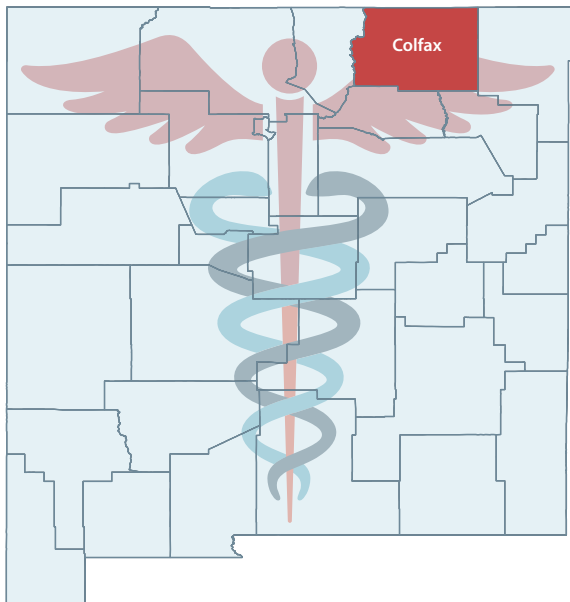


# PUBLIC HEALTH IN COLFAX COUNTY

## ACCESS TO CARE



In Colfax Co., the **RATE OF PRIMARY CARE PHYSICIANS** is **39 PER 100,000**. This rate is **ALMOST HALF** that of the **U.S. AND NEW MEXICO**.

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

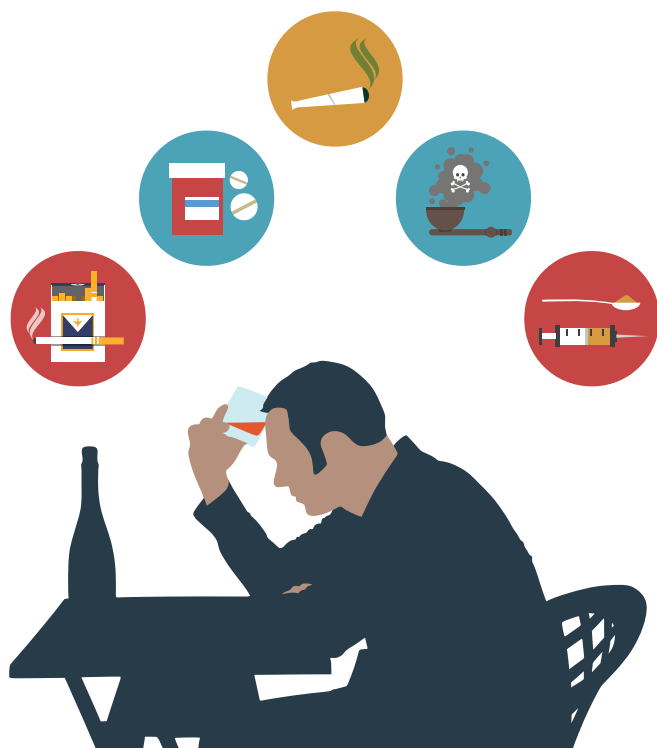
- Local stakeholders lead a Recruit, Train, Retain, Sustain (RTRS) workgroup, comprised of 15 representatives, to recruit for high-need healthcare workforce areas. Recruitment takes place for paramedics, lab techs, radiologists, and other healthcare fields. The RTRS brings medical professionals to the area, boosts the economy, and provides services to the County.
- The Raton Public Health Office (PHO) administered more than 150 flu vaccinations to students and teachers in 2016.

