



Diabetes Among New Mexico Adults by County, 2004 - 2006

How many people in my county have diabetes?

This is a question that this set of statistics tries to answer, at least for adults. The rates and numbers of adults with diagnosed and undiagnosed diabetes, for each county, are shown.

The county data on diabetes presented here were generated using the New Mexico Department of Health's Behavioral Risk Factor Surveillance System (BRFSS) for the three year period 2004 to 2006. This survey, which is done continuously, uses telephone survey methods to collect data on health conditions in the New Mexican population and people's behaviors that can affect their risk (negatively or positively) of disease. This survey includes a random sample of individuals 18 years of age and older who live in a private residence and have a telephone. Adults who live in group homes or institutions, such as college dormitories, nursing homes or prisons, or live in a household without a telephone, are not included.

Because the BRFSS collects information from a sample of New Mexico adults, the estimates that result from the survey have built-in errors. The 95% confidence intervals are included to show how much uncertainty is part of these data. These intervals are represented by the low estimate and the high estimate. It is always tempting to use only the average estimate, but using the low and high estimates with the average estimate is a far more informed manner of using these data.

The Diabetes Prevention & Control Program and the Behavioral Risk Factor Surveillance System are supported by funds and resources from the Centers for Disease Control and Prevention and New Mexico Department of Health.

For more information or if there are questions or comments about the data or this report, contact: NM Department of Health, Diabetes Prevention & Control Program, Corazon Halasan, MPH, 505-476-7616, corazon.halasan@state.nm.us.

Information about diabetes can be found at 1-888-523-2966 or www.diabetesnm.org.

Estimated Age-Adjusted¹ 3-Year Average Total² Prevalence³ of Diabetes by County, NM Adults 18 Years & Older, 2004-2006

Data source: NM Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

[Use these estimates to compare your area to other areas.](#)

Estimated Rates

Estimated Numbers

Residence County*	Rate	Range of Estimated Rates ³		Average Estimate (#)	Range of Estimated Numbers ⁴	
	Average Estimate (%)	Low Estimate (%)	High Estimate (%)		Low Estimate (#)	High Estimate (#)
New Mexico	9.2	8.6	9.7	134,529	126,616	142,443
Bernalillo	8.0	6.9	9.2	37,146	32,110	42,813
Chavez	14.0	11.3	17.4	6,406	5,174	7,946
Cibola	13.6	9.5	19.3	2,837	1,966	4,016
Colfax	10.4	6.5	16.3	1,165	726	1,831
Curry	7.7	5.4	10.8	2,524	1,772	3,543
Dona Ana	10.4	8.9	12.2	14,553	12,474	17,009
Eddy	11.7	9.3	14.7	4,524	3,588	5,668
Grant	7.2	5.1	10.3	1,739	1,247	2,494
Lea	10.7	8.2	13.8	4,409	3,404	5,692
Lincoln	7.3	4.9	11.1	1,260	840	1,913
Los Alamos	3.5	1.8	6.9	533	266	1,045
Luna	13.2	8.9	19.3	2,563	1,726	3,739
McKinley	17.0	13.4	21.6	8,669	6,811	11,008
Otero	13.0	10.1	16.6	6,123	4,783	7,845
Rio Arriba	9.6	6.9	13.1	3,018	2,168	4,123
Roosevelt	9.2	5.7	14.4	1,261	779	1,984
San Juan	8.6	7.0	10.7	7,690	6,248	9,492
San Miguel	9.0	5.8	13.9	2,117	1,359	3,255
Sandoval	8.8	6.9	11.2	6,935	5,442	8,856
Santa Fe	5.8	4.3	7.6	6,534	4,862	8,509
Sierra	7.4	4.5	12.0	833	500	1,347
Socorro	19.8	13.5	28.5	2,768	1,883	3,973
Taos	7.3	5.0	10.3	1,826	1,251	2,570
Valencia	9.6	7.3	12.6	5,001	3,803	6,550

1. age-adjusted to 2000 US standard population.

2. total= diagnosed + undiagnosed diabetes

3. prevalence=all pre-existing and new occurrences of a condition within a given time period

4. 95% confidence interval

***NOTE:** Funding and sampling-related issues, such as sample design, influence the Department's ability to get sufficient numbers of interview respondents to calculate statistically reliable estimates. Even with 3 years of data, this is the case for nine counties for 2004-2006: Catron, De Baca, Guadalupe, Harding, Hidalgo, Mora, Quay, Torrance and Union. The rates for these counties are in a separate table; see the table of Crude Total Prevalence of Diabetes.

