

Public Health Division Southeast Region

2021

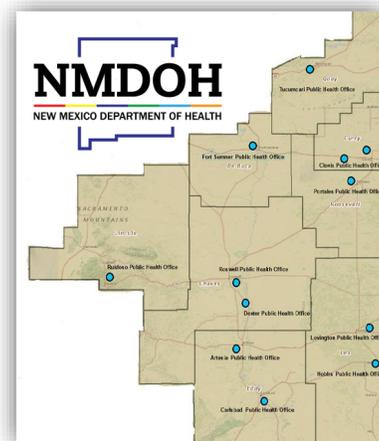
CHAVES ♦ CURRY ♦ DEBACA ♦ EDDY ♦ LEA ♦ LINCOLN ♦ QUAY ♦ ROOSEVELT

SUBSTANCE USE AND MENTAL DISORDERS

Of the 788 New Mexicans who died from drug overdoses in 2022; 77 of those were in the SE Region. The drug overdose rate in the region was 28.1, slightly lower than the state average of 30.4 per 100,000 (age-adjusted.)

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

- In FY20, the SE Region Harm Reduction Team and public health offices collected 1,004,719 syringes and disbursed 1,393,712 clean syringes to 4,374 clients. Naloxone was disbursed to 1,264 clients.
- 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 funding through a Partnership for Success Grant from the Office of Substance Abuse and Prevention which ends June 2020 and will carry on with a new grant by the Substance Abuse and Mental Health Services Administration in July 2020.
- Online resource "There is Another Way"—tackling the Opioid Crisis or www.AnotherWayNM.com people share their stories as well as resources.
- Nicotine Use Prevention and Control (NUPAC) Program and its partners work with communities, schools, and organizations across the state to implement activities and services that decrease the harmful and addictive use of commercial tobacco.
- Q.P.R./Suicide Prevention—team members are QPR certified (**Question, Persuade, Refer**) and can provide suicide prevention training to learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.



TEEN BIRTHS/DELAYED PREGNANCIES

Among the 4 Public Health Division (PHD) Regions, the SE Region had the highest teen (15-19yrs.) birth rate in 2017 with 42.6 births per 1,000 girls. However, the SE Region teen birth rate has declined by 40.2% since 2011.

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. The program also teaches about contraception; parent involvement about how to talk with their kids about sex; and incorporates service learning where goals are set by working on projects within the community to teach selflessness, giving back and self-confidence.
- 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. Students will make their way through the maze by interacting and participating at booths. The goal for this event is to help increase the student's ability to make good choices in life.

CHRONIC DISEASE

In 2015-2019, two of the Southeast's eight counties had rates of diabetes hospitalizations as primary diagnosis that were higher than the state average of 13.8 per 10,000 population. These were Eddy and Chaves, with the highest rate at 19. In 2015-2017, seven of the Southeast's eight counties had rates of Heart Disease Deaths that were higher than the state average of 147.3 per 100,000 population, and seven of the Southeast's eight counties had rates of Heart Disease Deaths that were higher than the nation average of 165.5 per 100,000 population, with Chaves County having the most deaths at 222.5 per 100,000 population in the Southeast region.

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.
- Walkability Studies began in FY19 to audit walking accessibility for pedestrian mobility within each county. The walkability study will assess various walking routes throughout each community as part of an initiative to enhance and promote walking for health as well as transportation.
- 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.

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?

- The regional Health Promotion Program assists the Healthy Kids Healthy Communities (HKHC) with technical assistance and access to resources. 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. HKHC has been active in the counties of Chaves, Curry, Roosevelt, and Lincoln for several years. A comprehensive communication plan has been developed with concrete goals for increasing awareness, and disseminating local newsletters or reaching out to state representatives and senators. Coordinators on their Healthy Kids Facebook page posted news, resources, recipes, and nutrition and physical activity tips in addition to recognizing community partners, promoting events like International Walk to School Day in October, and highlighting local parks, trails, farmers' markets, and businesses.
- 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.

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 FY20, the Children's Medical Services (CMS) Program in the SE Region hosted 49 specialty outreach clinics that served 367 children with medical needs with an 82% show rate. CMS 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 Service Social Workers have started a new role with COVID. They receive COVID Social Service Referrals which have become a vital role with families who struggle With COVID. Creativity to meet the needs of families have reached a new level for Social Workers. Some of the needs being identified are for food, utilities, rent, and baby formula.

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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

