

2022 NM Health Data Summary

The following are descriptive observations that are intended to orient community-engaged researchers and other community members in identifying data-driven research priorities that can address specific health concerns within the context of New Mexico. This summary, and the resources listed below, include health data for researchers and communities in New Mexico using national and New Mexico data and highlights tendencies associated with health disparities.

Highlights for New Mexico Social Determinants of Health

- New Mexico is the fifth largest state by land mass with a population of just over 2 million people. The state has only four cities with a population over 50,000 or more, and 17.0 persons per square mile, making it one of the most rural states in the nation. The state has had a 3% increase in population between 2010 and 2021.
- Overall, New Mexico's poverty rate is higher than the national average at 18.4% versus 12.8%, and is now the third highest in the nation. New Mexico's median income is \$51,243, still well below the national median income of \$69,717
- McKinley County experienced the highest poverty rate at 35.2% in 2020 and Los Alamos County remains the lowest at 4.0%.
- Unemployment rate of New Mexico is higher than the national average. In 2020 the U.S. unemployment rate was 5.4%, and New Mexico's unemployment rate was 6.6%. Luna County continues to have the highest unemployment rate at 12.4%.
- For more information, please see the following resources:
 - University of New Mexico Health Sciences Center County Health Report Card - [January 2020](#)
 - [U.S. Census Bureau QuickFacts: New Mexico](#)
 - [New Mexico's Indicator-Based Information System \(NM-IBIS\)](#)
 - [USA FACTS](#)

Highlights for New Mexico Licensed Health Professionals

- Access to health care in New Mexico is impacted by the size and distribution of the population. Thirty-four percent of the population resides in rural or frontier counties which tend to have lower densities of health professionals.
- There are 3,008 licensed primary care practitioners in the state, but only an estimated 1,607 PCPs are in active practice in New Mexico.
- Current practice location distribution reveals most counties are experiencing severe provider shortages. The percentage of residents in New Mexico who have a primary medical provider is 71.5% compared to the National average of 76.8%. The percentage of individuals with a primary medical provider increased to 80% for households with an annual income of \$75,000 and over.
- Los Alamos, De Baca, Lincoln, and San Miguel counties have more primary care physicians than the national average.
- Eight of the 33 NM counties have no surgical facility for labor and delivery, and 12 counties have no inpatient maternity service. There are only 230 Ob-Gyn physicians in the state.
- Even though NM has 15,588 registered nurses and 1,542 Advanced Practice registered nurses, there is a significant shortage of registered nurses in rural areas, only Bernalillo and Grant counties are above the benchmark for these practitioners.
- There are 1,216 dentists practicing in New Mexico, as a whole the state dentist-to-population ratio of 1.5 per 2,500 is above the national average. However, Eddy, Lea, Otero and Torrance are counties below the national benchmark for dentists.
- For more information, please see the following resources:
 - University of New Mexico Health Sciences Center County Health Report Cards: [January 2020](#)

The New Mexico Center for Health Workforce Analysis Report to the New Mexico State Legislature: [2021 Annual Report](#)

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- Los Alamos County ranks first in the county health rankings, which included length of life, quality of life, health behaviors, clinical care and physical environment.
- McKinley County continues to rank last in overall health factors.
- For more information, please see the following resource:
 - [The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute](#)

Highlights for New Mexico Health Equity

An understanding of health disparities will help create health equities among NM residents, a state in which the majority belongs to at least one group in a high-risk population.

- Over 60% of New Mexico residents identify as a person of color and/or Native American/Alaskan Native.
- Almost 25% of the population lives in a rural area.
- Almost 16% are living with a disability.
- Over a third (35.4%) of the population speaks a language other than English at home.
- Four percent of adults and 11.6% of high school youth describe themselves as LGBTQ+.
- Since 2010, teen births have declined, but NM continues to have one of the highest teen birth rates in the nation. In 2017, it was 27.6 per 1,000.
- The teen pregnancy rate has declined by 41% since 2012.
- Teen pregnancy rates are higher among Hispanic/Latina females, and are highest in the Southeast region of the state.
- In 2017, Diabetes was the 6th leading cause of death in NM.
- College-educated residents with an annual income of \$50,000 or more have the lowest incidence of diabetes.
- The population on the border region have a higher prevalence of diabetes than non-border residents.
- The teen birth rate is higher in the border region than in the non-border region. Luna County had the highest teen birth rate in the state, at 73.9 per 1,000.
- New Mexico ranked 4th in the nation for chlamydia among females ages 15-24. Chlamydia predominantly affects adolescents and young adults.
- In New Mexico Native Americans and African Americans have the highest rates of HIV.
- NM has a lower rate of newly diagnosed HIV infections than the national average.
- For more information, please see the following resources:
 - [Health Equity in NM 2019](#)

Highlights for New Mexico Major Causes of Death

- Heart disease is the leading cause of death in the state
- Malignant cancer is the 2nd most common cause of cancer death in New Mexico.
- Unintentional injuries, chronic lower respiratory disease, and stroke are the 3rd, 4th, and 5th leading causes of death respectively.
- New Mexico's drug overdose death rate has been one of the highest in the nation for most of the last two decades.
- Prescription drugs were the cause of 38% of drug overdose deaths, with men having a rate twice that of women
- The highest drug overdose rate occurred in Rio Arriba County, while the highest number of deaths occurred in Bernalillo County
- Infant mortality was higher than the national average with 6.3 deaths per 1,000 births.
- For more information, please see the following resources:
 - [Health Equity in NM 2019](#)
 - [New Mexico's Indicator-Based Information System \(NM-IBIS\)](#)

Obesity has been identified as a super-priority for the New Mexico Department of Health

- Obesity rates for youth in New Mexico were just below than the national average in 2019, 15.2% of NM youth were

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obese, while 15.5% of youth in the U.S. were obese.

- Obesity rates for adults in New Mexico in 2019 were 31.78%, compared to 32.1% for the nation.
- New Mexico obesity rate appears to be leveling off. In 2019 the rate was 31.7%, compared to 32.3% in 2018 and 29.2% in 2017.
- Prevalence is higher in the NM border counties (39% and 35% compared to 29%).
- Rates of overweight and obesity in children remain high across grade, gender and race/ethnicity.
- For more information, please see the following resources:
 - [Health Equity in NM 2019](#)
 - [New Mexico's Indicator-Based Information System](#)

Highlights for New Mexico High School Risk and Resiliency Survey

In New Mexico, suicide is a serious public health problem. Over the last 20 years the rate has been at least 50% higher than the national rates.

In 2019 there were 515 suicide deaths. There was little change from 2018 to 2019.

- New Mexico had the fourth-highest age-adjusted rate for suicides in the nation in 2019. New Mexico had a crude suicide rate of 24.6 deaths per 100,000 residents in 2020, which is 23% higher than the crude rate in 2010.
- The suicide rate was 3.5 times higher for men than women in 2019.
- The suicide rate was highest for Whites and Native Americans with the rate being 29.6 and 27.5 per 100,000 persons respectively.
- Suicide is the second leading cause of death for the 5-34 age group New Mexico.
- For more information, please see the following resources:
 - [Health Equity in NM 2019](#)
 - [New Mexico's Indicator-Based Information System](#)
 - nmhealth.org