)
- boundaries and expectations (from family and school)
- constructive use of time (youth programs, creative activities)

## Internal Assets

These are what we hope are within every young person:

- commitment to learning (do homework, read for pleasure)
- positive values (caring, honesty)
- planning and decision making (not get into fights, being a friend)
- positive identity (self esteem, positive view)

*How many assets do APS high school students have?*

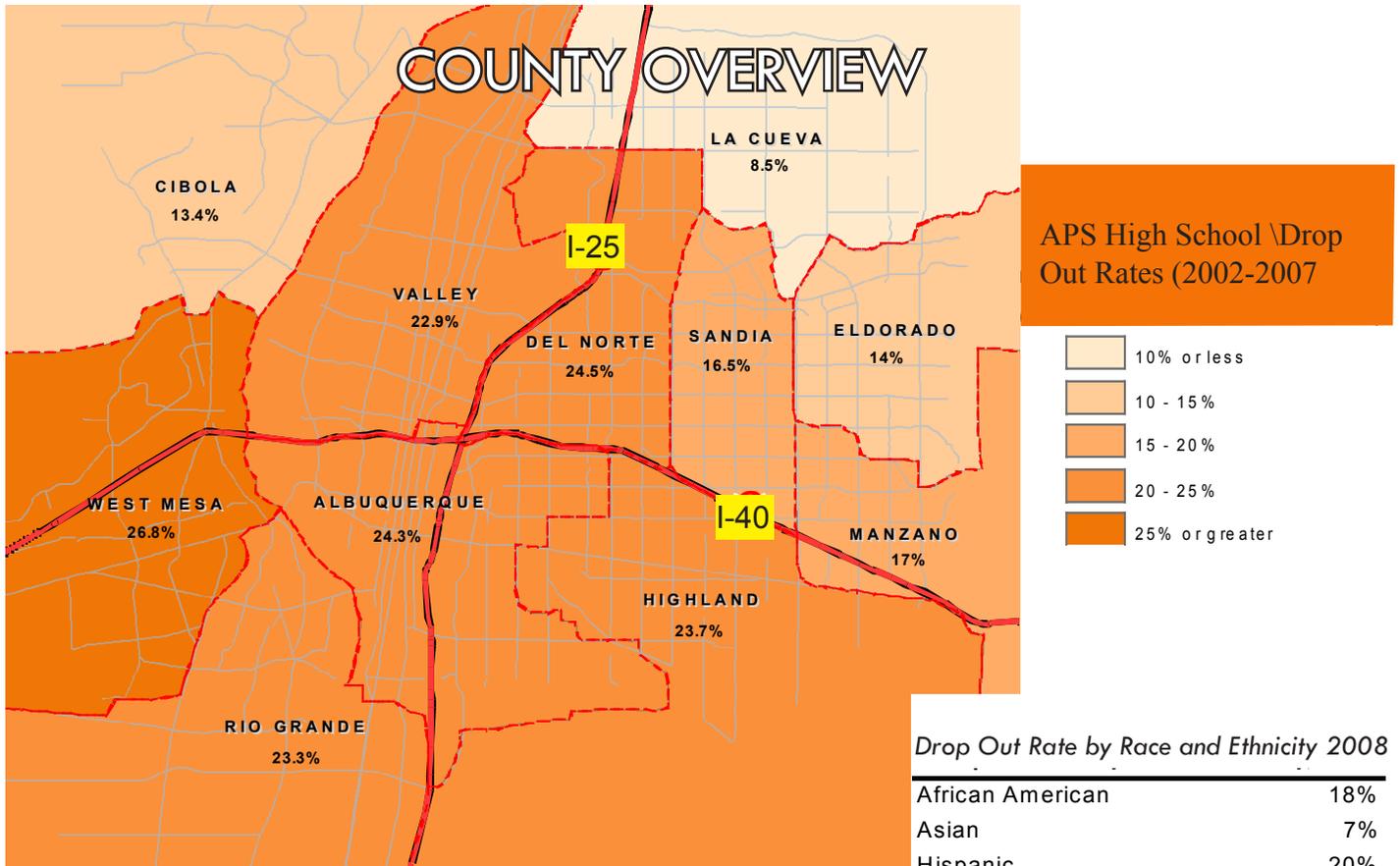


*62% of APS 6th to 12th grade students reported that they have 20 or less assets. How can we help students develop more assets?*

**Research shows that students who have more of these assets act in more positive ways and resist risky behaviors.**

- Positive behaviors include school success, leadership, and maintaining good health.
- Risky behaviors include alcohol, drug and tobacco use, vandalism, or using or carrying a weapon for protection, and eating disorders.
- Students with 31 to 40 of these assets engage in an average of 6 thriving behaviors and one risky behavior (8% of APS students). On the other hand, **students who only have 0 to 10 assets engage in an average of 3 thriving behaviors and 9 risky behaviors** (17% of APS students).

# Albuquerque Public Schools High School Drop Out Rates



### Drop Out Rate by Race and Ethnicity 2008

African American	18%
Asian	7%
Hispanic	20%
Native American	25%
White, Non-Hispanic	15%
<b>ALL</b>	<b>17.8%</b>

This map shows drop out rates for Albuquerque Public School students. The darker the color, the more drop outs there are. Therefore, West Mesa has the highest rate of drop outs and La Cueva the lowest.

PLACE MATTERS – ALBUQUERQUE  
BERNALILLO COUNTY HEALTH EQUITY  
ASSESSMENT TOOL

Dropout* Rates, Albuquerque Public High Schools, 2003 - 2008						
High School	2003	2004	2005	2007	2008	Average
Albuquerque	31.6%	23.1%	25.3%	22.1%	19.3%	24.3%
Cibola	13.3%	10.5%	14.6%	13.8%	14.7%	13.4%
Del Norte	26.8%	21.4%	23.1%	26.4%	24.6%	24.5%
Eldorado	15.4%	10.2%	15.4%	13.0%	16.1%	14.0%
Highland	27.9%	25.0%	21.5%	20.9%	23.3%	23.7%
La Cueva	8.1%	6.4%	9.6%	11.1%	7.4%	8.5%
Manzano	18.5%	14.1%	15.2%	15.8%	21.4%	17.0%
Rio Grande	36.2%	26.1%	23.8%	19.2%	11.4%	23.3%
Sandia	16.8%	18.3%	15.2%	17.8%	14.5%	16.5%
Valley	25.7%	20.7%	26.9%	22.4%	18.7%	22.9%
West Mesa	28.3%	25.6%	26.6%	29.0%	24.3%	26.8%
<b>District</b>	<b>23.0%</b>	<b>18.4%</b>	<b>20.0%</b>	<b>19.2%</b>	<b>17.8%</b>	<b>19.7%</b>

\*Students who completed 40 days of 9th grade, did not graduate with their class, did not return a subsequent year, and for whom no valid transfer can be validated (cohort method). No data reported for 2006.

Source: APS-SIS, January 2009

# Challenges Adults Face

## Literacy

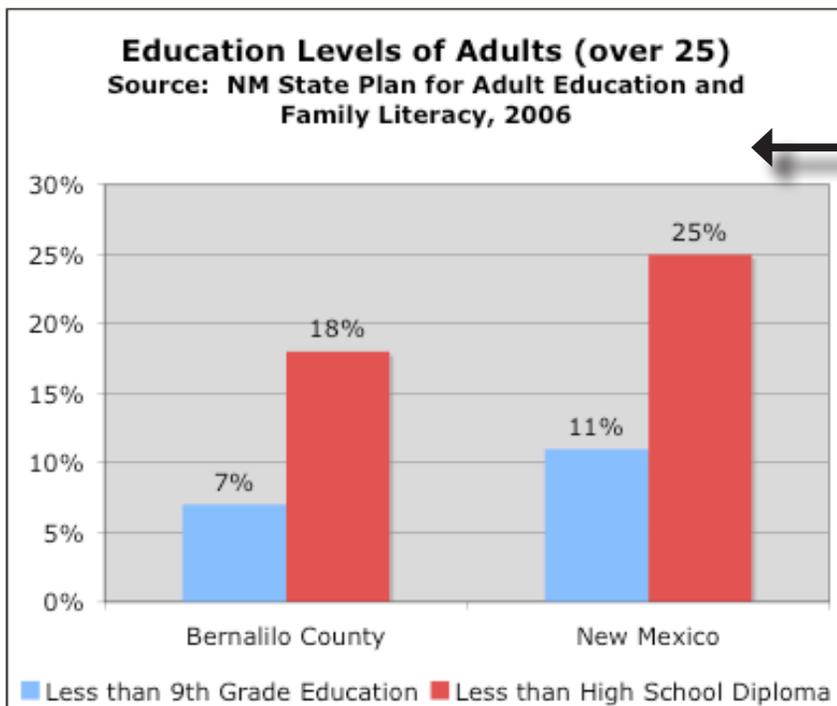
Low literacy is the inability to read, write, and use numbers effectively.