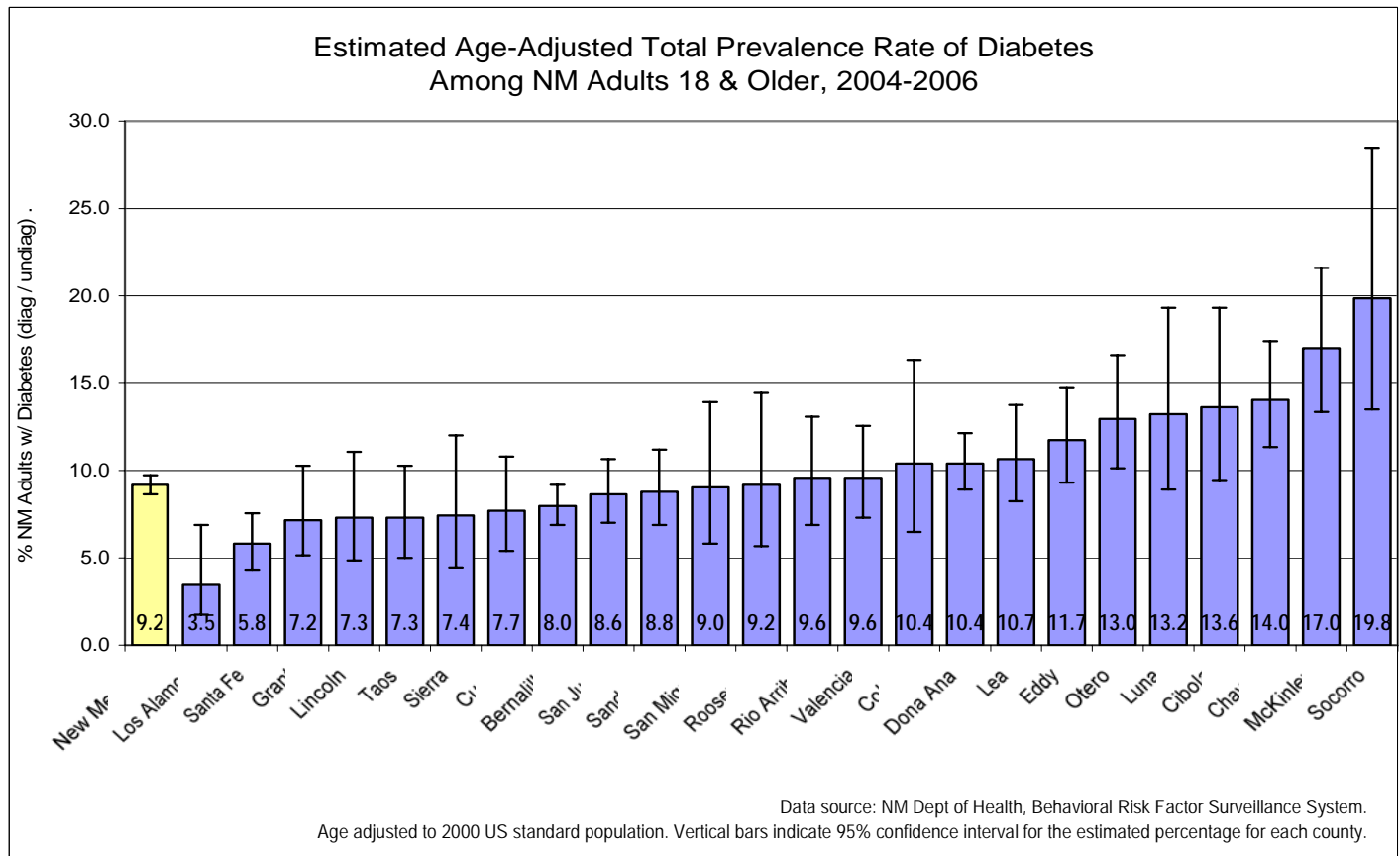
Age-adjusted 3-Year Average Diabetes Prevalence Rates by County, 2004-2006

What are these rates?