## SUBSTANCE MISUSE

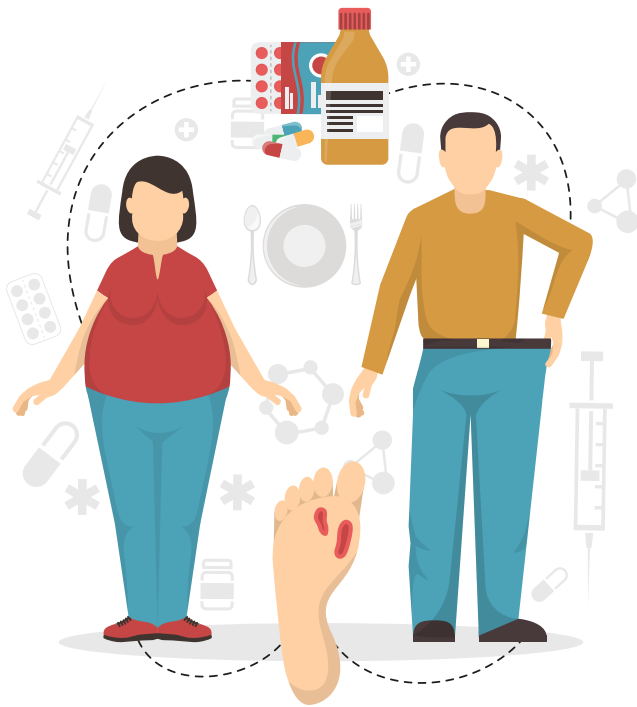
During 2013-2015, **21% OF COLFAX COUNTY ADULTS** reported they **BINGE DRINK**; this is the **5TH HIGHEST PERCENTAGE** among New Mexico's 33 counties. During 2011-2015, there were **14 DEATHS** due to **DRUG OVERDOSE**.

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

- The Raton PHO provides harm reduction services, including dispensing Naloxone, an overdose reversal drug. The Raton PHO has had a 50% increase in harm reduction clients and a 40% increase in Naloxone distribution.
- The City of Raton Continuum provides services to youth 7-18 years of age in the Girls Circle and the Boys Council Programs. These programs served almost 300 youth during 2015 - 2016. The prevention-based curriculum raised awareness about the dangers of drinking, binge drinking, drug use, and driving while under the influence of alcohol. [www.onecirclefoundation.org](http://www.onecirclefoundation.org) The Continuum collaborates with: public schools, law enforcement, CYFD, JPO's, NM Public Health Offices, and Mental and Behavioral Health Agencies to ensure all students receive preventative services provided by the Girls Circle and the Boys Council.



# OBESITY/DIABETES



In Colfax Co., **39% OF ADULTS ARE OVERWEIGHT**, this is the **7TH HIGHEST** county ranking in **NEW MEXICO**.

During 2012-2014, Colfax County had the **6TH HIGHEST** rate of **DIABETES HOSPITALIZATIONS** in New Mexico. In total, **68 PERSONS WERE HOSPITALIZED** during this period.

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

- One Health Promotion Specialist from the Northeast Region became certified as a My Chronic Disease (MyCD) Trainer. MyCD sessions offer the community the opportunity to learn useful self-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/](http://nmhealth.org/publication/view/general/119/)
- The Ramblin' Round Raton Coalition created and distributed a Prescription Trails Guide. This guide includes maps of 30 miles of walking trails, inclusive of Sugarite State Park and Capulin Volcano National Monument. The coalition develops programs such as "Walk with a Doc", "Walk with a Ranger", "Walk with a Dog," and "Walk with the Principal". For more information, go online to [www.viva-conects.org](http://www.viva-conects.org)
- The Women, Infants, Children, (WIC) Supplemental Nutrition Program, in Raton, provides nutrition education to participating families and serves about 300 clients annually.

# CHILD ABUSE/NEGLECT

During 2014-2016, **COLFAX COUNTY** had the **HIGHEST RATIO** in New Mexico of **SUBSTANTIATED CHILD ABUSE CASES** (205 cases) per 1,000 children.

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

- The Raton Early Childhood Coalition brings stakeholders together to provide families the opportunity to strengthen parenting skills and promote 7 essential life skills focused on children 0-3 years. The coalition was trained by University of New Mexico staff from the Mind in the Making Program. The program will hold a total of 7 sessions for families during 2016 and 2017.
- Youth Empowerment Services home visiting program focuses on the relationship between parents and children and family support systems. This program works with pregnant women and families with children ages 0-3, to strengthen family relationships by ensuring families receive support to raise healthy, happy, and successful children.



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- Sources:
- Bureau of Vital Records and Health Statistics (BVRHS), New Mexico Department of Health
  - New Mexico Children, Youth and Families Department: [www.cyfd.org](http://www.cyfd.org)
  - Behavioral Risk Factor Surveillance System Survey (BRFSS) Data, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention
  - New Mexico Hospital Inpatient Discharge Data, New Mexico Health Policy Commission
  - Population Estimates: University of New Mexico, Geospatial and Population Studies (GPS) Program, <http://gps.unm.edu/>
  - US Department of Health & Human Services, Health Resources and Services Administration, Area Health Resource File (AHRF)