Different people can read at different levels, from beginning to advanced. To understand what levels people are at, we use a scale of 1-5, where 1 is the lowest and 5 is the highest. For example, someone that can read, write, and use numbers at an advanced level would be at a level 5, and someone that has much difficulty doing this would be at a level 1.

In Bernalillo County, **54% of residents are at a level 2**. This means that more than half of the people can only read, write, and use numbers on a basic, or beginners, level. **Since most jobs in the County (64%) require reading skills of 3 or above, many adults have a hard time finding and keeping a job.**



<http://siteresources.worldbank.org/NEWS/Images/121605-jzoliveiralg.jpg>



Even though Bernalillo County adults have a higher education than the State as a whole, they still do not have the education needed for available jobs in the County.

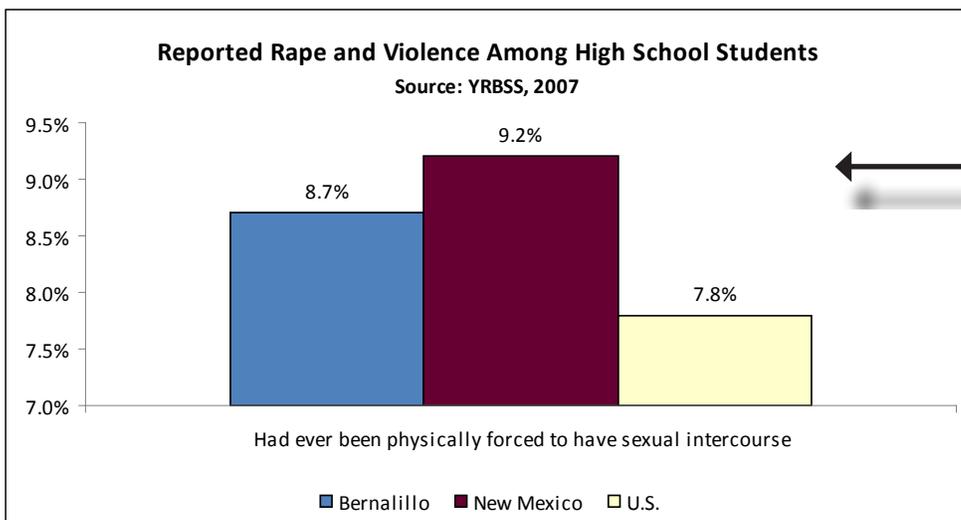
## Domestic Violence

- 1 in 4 adults in New Mexico experience domestic violence in their lifetime.
- **Children who witness domestic violence are 15 times more likely to be abused or neglected.**
- Typically, abused children show developmental delays by preschool age.
- **Adults who were abused or neglected during their childhood** are more likely to suffer from:
  - physical problems** (such a allergies, arthritis, high blood pressure and ulcers)
  - psychological conditions** (such as depression)

## Sexual Assault

- **1 in 4 New Mexico women** and 1 in 20 men report a lifetime prevalence of rape or attempted rape.\*
- In 2006, there were 1,163 sex crimes reported in Bernalillo County; 517 of which involved criminal sexual penetration. 129 of these victims were children 12 and under.\*
- Surveys suggest that only 9% of those raped as children reported their rape to law enforcement.\*
- **8.7% of Bernalillo County high school students report having been forced to have sex.**

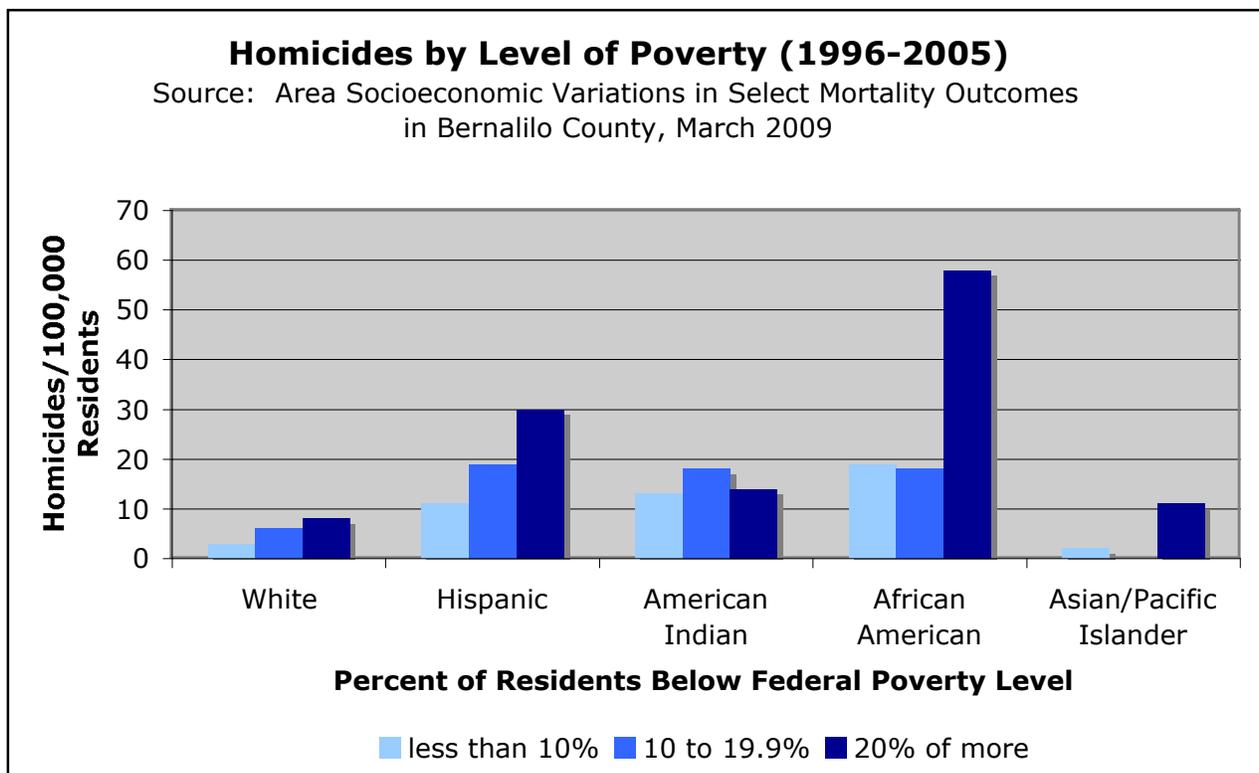
\*Sex Crimes in New Mexico, NM DOH, October 2007



*High school students in Bernalillo County and in New Mexico experience rape and violence at higher rates than in the rest of the country.*

# Homicide

- Homicide rates in Bernalillo County vary substantially by poverty and race/ethnicity.
- Handguns, which constitute about one-third of the guns in private hands, account for 80% of all homicides.
- There were a total of 557 homicides in Bernalillo County from 1996-2005.
- From 1996 to 2005 homicide rates for White, Hispanic, African American, and Asian/Pacific Islanders were highest in the poorest areas of the County.



