PUBLIC HEALTH IN MORA COUNTY

SUBSTANCE MISUSE

What is being done in the community to address it?

- The Mora County Health Council (MCHC) brings awareness of substance misuse, alcohol misuse, and underage drinking in Mora County through an educational awareness campaign called Operation STOP. The MCHC produced and disseminated over 200 informational brochures in the spring of 2016 highlighting local data on substance and alcohol misuse, and included personal stories from two Mora families affected by these health issues.

- In 2016, Mora County Commissioners passed a resolution to bring the NMDOH, Harm Reduction Program services to residents for the very first time! This success is a direct result of the mobilization work done by the community, the Community Health Promotion Team, the MCHC, the NMDOH Disease Prevention program, and the San Miguel County Public Health Office. The NMDOH Harm Reduction Program focuses on preventing the spread of hepatitis C, HIV and other infectious diseases by providing syringe exchange related harm reduction services, and dispensing Naloxone statewide.

ALCOHOL MISUSE

Mora County is among the top 3 counties in New Mexico for chronic and binge drinking. During 2013-2015, 10% of surveyed adults in Mora County were chronic drinkers and 26% were binge drinkers.

What is being done in the community to address it?

- A total of 530 students - from Head Start through high school - receive evidenced-based alcohol prevention education in Mora and Wagon Mound Schools through the local Driving While Intoxicated (DWI) Program.

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Of New Mexico’s 33 counties, Mora County had the **HIGHEST RATE OF DIABETES DEATH** during 2013-2015 at **68 DEATHS** per 100,000.

**BEHAVIORAL HEALTH**

During 2011-2015, there were **6 SUICIDE DEATHS** in Mora County, and Mora County had the **11TH HIGHEST SUICIDE RATE** among New Mexico’s counties.

**WHAT IS BEING DONE IN THE COMMUNITY TO ADDRESS IT?**

- MVCHS has certified medical clinicians who provide counseling for Mora County residents. For additional behavioral and mental health care services, residents must travel at least 30 miles.

**DIABETES**

- MVCHS has brought the evidence-based Manage Your Chronic Disease (MyCD) Program to the community by training one staff person as a workshop leader. This leader offers the community the opportunity to learn useful management skills for living with a chronic condition. For information: NMDOH Diabetes Prevention and Control Program 505-222-8605 or nmhealth.org/publication/view/general/119/.
- implemented a new strategy to address community members with diabetes by providing glucose meters and strips to assist patients in practicing self-management skills. MVCHS saw an improvement in A1c levels in diabetic patients, where their average combined A1c decreased from 9.2 A1c to 7.6 A1c within one year.
- partnered with Cornelio Candelaria Organics and the New Mexico Acequia Association to offer educational classes to approximately 100 community members through their Food Is Medicine Project. These educational classes focus on: diabetes, obesity, prenatal care, pain management and depression. Each workshop provides culturally relevant nutritional health education through a series of community based workshops.

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