These are the estimated average numbers of persons with diagnosed & undiagnosed diabetes per 100 NM adults (i.e., percentage of adults with diabetes) per year in a county during the period 2004-2006. These rates have been adjusted for age to take into account the effect that age has on the occurrence of a condition in a population. A population that has proportionately more older people than younger people will have more cases or deaths due to chronic conditions that occur more frequently in older people (for example, diabetes or heart disease).

Use Age-adjusted Rates to Compare Areas or Populations

Age-adjustment allows the comparison of rates across different geographic areas or populations. Thus, a county rate can be compared to a state or national rate, if these rates have comparable time periods and have been adjusted to the same age standard. It is best to have the same time periods, but it is also common practice to compare a 3 year rate for a small area (e.g., a county) to a one-year state or national rate that was measured sometime in the same 3-year period. The range of estimated percentages per county are shown by the vertical lines. Vertical lines which do not overlap with each other usually means that the estimated prevalence percentages are statistically different from each other.



County rates that are statistically different from the NM rate:

Chaves, McKinley, Socorro --- higher than NM

Los Alamos, Santa Fe --- lower than NM

***NOTE:** Rates for Catron, De Baca, Guadalupe, Harding, Hidalgo, Mora, Quay, Torrance and Union Counties are in a separate graph. Several sampling and funding issues limit the ability to calculate statistically reliable rates for these counties for 2004-2006.

Estimated Crude 3-Year Average Total¹ Prevalence² of Diabetes by County, NM Adults 18 Years & Older, 2004-2006

Data source: NM Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

Use these estimates for planning within a county. Do NOT USE to compare your area with other areas.

	Estimated Rates			Estimated Numbers		
		Range of Estimated Rates ³			Range of Estimated Numbers ³	
Residence County*	Average Estimate (%)	Low Estimate (%)	High Estimate (%)	Average Estimate (#)	Low Estimate (#)	High Estimate (#)
New Mexico	9.6	8.9	10.1	140464	130572	148378
Bernalillo	8.0	6.9	9.2	37146	32110	42813
Chavez	15.0	12.0	18.8	6837	5482	8561
Cibola	13.5	9.2	19.7	2809	1910	4100
Colfax	11.6	7.2	18.2	1301	802	2043
Curry	7.7	5.4	10.9	2524	1772	3587
Dona Ana	10.0	8.5	11.9	13986	11907	16631
Eddy	13.5	10.7	17.0	5200	4108	6552
Grant	8.8	6.2	12.3	2133	1509	2986
Lea	10.7	8.2	13.8	4409	3404	5692
Lincoln	10.8	7.2	16.3	1866	1237	2823
Los Alamos	3.5	1.8	6.9	533	266	1045
Luna	14.6	9.9	20.9	2824	1909	4053
McKinley	14.7	11.2	19.3	7499	5711	9839
Otero	14.0	10.9	17.8	6633	5166	8419
Rio Arriba	9.9	7.0	13.8	3103	2210	4335
Roosevelt	8.6	5.3	13.9	1187	723	1910
San Juan	8.2	6.5	10.3	7329	5767	9131
San Miguel	8.8	5.7	13.5	2054	1327	3160
Sandoval	9.3	7.3	11.9	7362	5762	9389
Santa Fe	6.1	4.7	8.0	6838	5318	8965
Sierra	13.0	8.0	20.4	1453	893	2286
Socorro	19.0	12.4	28.2	2655	1732	3935
Taos	9.5	6.3	13.6	2367	1589	3415
Valencia	10.3	7.7	13.5	5353	4015	7043
Use these county estimates with extra carefulness:						
	Average Estimate	Low Estimate	High Estimate	Average Estimate	Low Estimate	High Estimate
Catron*	6.5	2.4	16.3	200	75	505
De Baca*	17.8	7.3	38.9	331	135	722
Guadalupe*	7.7	2.3	23.5	292	87	890
Harding*	31.2	11.7	65.6	210	79	441
Hidalgo*	17.8	8.1	36.0	773	351	1563
Mora*	26.6	13.4	47.7	1134	570	2032
Quay*	11.2	6.1	20.3	886	480	1601
Torrance*	6.5	3.4	12.3	882	460	1673
Union*	3.5	0.9	12.7	117	31	422

1. total= diagnosed + undiagnosed diabetes

3. 95% confidence interval

2. prevalence=all pre-existing and new occurrences
of a condition within a given time period

*** IMPORTANT NOTE:** Even with 3 years of data, NMDOH cannot calculate estimates that are statistically reliable enough for the nine counties shown at the bottom of this table.