Data Source: Albuquerque/Bernalillo County Health Equity Assessment Tool

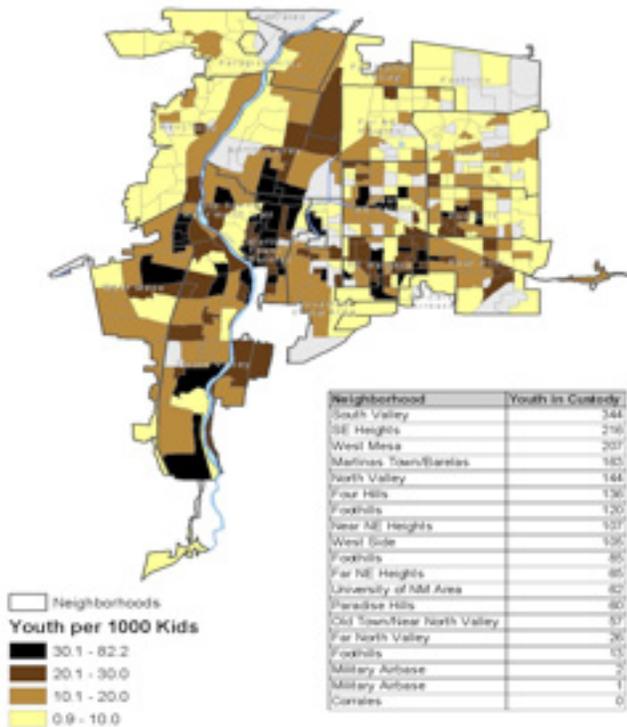
*The darker the color, the higher the rate of poverty*

*In general, the poorer people are, the higher the rate of death by homicide, particularly among African Americans.*

# Prison Admissions

## Juveniles

Youth Admitted to Juvenile Justice Custody per 1000 Kids by Block-Group  
Albuquerque, New Mexico

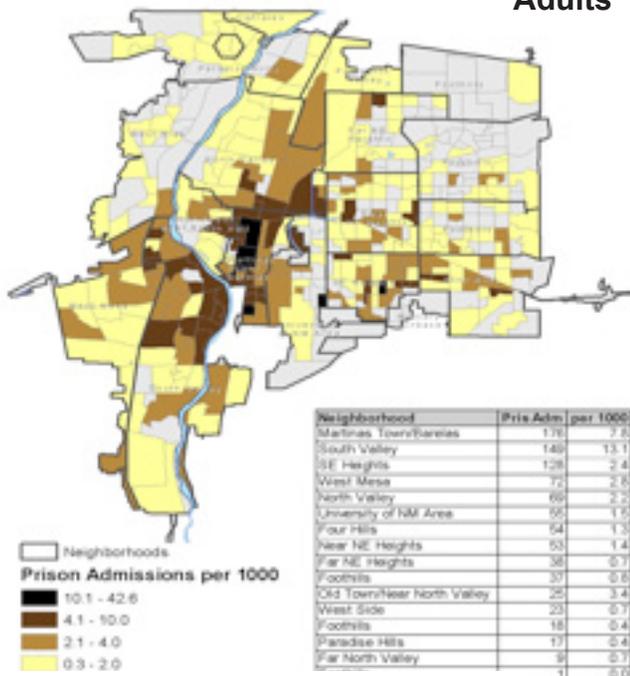


### FACTS ABOUT YOUTH ADMITTED TO JUVENILE JUSTICE CUSTODY

- In Martinez Town/Barelas (zipcode 87102) and West Mesa (87121) youth are placed in detention at nearly 10 times the rate of youth in the West Side (87120) and Paradise Hills (87114) neighborhoods.
- The South Valley (87105), SE Heights (87108), West Mesa (87121), Martinez Town/Barelas(87102) neighborhoods account for 50% of all juveniles admitted to custody from Albuquerque's 16 neighborhood areas.

Prison Admissions per 1000 Residents by Block-Group  
Albuquerque, New Mexico

## Adults



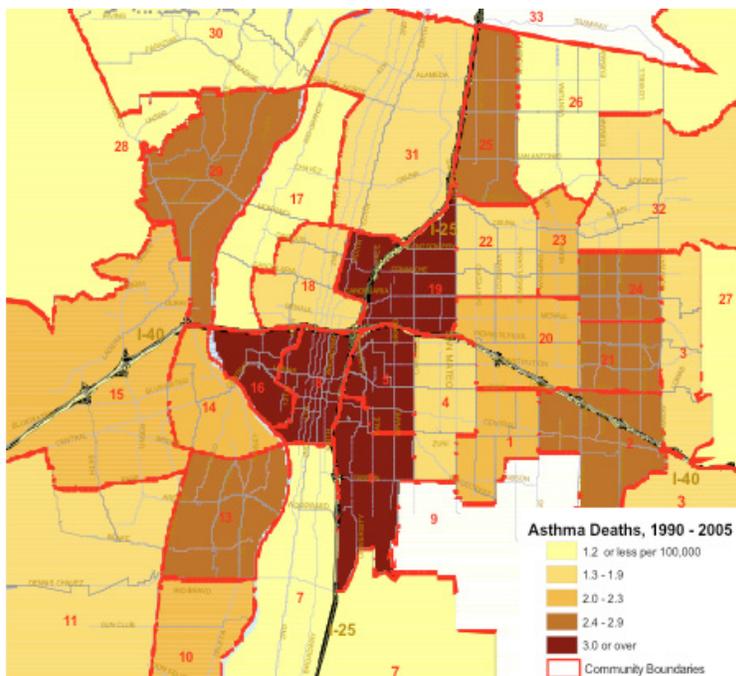
### FACTS ABOUT ADULT PRISON ADMISSIONS

- Two of Albuquerque's 16 neighborhood areas (87102 and 87105) account for 35% of all prison admissions from the city.
- 24% of all prison admission were admitted on the basis of violations of parole.

# ENVIRONMENTAL HEALTH

## Air Quality

- **Ozone levels are low in Bernalillo County.** Ground-level ozone is an air pollutant with harmful effects on the respiratory system.
- **Particulate levels are high** in Bernalillo County. Most particulates in the County come from wind blown dust. Locally diesel exhaust may be an important pollutant.
- In Bernalillo County, **levels of radon are relatively high** compared to most other parts of the state due to geological factors. Radon is a colorless, odorless naturally occurring radioactive gas.



PLACE MATTERS - ABC HEAT  
Age-Adjusted Death Rates, All ages, Years 1990 through 2005, N = 166

Source: NMDOH, BVRHS

There is a relatively high concentration of asthma related deaths in the central part of the County.

### Why is this important?

- Air quality is related to rates of respiratory diseases such as asthma, irritations of the eyes, throat and nose, cancer, cardiovascular disease, and birth defects.
- The lung cancer risk in the general population is about 20 times greater in areas of highest radon concentration levels, particularly among smokers.
- Policy makers can affect the impact of new facilities on vulnerable populations by considering environmental justice issues when determining whether or where to allow new pollution-emitting facilities to be built.

**\*Environmental Justice refers to attempts to address cumulative, inequitable environmental burdens borne by vulnerable populations such as racial minorities, women, and residents of economically disadvantaged communities.**

# Water Quantity

- **Over the last decade, groundwater levels have been declining in the Rio Grande Valley.**

- Only about half of the surface water withdrawn from the river is replaced through precipitation (rain and snow) and infiltration of water into the ground.

- The reduction in the amount of water for current use and future growth has led to 1) adoption of water saving measures (new building codes and programs promoting water conservation) and 2) completion of the San Juan Chama project to channel water from the Chama River to the Albuquerque area via the Rio Grande.



- Soon, 50% of drinking water will be drawn from surface water.
- A new water treatment plant located in Renaissance Center will treat about 90 million gallons/day of river water when at full capacity.
- East of the Sandia Mountains, the combination of near total reliance on groundwater and fractured aquifers can lead to significant variation of water levels over short periods of time.

## Why is this important?

- Water quality and water quantity are strongly connected.
- Where groundwater pollution impacts drinking water sources, the quantity of potable water is diminished.
- Where water quantity is low, withdrawal of water for domestic or industrial use may cause mixing of potable water sources with lower quality waters.

# Water Quality

## Major sources of drinking water:

- **Studies indicate that in general the quality of shallow groundwater is excellent in the Albuquerque metropolitan area.**
- Residents in unincorporated areas of the County use small community water systems, shared wells, private wells, and hauled water for their drinking water.

