Bernalillo County
COMMUNITY HEALTH PROFILE
2024

Prepared by the
Bernalillo County Health Equity Council

Acknowledgements

We extend our sincere gratitude to the individuals whose dedication and contributions have been instrumental in the development and completion of this Community Health Profile for Bernalillo County.

We also express our gratitude to the numerous stakeholders, community members, and organizations that have generously shared their knowledge, experiences, and perspectives throughout the process. Your collaboration and engagement have been invaluable in shaping the content and ensuring the relevance and applicability of this profile to the needs of our community.

Finally, we extend our appreciation to the residents of Bernalillo County for their continued commitment to improving the health and well-being of our community. It is through your collective efforts and shared vision that we can strive towards a healthier, more vibrant future for all.

About the Health Equity Council

The Health Equity Council is a dynamic coalition dedicated to advancing health equity and promoting the well-being of all residents in Bernalillo County. Our mission is to create environments that support equitable access to healthcare services, social determinants of health, and opportunities for healthy living.

Through advocacy, education, and partnership building, the Health Equity Council seeks to amplify the voices of marginalized communities, advocate for policy change, and mobilize resources to address systemic barriers to health and well-being. We are committed to fostering a culture of inclusivity, diversity, and social justice, where everyone has the opportunity to thrive and reach their full health potential.

LEAD AUTHORS:
Deanna Thabatah, MPH
Angelica Vazquez, MPH
Rashid Ahmad, MPH

LEAD EDITOR:
Dan Herrera

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EQUITY
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Executive Summary

We are pleased to present an updated overview of the health landscape in Bernalillo County by the Health Equity Council (HEC). Despite being a relatively small county in New Mexico, spanning 1,167 square miles, it boasts the largest population in the state, exceeding 650,000 residents. Bernalillo County is home to the state's most densely populated census tracts and showcases a remarkable diversity of languages and cultures, reflecting the broader demographic tapestry of New Mexico. In 2024, we recognize the evolving challenges facing public health in our region. While New Mexico remains predominantly rural, the need for robust public health and medical services extends across urban and rural areas alike.

The Council is dedicated to fostering healthy governance, which entails aligning government entities, institutions, and community organizations to cultivate healthier communities with a focus on health equity. The COVID-19 pandemic has underscored the interconnectedness of health issues and the profound impact of our physical, social, and economic environments on community health and equity. Data-driven insights, such as those provided in this Community Health Profile, are indispensable for addressing these multifaceted challenges effectively.

This profile serves as a vital tool in our commitment to promoting health equity. The pandemic has demonstrated the power of collective action and steadfast commitment to addressing underlying health disparities, such as those related to heart disease, diabetes, and violence. We are resolute in our efforts to eliminate these inequities and address the social determinants of health, including housing, education, economic stability, healthcare access and quality, and equitable opportunities.

An equitable, inclusive, and just recovery is paramount. The pre-pandemic status quo was inadequate for public health, underscoring the urgency of creating a more equitable and inclusive Community Health Improvement Plan or 2025. Leveraging the resources and expertise of the Health Equity Council, we are dedicated to spearheading the planning and implementation of initiatives that prioritize health equity and inclusivity.

We invite you to join us in our mission to cultivate a healthy, equitable, and inclusive Albuquerque and Bernalillo County.

Sincerely,

Enrique Cardiel, MPH
Executive Director of the Health Equity Council

Introduction

As the pivotal health planning entity for Bernalillo County, the Health Equity Council is at the forefront of addressing the unique public health challenges facing our region.

With a population exceeding 650,000 residents spread across 1,167 square miles, Bernalillo County stands as New Mexico's most densely populated county, embodying a rich tapestry of languages, cultures, and socioeconomic backgrounds.

United by a shared commitment to promoting health equity, the Health Equity Council endeavors to improve the health and well-being of every individual and neighborhood within Bernalillo County.

