

PUBLIC HEALTH IN SAN MIGUEL COUNTY

DIABETES



During 2014 – 2017, San Miguel County had the **7TH HIGHEST RATE OF DIABETES HOSPITALIZATIONS** in New Mexico.

In total, **158 PERSONS** were **HOSPITALIZED** during this period.

WHAT IS BEING DONE WITHIN THE COMMUNITY TO ADDRESS THIS HEALTH ISSUE?

- El Centro Family Health has brought the evidence based Manage Your Chronic Disease (My CD) program to the community by training staff as workshop leaders. These leaders offer the community the opportunity to learn effective management skills for living with a chronic condition.
- The San Miguel County Family and Community Health Council developed a prescription trails guide titled: Las Vegas, New Mexico and San Miguel County Prescription Trails Guide and Marked Trail Routes.

BEHAVIORAL HEALTH

During 2014 - 2016, **29% OF SURVEYED ADULTS** in San Miguel County reported a **DOCTOR DIAGNOSED THEM WITH DEPRESSION.**

WHAT IS BEING DONE WITHIN THE COMMUNITY TO ADDRESS THIS HEALTH ISSUE?

- The San Miguel County-Substance Abuse Prevention Coalition is conducting the Self-Management and Recovery Training (SMART) program. This program is a science-based addiction recovery support group where participants learn self-empowering techniques to aid their recovery through free mutual-help groups offered in person and online.
- The NMDOH, NM Behavioral Health Institute-Community Based Services offers a variety of services including: psychiatry, nursing, therapy, comprehensive community services, access to crisis response services 24-hours a day, sexual assault services, substance abuse counseling, psychosocial rehabilitation services, and an adult assisted living facility program.



SUBSTANCE MISUSE

During 2012-2016, there were

54 DEATHS DUE TO DRUG OVERDOSE.

This is **ALMOST DOUBLE** the **2015 RATE**

of 28.3 deaths per 100,000.

WHAT IS BEING DONE WITHIN THE COMMUNITY TO ADDRESS THIS HEALTH ISSUE?

- The San Miguel Public Health Office provides Harm Reduction and Overdose Prevention Services. These services focus on providing overdose prevention education as well as naloxone to individuals using opiates, their friends or family members in the event an overdose does occur.
- The San Miguel County-Substance Abuse Prevention Coalition is working on alcohol and prescription drug specific initiatives that include conducting a media campaign with local public service announcements, developing and distributing posters and a parent handbook on alcohol awareness and consequences of prescription drug misuse, working with community partners on local policy development, providing prescription lock boxes for seniors to safely store prescription medication, and participating in Drug Enforcement Administration National Drug Take Back events to encourage residents to properly dispose of unused medication.



ACCESS TO CARE

In 2015, **13% OF ADULTS** were **UNINSURED**. In 2016, **13% OF BABIES** were **LOW BIRTH WEIGHT** (<2,500 grams).

WHAT IS BEING DONE WITHIN THE COMMUNITY TO ADDRESS THIS HEALTH ISSUE?

- The San Miguel Public Health Office delivers essential public health services including health services, family planning, sexually transmitted disease testing, the Women, Infants, Children Supplemental Nutrition Program (WIC), Children's Medical Services (CMS) case management, and communicable disease control.
- NM Human Services Department- Income Support Division serves San Miguel and surrounding areas with income support, food assistance, Medicaid enrollment, and child support.
- El Centro Family Health Center provides affordable, accessible health care in San Miguel County and surrounding areas for medical, dental, behavioral health, and health education programs.

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Sources:

- Bureau of Vital Records and Health Statistics, New Mexico Department of Health
- Behavioral Risk Factor Surveillance System Survey data, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention
- National Center for Education Statistics
- Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity
- U.S. Census Bureau
- US Department of Health and Human Services, Health Resources and Services Administration