## Areas of concern:

- Natural levels of arsenic in some parts of Albuquerque and in the unincorporated areas of the County are above the new drinking water standard.
- In the unincorporated areas there is concern about naturally occurring arsenic, contamination from industrial operations and nitrates from septic systems.
- The large number of unmaintained systems as well as historical animal feed lots in the North Valley has led to contamination of the shallow ground water with nitrate.
- Contaminants of concern in the South Valley include synthetic chemicals, fecal coliform bacteria, nitrates and arsenic. Community residents in the South Valley have raised concerns about dangers to swimmers and other exposed people posed by potential pollution of acequias by pesticides and illegal dumping.
- The Bernalillo County Office of Environmental Health has estimated that there are hundreds of unpermitted septic systems in the East Mountains. Septic systems which have not been maintained can lead to contamination of ground water.

## Why is this important?

- Water quality can impact human health, particularly of vulnerable populations.
- The current arsenic compliance strategy will be costly for small communities. Innovative technologies are being developed which may lead to significant cost savings. The public health benefit related to the arsenic levels in these areas is small. Due to the high cost to reduce arsenic levels, consideration should be given to encourage the New Mexico Environment Department to consider granting temporary exemptions and variances. Low-income families that use small community wells may be particularly impacted when the costs of arsenic reduction are passed on to them.

## Hazardous Waste

- There are two Superfund Sites in the North Valley; neither one is listed in the EPA National Priorities List (NPL). *The National Priorities List ("NPL") is the list of hazardous waste sites in the United States eligible for long-term remedial action financed under the federal Superfund program.*
- Three of the closed landfills in the North Valley (Los Angeles, Colorado, and Nazareth) are currently monitored for methane gas releases.
- There are two Superfund sites on the NPL list in the South Valley.
- There have been several leaking underground storage tanks in the East Mountains; there are no Superfund sites.
- Closed landfills throughout the county pose potential environmental and health hazards because they are not lined.
- Environmental remediation at Sandia National Laboratories has been a subject of public concern because of the large footprint of the facility, the existence of both hazardous and radioactive wastes and the closed nature of the laboratory facilities. Of the over 260 sites at Sandia which have been regulated by the New Mexico Environment Department, 230 have completed the required remediation.



### Why is this important?

- Abandoned waste sites can pose a threat to groundwater.
- Exposure to hazardous chemicals in the environment and in food increases the risk of a number of chronic diseases especially among vulnerable populations (school age children, elderly compromised immune systems or other poor health related to socioeconomic status).
- Federal funds are available to clean-up Superfund sites.

# MATERNAL AND INFANT HEALTH

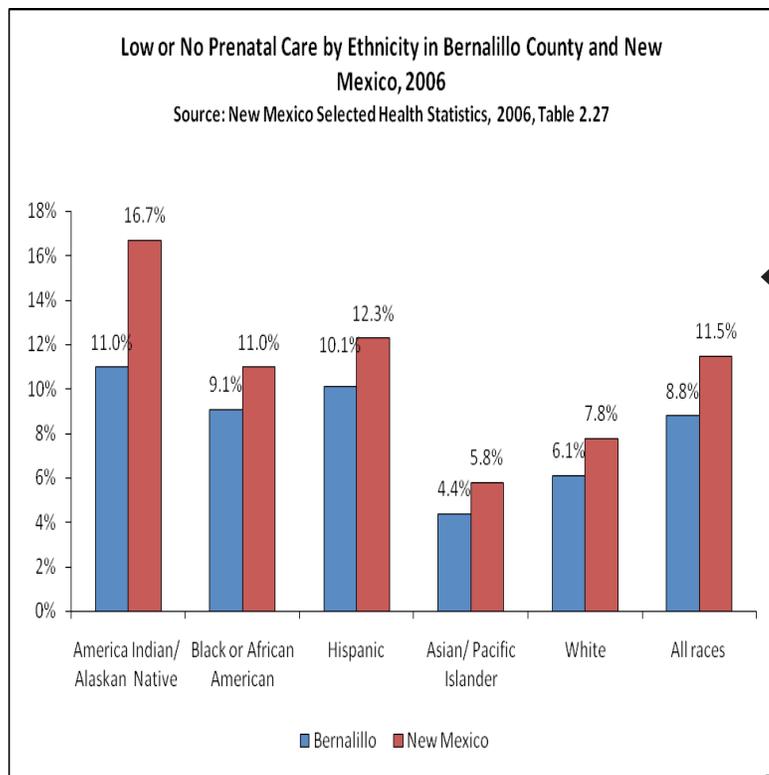
## Why is this important?

- Healthy pregnancies increase the chance of having health babies and children.
- Parents who are socially supported and emotionally ready to be parents can help children thrive.

<b>BIRTH HEALTH INDICATORS</b> <b>(from New Mexico PRAMS Surveillance Report)</b> Among Bernalillo County Women Who Gave Birth between 2004 and 2006	2004-2006	
	County	New Mexico
Unintended Pregnancy (wanted later or never)	37%	43%
Of those not trying to get pregnant, percent using some form of contraception at conception	48%	48%
Binge drinking 3 months before pregnancy	19%	18%
Used alcohol in last 3 months of pregnancy	6%	NA
Smoked during the last 3 months of pregnancy	10%	9%
Said their infant is exposed to tobacco smoke	3%	6%
Were physically abused by their partner during pregnancy	4%	6%
Had a weight problem before pregnancy	39%	41%
Had gestational diabetes	7%	8%
Had inadequate prenatal care	14%	20%
Had a dental problem during pregnancy	18%	20%
Had a dental problem AND went to the dentist	NA	24%
Had postpartum depressive symptoms	19%	20%
Infant had one well-child visit two months after birth	96%	97%
Had WIC services during pregnancy	48%	57%
Initiated breast feeding	87%	84%
Were homeless in 12 months before baby was born.	3%	4%
Family had enough to eat in year before the survey	86%	85%
Baby had low birth weight	10%	8%
Infant was in intensive care	13%	10%
Baby was pre-term	10%	8%

*Compared to the State average, higher percentages of mothers in Bernalillo County had babies with low-birth weights, who were in intensive care, or who were pre-term.*

# Supporting Mothers and Infants



**American Indian, Hispanic, and Black mothers in Bernalillo County were less likely to receive adequate prenatal services, compared to White and Asian American mothers.**

The “Pregnancy to Three” Task Force of the Bernalillo County Community Health Council reports:

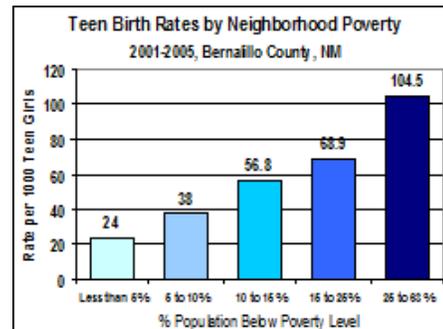
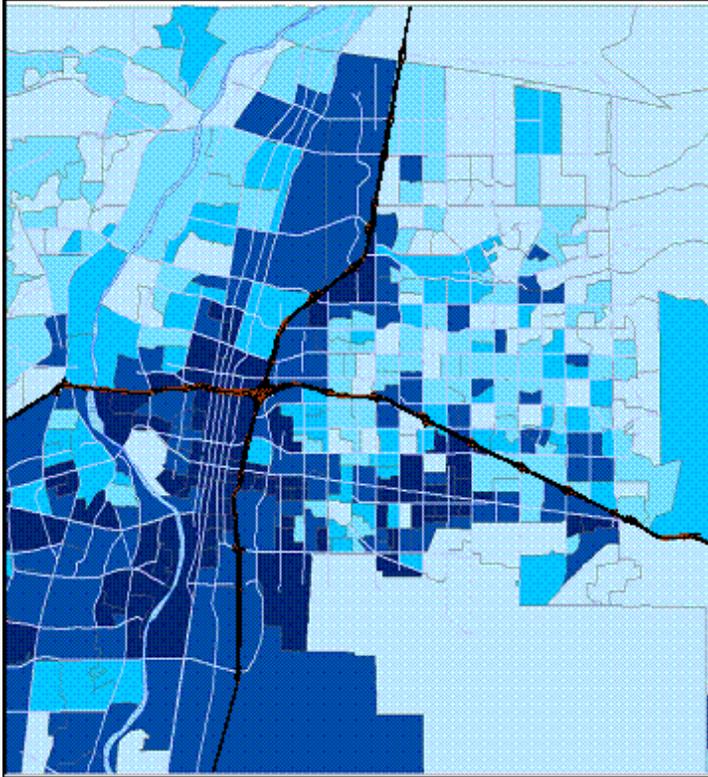
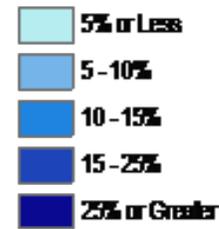
- **Home visitation programs with pregnant mothers have been proven to improve health outcomes, including reducing repeat teen pregnancies.**
- There are **only about 150 potential preventive home visitation slots** to serve the nearly 10,000 babies born annually in the County.
- The Task Force is working on bringing an evidence-based nurse home visitation program to the County.