At the heart of our efforts lies the Community Health Profile, a comprehensive document meticulously crafted to delineate the health resources, needs, and characteristics of our community. Through rigorous data collection and analysis, we identify and prioritize pressing public health issues that span individual health outcomes, family dynamics, educational settings, and neighborhood environments.

Our mission is to enhance the health and wellness of every resident and neighborhood in Bernalillo County through a multifaceted approach:

- Crafting a comprehensive Community Health Profile to systematically identify and map the health resources, needs, and demographics of our community.

- Prioritizing key issues affecting individual, familial, educational, and neighborhood health, informed by data-driven insights.

- Collaborating with various stakeholders, including individuals, organizations, and agencies, to foster health awareness and deliver community education on pertinent health topics.

- Formulating action plans, strategies, and a Community Health Improvement Plan for 2025 aimed at effecting systemic changes necessary to address the diverse health needs of Bernalillo County residents comprehensively.

Recognizing that addressing these challenges requires a concerted, collaborative approach, we engage in partnerships with a wide spectrum of stakeholders. By fostering dialogue and cooperation among individuals, groups, and agencies, we strive to raise awareness of health issues and deliver targeted community education initiatives aimed at empowering residents to make informed health choices.

Moreover, our commitment extends beyond awareness-raising to proactive intervention. Through the formulation of robust action plans, strategies, and initiatives, we seek to effect systemic changes that address the root causes of health disparities in Bernalillo County. Whether tackling access to healthcare, promoting healthy behaviors, or addressing social determinants of health such as housing, education, income, and systemic inequalities, our aim is to create lasting improvements in the health outcomes of all Bernalillo County residents.

In navigating the evolving public health landscape of 2024, we remain steadfast in our dedication to fostering a healthier, more equitable Bernalillo County. Together, with the collective effort and unwavering commitment of our partners and community members, we strive to build a future where every individual has the opportunity to thrive in good health.

Public Health Initiative

I. DATA LIMITATIONS AND GAPS

While compiling the Bernalillo County Community Health Profile, several data limitations and gaps have been identified, which may impact the accuracy and comprehensiveness of the profile. These limitations stem from various sources, including data availability, quality, and reliability, as well as challenges related to data collection methodologies and population coverage.

One significant limitation is the availability of timely and accurate data on certain health indicators. For instance, while vital statistics data provide valuable insights into mortality rates and causes of death, there may be delays in reporting or incomplete data, particularly for specific population subgroups or geographic areas. Similarly, data from health surveys such as the Behavioral Risk Factor Surveillance System (BRFSS) may be subject to sampling biases and non-response error, leading to underrepresentation or misrepresentation of certain demographic groups (Centers for Disease Control and Prevention, 2020).

Another challenge is the lack of comprehensive data on social determinants of health, such as socioeconomic status, education, and environmental factors. While census data and administrative records offer some information on these factors, they may not capture the full complexity of social determinants or provide granular insights at the neighborhood level (United States Census Bureau, 2020). Additionally, disparities in data availability and accessibility may exist across different domains, making it challenging to assess the full spectrum of social determinants and their impact on health outcomes.

Furthermore, data gaps may arise in certain areas of public health, particularly in emerging or understudied health issues. For example, while there is ample data on common chronic diseases such as diabetes or heart disease, there may be limited information available on emerging health threats like substance abuse disorders or mental health conditions, especially among vulnerable populations. Addressing these data gaps requires ongoing surveillance efforts, research initiatives, and collaboration among stakeholders to improve data collection, standardization, and reporting practices.