Recommendation: Use the low and high estimates along with the average estimate. At the very least, consider that there is no one correct or exact estimate; rather there is a range of estimates.

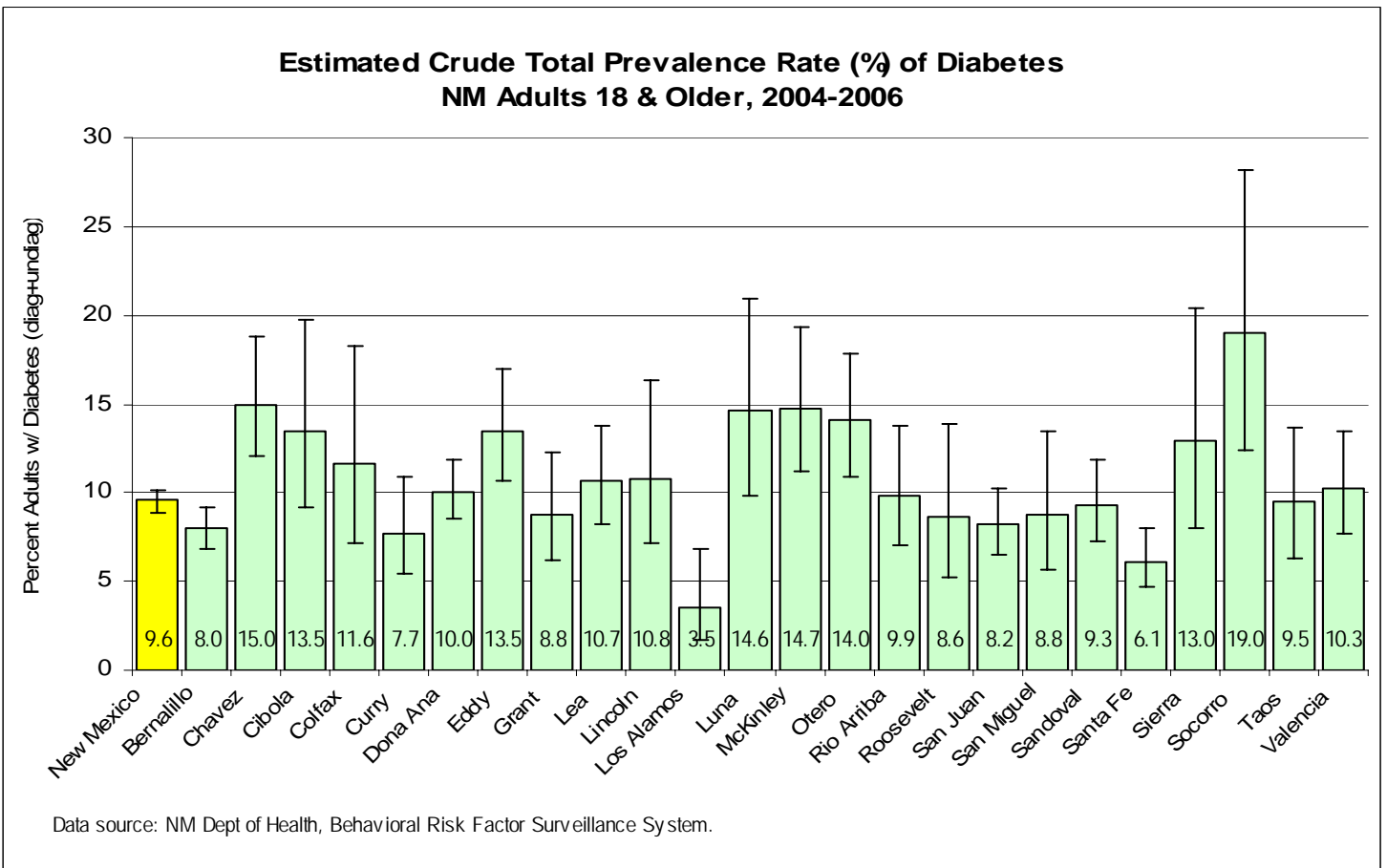
Crude 3-Year Average Total Prevalence Rates of Diabetes, by County, 2004-2006

What are these rates?

These rates represent the estimated average numbers of persons with diagnosed & undiagnosed diabetes cases per 100 NM adults (i.e., percentage of adults with diabetes) per year in a county during the period of 2004-2006. As these are estimates from a representative sample of New Mexicans, the 95% confidence intervals are included (indicated by single vertical line within each column) to show the entire range of the estimated percentages for each county. The rates are crude rates, i.e., they are not adjusted for age.