**There were 9633 births to residents of Bernalillo County in 2006.**

# Teen Births and Poverty

Percent Population Under the Federal Poverty Level (Census Block Groups)



Source: Albuquerque Bernalillo County Place Matters Health Equity Assessment Tool (HEAT)

Match the colors on this graph with the colors on the graph to the right. **Wherever there is a higher percent of the population living in poverty, there is a higher teen birth rate.** We call this a social determinant of health. Note: Each color represents an average of different areas and is not specific to a neighborhood.

## Teen Birth Facts:

- The U.S. has the highest rate of teen pregnancy, birth and abortion in the industrialized world.
- New Mexico teen birth rates are much higher than the U.S. rate.
- In 2006 in Bernalillo County for every 1000 teens, 58 gave birth, compared to 62 for New Mexico and 42 for the U.S.
- Neighborhoods with the highest percent of people living in poverty, have the highest teen birth rates.

## Why is this important?

Teen pregnancy is linked to many other critical health and social issues like:

- Overall health and well-being of the baby
- Completing school
- Being prepared for different kinds of jobs and careers
- Responsible fatherhood
- Poverty, especially child poverty

If more children are born to parents who are ready and able to care for them, child and family well-being will improve. There will be less poverty and more opportunities for young men and women to complete their education or achieve other life goals.

# CHRONIC DISEASES

## Why is this important?

- Chronic diseases—such as cardiovascular disease (primarily heart disease and stroke), cancer, and diabetes—are among the most prevalent, costly, and preventable of all health problems.
- The prolonged course of illness and disability from such chronic diseases as diabetes and arthritis results in extended pain and suffering and decreased quality of life for millions of Americans.

**Obesity** - Excessive weight **can contribute to or aggravate many chronic diseases and conditions**, including type 2 diabetes, hypertension, heart disease, stroke and some cancers.

- In 2007, **36.5% of Bernalillo County adults** responding to the Behavioral Risk Factor Statistical Survey reported that they **were overweight** and an additional **22.2%** reported they **were obese**.
- The Center for Disease Control reports that **nationally, the percent of young people (2 to 19 years of age) who are obese tripled between 1980 and 2003-2006, to 16.3%**.
- As part of the APS effort to address obesity, in 2007, Albuquerque Public Schools began to record height and weight for all students.



The Prescription Trails Program helps residents find parks and walking paths in Albuquerque and Bernalillo County's South Valley.

[www.cabq.gov/parks/prescription-trails](http://www.cabq.gov/parks/prescription-trails)

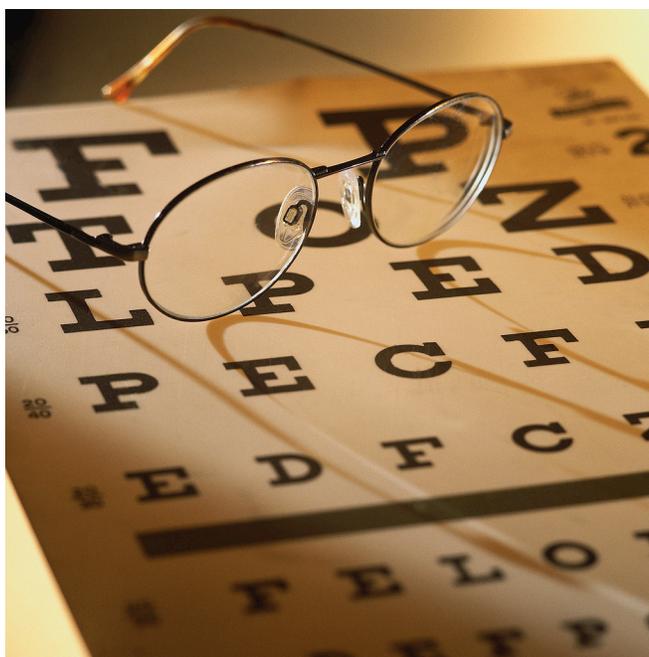
**Diseases of the heart are the leading cause of death** in the U.S., New Mexico, and Bernalillo County.

**Cancer is the second leading cause of death** in the United States, New Mexico, and Bernalillo County. Bernalillo County has elevated rates of prostate, breast, lung, and skin cancer, compared to New Mexico.

**Asthma is a leading cause of missed days from school** and can lead to missed days of work, visits to the hospital and emergency room, interrupted sleep, and limited physical activity. Studies of children in Bernalillo County indicate an asthma prevalence of 6% - 15%.

## The Growing Diabetes Epidemic

- Diabetes is the sixth leading cause of death in Bernalillo County, New Mexico, and the Nation.
- From 1996 to 2005 diabetes death rates were 2 to 3 times higher in County neighborhoods with the highest poverty levels (Bernalillo County Place Matters/ABC Heat).
- African American, Hispanic, American Indian, and Alaska Native adults are twice as likely as white adults to have diabetes.
- 23.6 million people in the United States (7.8% of the total population) have diabetes, of these, 24% are undiagnosed.
- Diabetes is the **leading cause of new cases of blindness among adults (aged 20–74 years), kidney failure, and nontraumatic lower-extremity amputations.**
- The risk of death among people with diabetes is about twice that of people of similar age without.



*If you have diabetes you should have a dilated eye exam at least once a year; many New Mexicans do not get this care.*

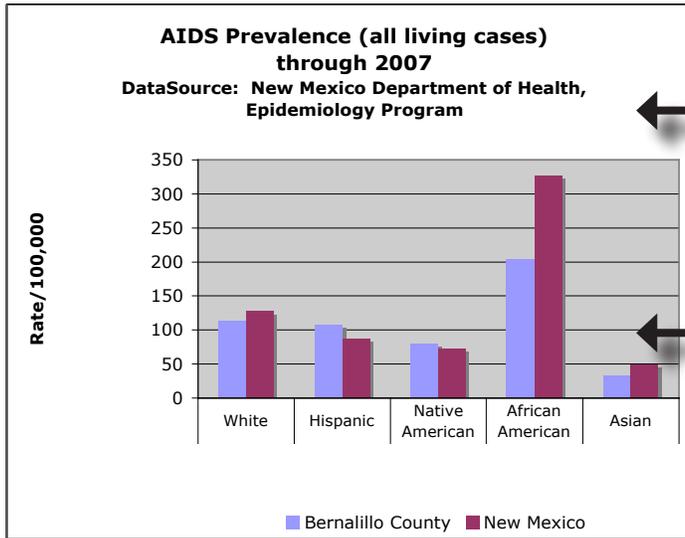
**“If current trends continue, 1 in 3 Americans will develop diabetes sometime in their lifetime, and those with diabetes will lose, on average, 10–15 years of life.”**

The National Center for Disease Control

# INFECTIOUS DISEASES

- Bernalillo County has a higher prevalence of AIDS than the State.** The incidence of AIDS (new AIDS cases) fell from 2002 to 2006 and increased in 2007 to approximately the 2003 level. There were 77 new cases of HIV and Aids in Bernalillo County in 2007. (HIV causes AIDS by infecting and damaging part of the body's defenses against infection).