Data Sources

Much of the data in this report is available through various reputable sources to ensure comprehensive and accurate insights into community health. Here are the primary data sources utilized for this Community Health Profile:

- New Mexico Department of Health
- Centers for Disease Control and Prevention (CDC)
- Bernalillo County, New Mexico - Census Bureau Profile
- Climate & Economic Justice Screening Tool (geoplatform.gov)
- New Mexico Department of Health Indicator Based Information System for Public Health (NM-IBIS)
- County Health Rankings & Roadmaps (Bernalillo County, 2024)
- New Mexico Death Data: Bureau of Vital Records and Health Statistics (BVRHS), Epidemiology and Response Division, New Mexico Department of Health.
- New Mexico Population Estimates: University of New Mexico, Geospatial and Population Studies (GPS) Program.

In addition to these sources, two significant surveys provide vital data:
- The Behavioral Risk Factor Statistical Survey
- The New Mexico Youth Risk and Resiliency Survey

These data sources collectively offer a detailed overview of the health status, outcomes, and demographic information pertinent to Bernalillo County and New Mexico as a whole.

Figure 1. Map of Bernalillo County. *Source: Google Map Data 2024.*

Public Health Initiative

II. BERNALILLO COUNTY OVERVIEW

As the most populous county in New Mexico, Bernalillo County serves as a focal point for public health initiatives aimed at addressing the unique needs and challenges faced by its residents. Through a lens focused on public health, we explore the demographics of Bernalillo County to gain insight into factors influencing the health and well-being of its population. Factors such as access to healthcare, socioeconomic status, education, and environmental conditions play a critical role in influencing health outcomes within the population. By examining these determinants through a public health lens, we can identify areas for intervention and implement strategies to improve health and well-being for all residents.

Geography and Communities

Bernalillo County covers approximately 1,160 square miles. Known for its rich diversity in land use, geography, cultural and natural resources, Bernalillo County stands as the state's most populous and densely populated county. As of the latest estimates by the US Census Bureau in 2022, the county is home to roughly 676,444 residents.

The county features a mix of urban, rural, and federal land use areas. Albuquerque, the largest incorporated municipality in New Mexico, is the county seat. Other incorporated municipalities include Los Ranchos de Albuquerque and Tijeras. The county also includes numerous unincorporated communities, parts of Isleta, Laguna and Sandia Pueblos, and a portion of the To'hajiilee Navajo Reservation. The City of Albuquerque, with a population density of approximately 2,989 people per square mile, holds the highest population concentration within the county.

The New Mexico Department of Health analyzes communities within the county using census tracts or small geographical areas to monitor and evaluate health events at a community level. This method facilitates a comprehensive examination of social determinants of health and health disparities, enabling targeted and effective interventions.

Population

Before delving into the most recent demographic data of Bernalillo County, it is crucial to establish a foundational understanding of the county's population dynamics. This section provides key insights into the demographic composition of Bernalillo County, highlighting factors such as age distribution, racial and ethnic diversity, socioeconomic status, and migration patterns. By examining these demographic indicators, we gain valuable insights into the characteristics of the population and the factors that influence health outcomes within the county.

In the state of New Mexico, the U.S Census Bureau reported the population to be 2,113,344 in 2022 and 677, 444 in Bernalillo County. Bernalillo County has the highest population, significantly larger than any other county, which underscores its importance in the state's overall public health strategy. The population size was a critical factor in understanding the spread and impact of COVID-19, as well as in planning and distributing healthcare resources, including vaccination campaigns.