Use Crude Rates for Health-related Planning for Your County

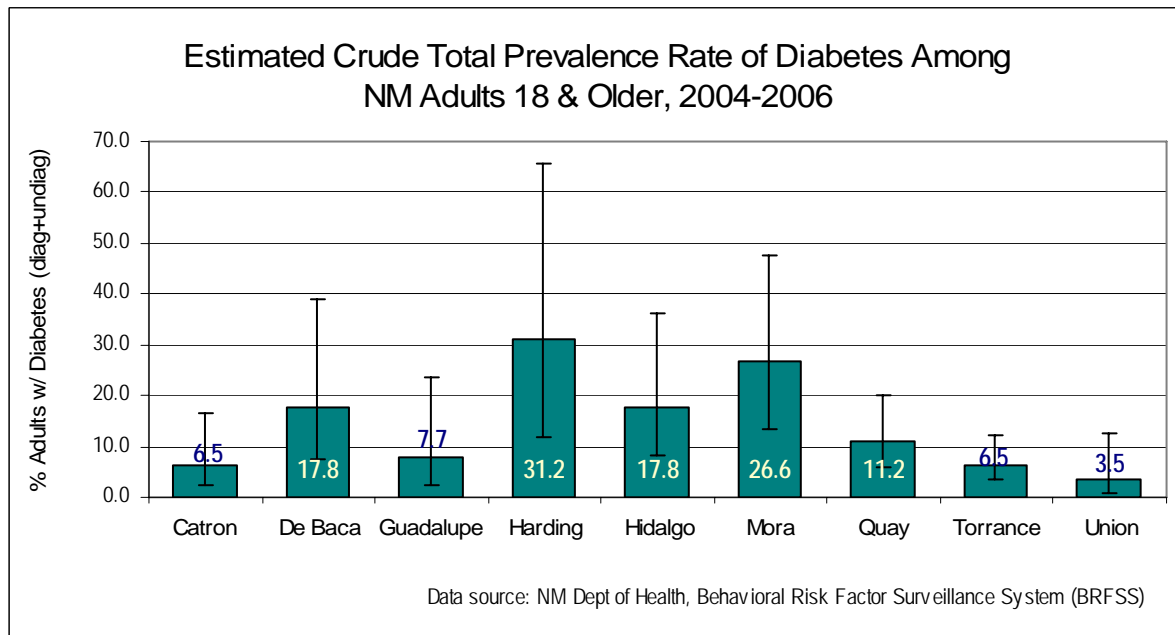
Crude rates more closely approximate the "actual experience" of a group or population. These county crude rates can be used for planning or resource decision making within a county. **They must not be used to compare a county rate to national, state or other county rates.** Use age-adjusted rates for inter-area comparisons.



***NOTE:** Rates for Catron, De Baca, Guadalupe, Harding, Hidalgo, Mora, Quay, Torrance and Union Counties are in a separate graph. Several sampling and funding issues limit the ability to calculate statistically reliable rates for these counties for 2004-2006.

Estimated Crude 3-Year Average Total¹ Prevalence² Rate of Diabetes

Do NOT compare these rates to each other or to other areas. Use these rates with extra carefulness & according to the recommendation below.*



	Low Estimate	Average Estimate	High Estimate		Low Estimate	Average Estimate	High Estimate
Catron	2.4	6.5	16.3	Mora	13.4	26.6	47.7
De Baca	7.3	17.8	38.9	Quay	6.1	11.2	20.3
Guadalupe	2.3	7.7	23.5	Torrance	3.4	6.5	12.3
Harding	11.7	31.2	65.6	Union	0.9	3.5	12.7
Hidalgo	8.1	17.8	36.0				

1. Total means both diagnosed and undiagnosed.

2. prevalence=all pre-existing and new occurrences of a condition within a given time period

***IMPORTANT NOTE---please read:**

RECOMMENDATION: Use all three estimates (the low, high and average estimated rates) when using the rates. This provides more solid information when using these rates in planning or decision-making. Example: the estimated 2004-2006 rate of diabetes for De Baca County ranges from 7.3% to 38.9%, with an average of 17.8%.

Lastly, do NOT compare these rates to each other or to other areas; they are not adjusted to be used for comparison.