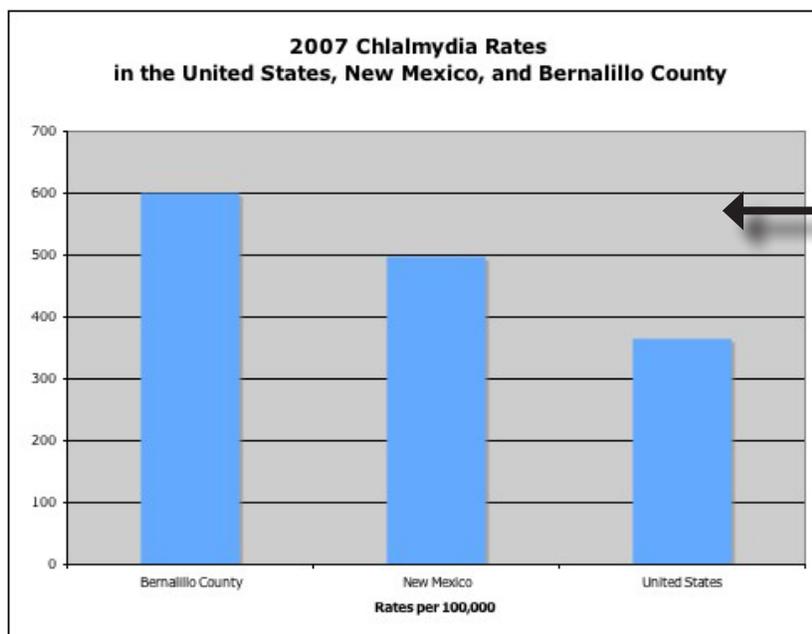
## People Living with AIDS by Ethnicity



The AIDS rates for White, non-Hispanics, Hispanic Whites, and Native Americans in Bernalillo County are higher than the State rates.

The cases of people with AIDS in Bernalillo County ranges from 33/100,000 population for Asian Americans to 205/100,000 for African Americans.

- Chlamydia is the most commonly reported sexually transmitted infection in the United States, and is a major cause of human genital and eye disease. For the past six years, **New Mexico has ranked seventh in the Nation for new cases of Chlamydia.**



In 2007, Bernalillo County had a much higher rate of Chlamydia cases (599 per 100,000 population) than the Nation (361 per 100,000 population) or the State.

# SUBSTANCE ABUSE

## Alcohol Abuse

### New Mexicans & Drinking

- In 2005 in the United States, New Mexico had the second highest death rates from alcohol related causes.
- From 1999 to 2003, alcohol related death rates among American Indian County residents were nearly three times the rates for White residents of the County.
- The alcohol related death rates for Bernalillo County Hispanics were also above the state rate.
- 6% of pregnant women in Bernalillo County reported that they drank during their last 3 months of pregnancy.
- 29% of Bernalillo County students reported binge drinking in the past month; compared to 30% of New Mexico students and 26% of U.S. high school students (2007).



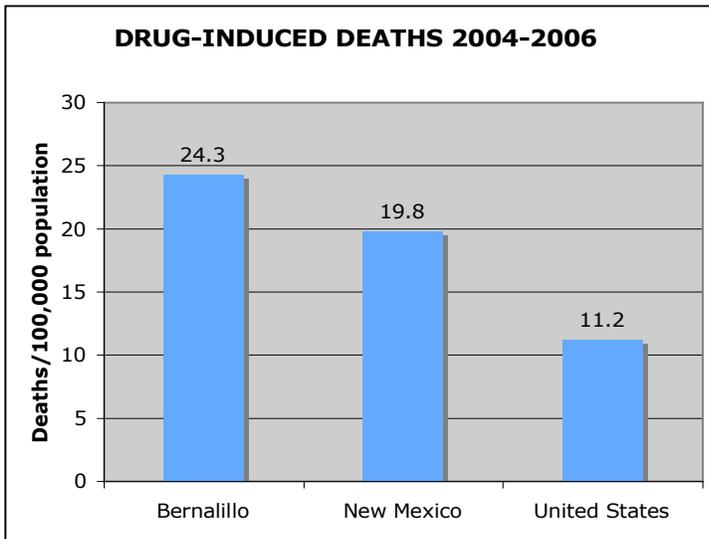
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### Why is this important?

- Alcohol abuse contributes to a number of chronic diseases, including high blood pressure, hypoglycemia, brain and heart damage, and end-stage liver damage.
- Binge drinking contributes to motor vehicle crashes, poisonings, falls, homicides and suicides.
- Youth drinking is associated with death and disability, poor academic performance, more sexual partners and the use of marijuana.
- It is estimated that alcohol-related harm in the U.S. costs roughly \$150 billion per year.

# Drugs

- There were 194 drug-caused deaths in Bernalillo County in 2007.
- **27% of Bernalillo County students** (grades 9 – 12) **reported they used an illicit (street) drug in the past 30 days**, compared to 29% in NM and 22% in the U.S.
- **Deaths from intentional or accidental misuse of prescription drugs increased in New Mexico by 28% between 2006 and 2007**, while deaths from illicit (street) drugs increased by 4%.

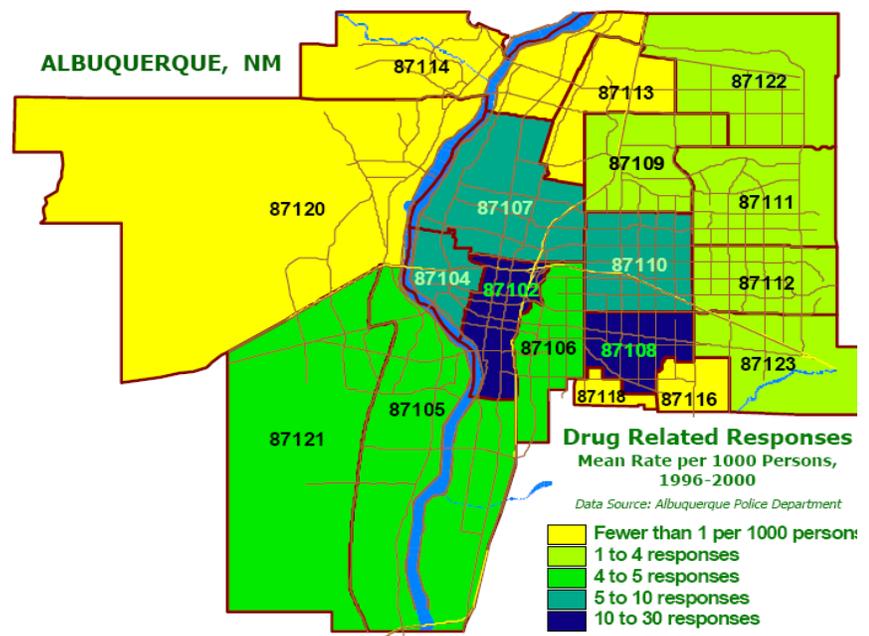


Source: NM Department of Health IBIS

*From 2004 to 2006 the rate of drug-caused deaths in Bernalillo County was more than twice the U.S. rate and 1.2 times the New Mexico rate.*

## Why is this important?

- Between 1987 and 2002, the poisoning death rate increased 1.7 times in New Mexico and .7 times for the United States, primarily due to drug overdoses.
- Youth using illicit (street) drugs is connected with alcohol and tobacco abuse, violence and delinquency, suicide, and not doing well at school



*The darker the areas are on the map, the more times APD responded to drug-related issues.*

## Spending vs. Need

In 2004:

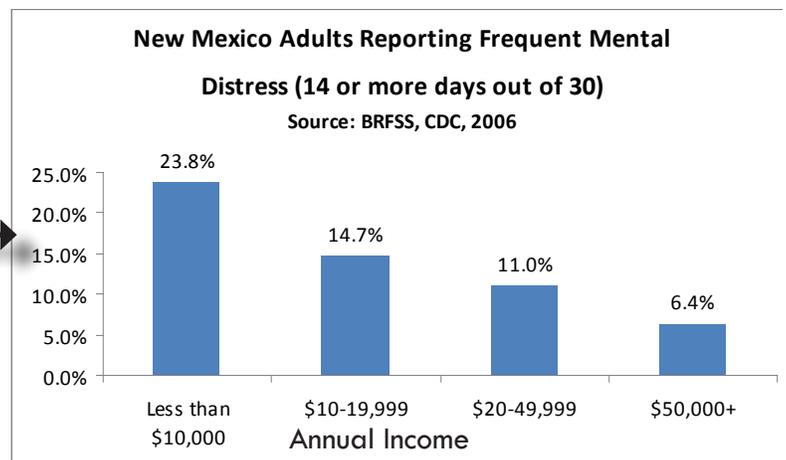
- The amount of public money spent on mental health statewide was lower in New Mexico than in any other State.
- The **U.S. spent an average of \$98 per capita on mental health but in New Mexico it was only \$28 per capita.**

From 2001 to 2004, the amount of public money spent on mental health increased in the U.S. (6.6%) but actually decreased in New Mexico.

### **MENTAL HEALTH ISSUES BY POPULATION GROUP IN THE U.S.**

Americans	About 26% suffer from a diagnosable mental disorder every year. About 6% suffer from a Serious Mental Illness (SMI) that interferes with social functioning.
Children	About 20% suffer from a mental health problem.
Veterans	About 31% of veterans receive mental health and/or other diagnoses which interfere with social functioning.

*This means that people with lower incomes have more mental distress.*

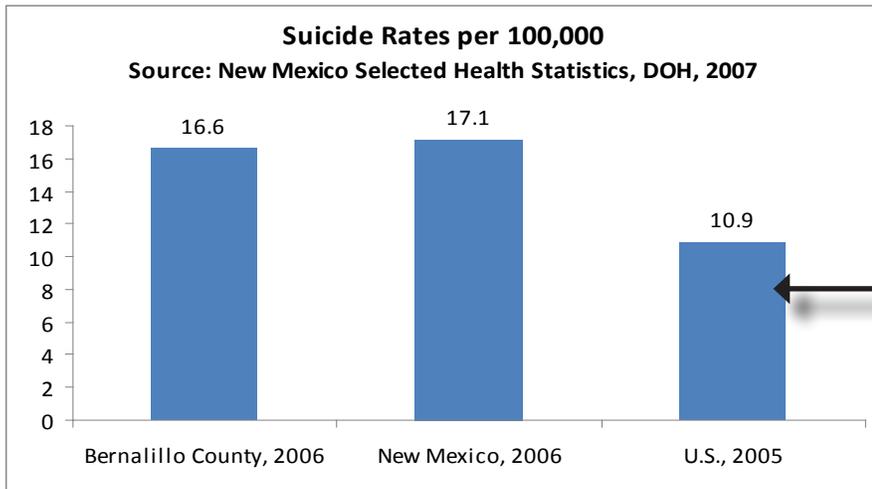


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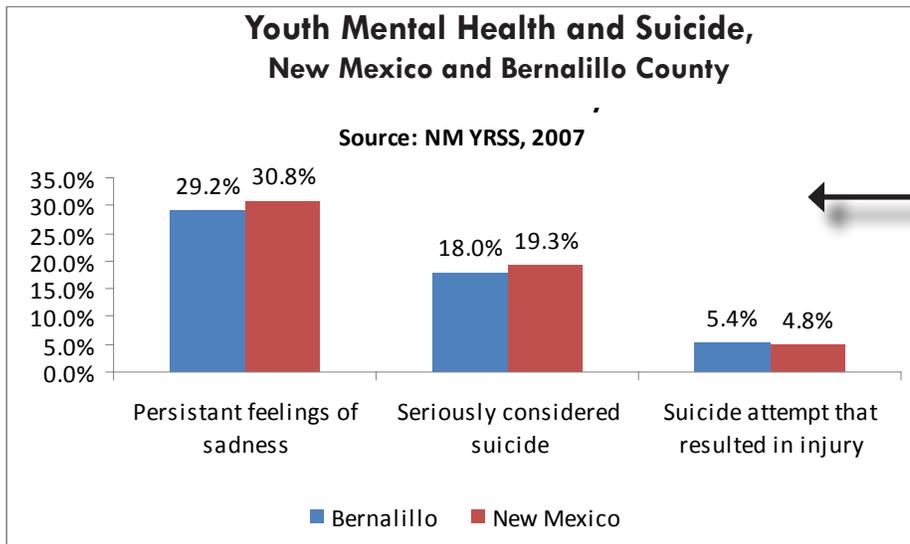
### **According to the Bernalillo County Local Behavioral Health Collaborative:**

- The number of beds for Residential Treatment Centers for children and other community-based services for children has decreased.
- There have been large cuts in "enhanced" services.
- There are long waits for psychiatric evaluations. Anecdotal information suggests that children in crisis wait 8-30 hours and adults 10 hours or more.
- Case management services have been reduced.

# Suicide



The rate of suicide in Bernalillo County (16.6 per 100,000 residents), is slightly lower than the State rate, and much higher than the Nation's rate.



30% of youth in Bernalillo County report they often feel sad.

**From 1996 to 2005 many more County residents between the ages of 15 to 54 died by suicide (1178) than by homicide (781).**

## Youth & Suicide

Many high school kids report that they have serious mental health problems. In 2007:

- 18% of Bernalillo County youth reported that they seriously considered suicide.
- 5% of Bernalillo County youth reported that a suicide attempt led to an injury.



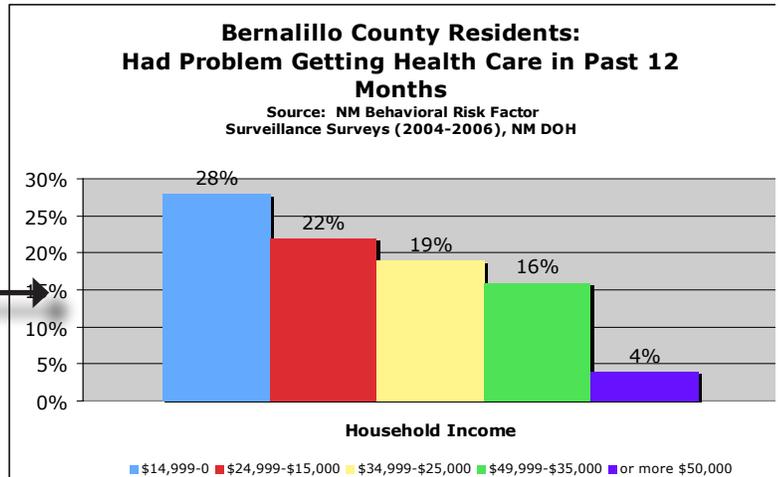
<http://www.consumeraffairs.com/news04/2006/03/images/suicide.jpg>

## Disparities & Access

### Economic & Race/Ethnic Disparities

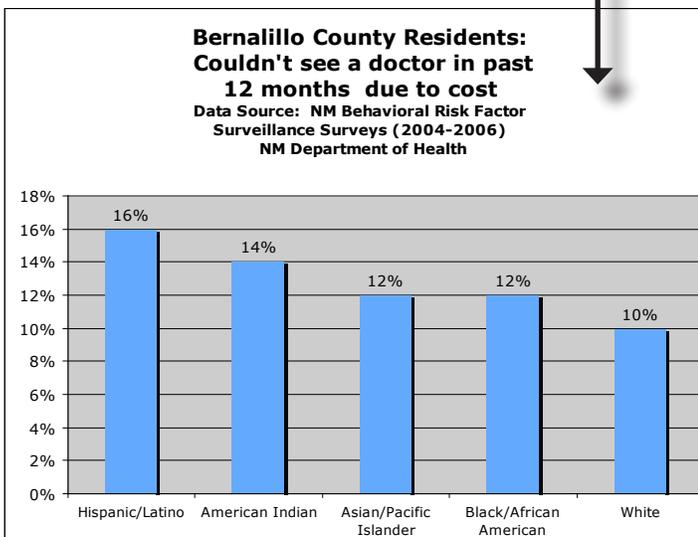
Lower-income adult residents of Bernalillo County, and minorities, report they have a harder time getting health care services.

*The lower the income, the harder it was for County residents to get health care*



*Many people, particularly Hispanics and American Indians, could not see a doctor because of the cost of service*

**4% of adult Bernalillo County residents with over \$50,000 in income reported they had a problem getting health care in the past 12 months compared to 28% of residents with less than \$14,000 in income.**



**10% of White adults living in the County reported they couldn't see a doctor in the past 12 months due to the cost, compared to 16% of Hispanic adults.**

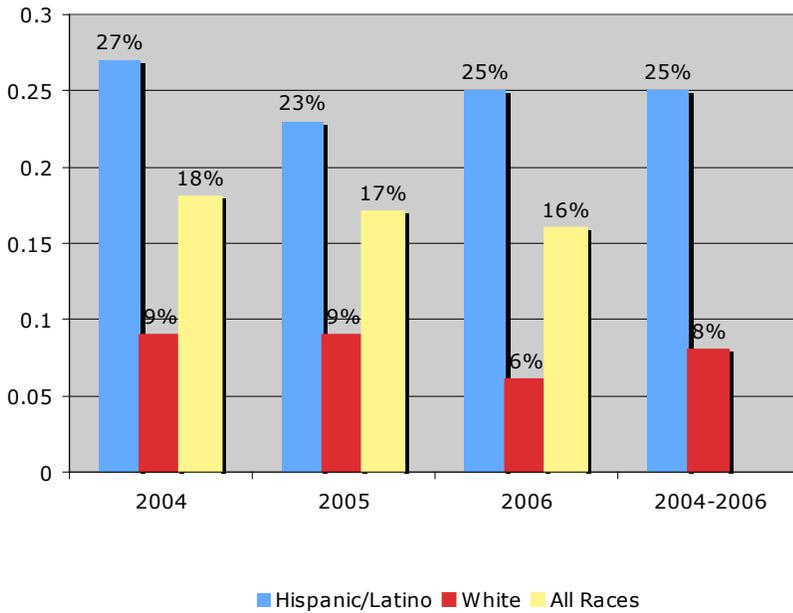
**Main Reasons People Cannot Get Healthcare**

- Cost - even for many people with health insurance
- Transportation
- Language and cultural barriers
- Not enough providers
- Hard to go to appointments because of school and work schedules

# The Uninsured and Underinsured

**About 21% of County residents did not have health insurance in 2005.** The percent has probably increased over the past four years, since the number of people enrolled in programs for low-income County residents has increased. **In addition, many people are underinsured and cannot afford the co-pays, or are not eligible for the services they need.**

**Bernalillo County Residents without Health Insurance**  
 Data Source: NM Behavioral Risk Factor Surveillance Surveys (2004-2006) NM Department of Health



## The uninsured and underinsured:

- Receive less preventive care
- Are diagnosed at more advanced disease stages
- Receive less therapeutic care (drugs and surgical interventions)

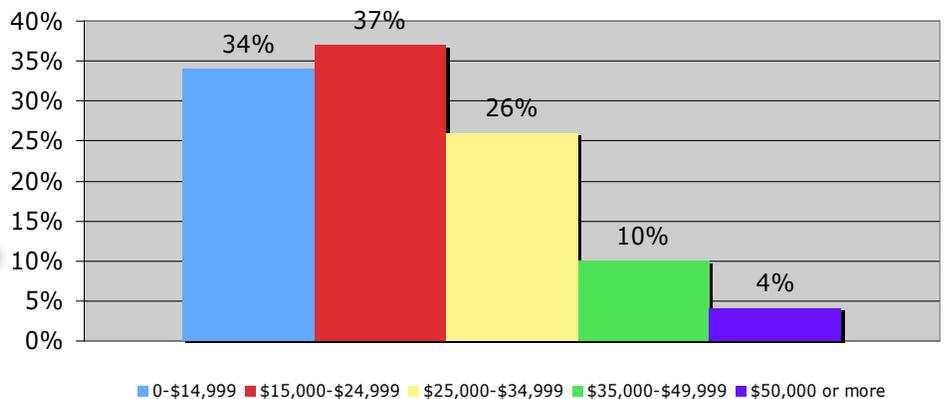
The Rand Corporation reports that if the uninsured became insured (got health insurance), the chances of them dying earlier than normally expected (prematurely) would be reduced by 10-15%.

**From 2004 – 2006 25% of Hispanic residents reported they didn't have health insurance, compared to 8% of**

**37% of residents with incomes of \$15,000 to \$24,999 reported they were uninsured, compared to 4% of respondents with incomes over \$50,000.**

## Bernalillo County Residents: Do Not Have Health Insurance

Source: NM Behavioral Risk Factor Surveillance Surveys (2004-2006), NM DOH



# Access to Outpatient Healthcare

Outpatient care is any health care which does not require admission to a hospital (such as a visit to a family physician).

Good outpatient health care can:

1. reduce and/or prevent complications due to diseases
2. reduce the number of people hospitalized for conditions such as asthma, heart failure, diabetes, and pneumonia.

*For example, patients with diabetes may be hospitalized for diabetic complications if their conditions are not carefully monitored or if they do not receive the patient education needed for appropriate self-management*



[http://www.telegraph.co.uk/telegraph/multimedia/ar-chive/012901doctor\\_1200902c.jpg](http://www.telegraph.co.uk/telegraph/multimedia/ar-chive/012901doctor_1200902c.jpg)

People living in poverty have the most difficulty getting outpatient healthcare.



The more difficult it is to get outpatient healthcare, the greater the possibility of dying sooner than expected (premature death) from diseases such as:

- heart disease
- cancer
- diabetes
- chronic obstructive disease
- chronic liver disease
- cerebrovascular disease
- pneumonia
- influenza



For example:

A recent study looked at the death rates from these seven diseases over the past 15 years in Bernalillo County. **People aged 25 to 59 who lived in the poorest areas of the County, died at rates 2 to 3 times higher than those living in the richest areas.**

# Pathways to a Healthier Bernalillo County Project

Bernalillo County and the UNM Health Sciences Center Office of Community Affairs are funding the Pathways Project – expected to begin serving County residents in Summer 2009.



## Helping individuals

- **Pathways Navigators will help County residents find the services they need.** Many of the Pathways navigators (community health workers (CHWs) are already working for health and social service organizations, which serve the community's most disconnected, at-risk residents.

- Navigators will follow a step-by-step approach (Pathways) to help residents get the full range of services they need. *For example, while working to address unmanaged diabetes for a client, a Navigator might also help the client find housing, food, and transportation.*

## Making the system of care better

Through the work of the Navigators and the organizations they work for:

- People in Bernalillo County will self report better health.
- People in Bernalillo County will have a health care home.
- Health and social service networks in Bernalillo County will be strengthened and more user friendly.
- Advocacy and collaboration will lead to improved health systems.

# The New Mexico Resources Bilingual Inventory (NMRI) and the Salud Manual:

## Helping People Find the Services they Need

- **NMRI is an online inventory of health and social service resources which is easy to use by people with low reading or computer literacy skills.**
- Over 700 community members have been trained to use the on-line resource inventory.
- NMRI's detailed **service descriptions address barriers to accessing services** (such as eligibility criteria, payment options, and languages spoken).
- Health and social service agencies enter and update their own information.
- The information in **the NMRI database is used to print the bi-lingual Salud Manual** - over 10,000 copies have been distributed in the County.
- Learn how to **become an NMRI partner** at <http://resourcesnm.org/main/partners.php>.



**NMRI techs learn to be computer savvy, and then teach their neighbors basic computer skills and how to use the resource inventory.**

read about us at [www.saludmanual.org](http://www.saludmanual.org)

## NEXT STEPS: FUTURE UPDATES

The information collected for the Bernalillo County Community Health Profile was used to support the planning process for the Bernalillo County Community Health Improvement Plan (CHIP). The CHIP is a four-year, community-wide plan that includes health priorities and community-wide goals and objectives for addressing those priorities.

**Profile updates over the next four years will focus on providing information that supports meeting the County's Community Health Improvement Priorities and Goals.**

### **Bernalillo County Community Health Improvement Priorities and Goals**

#### **Priority – Access to Health Care**

*Goal 1 – Eliminate health access barriers such as those related to culture and language*

*Goal 2 – Ensure there is comprehensive and inclusive health systems planning in Bernalillo County; with an emphasis on prevention across all levels of future health planning*

*Goal 3 – Promote the development of a health care system that focuses on meeting human needs and creating health, rather than creating profit*

#### **Priority – Poverty**

*Goal 1 – As a strategy to eliminate poverty and improve health, support the creation and maintenance of healthy communities through community organizing and active participation in proposed land use design, urban planning, and improved public transportation*

*Goal 2 – Support a Coordinated School Health Program (CSHP) to address barriers to learning to enhance opportunities for college and career readiness in the school systems within Bernalillo County.*



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[www.resourcesnm.org](http://www.resourcesnm.org)