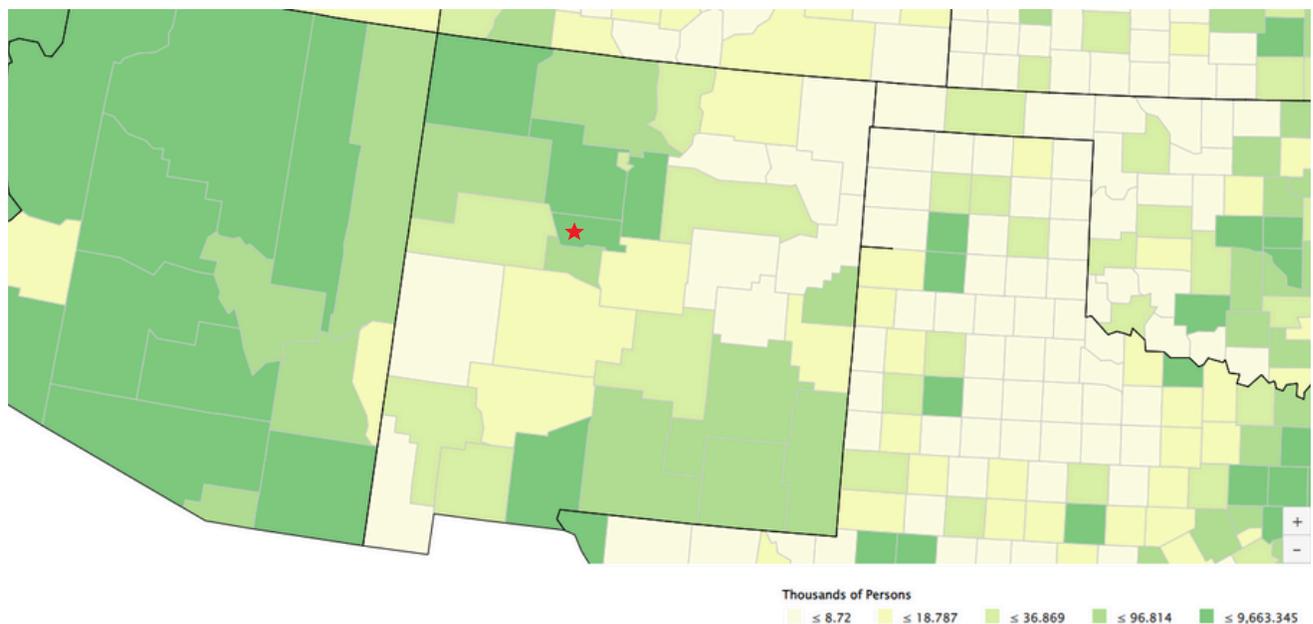### Resident Population in Bernalillo County, NM

Thousands of Persons
≤ 8.72   ≤ 18.787   ≤ 36.869   ≤ 96.814   ≤ 9,663.345

Figure 2. Location of Bernalillo County in New Mexico. *Source: US Census Bureau, 2023.*
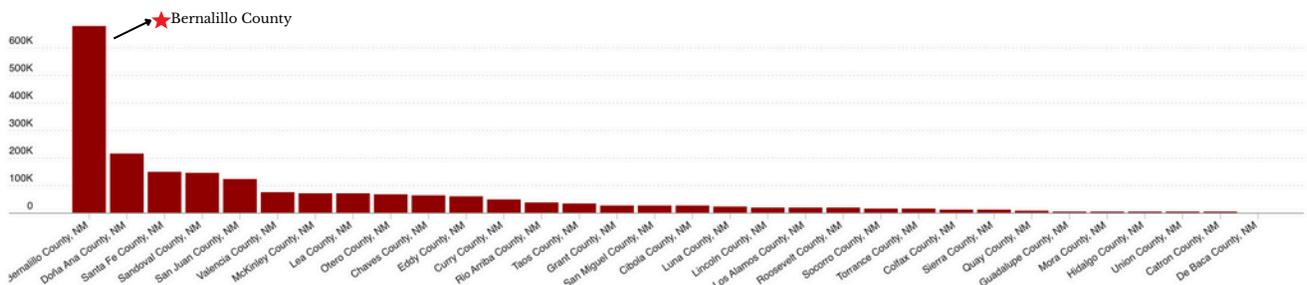

Figure 3. This bar chart exhibits population trends of all counties in New Mexico as of 2020. *Source: US Census Bureau, 2023.*

Population Size and Growth Rate
Decennial Census of Bernalillo County 2010-2020

	2010 Census Population	2020 Census Population	Population Growth	
White Alone	459,660	353,144	-23.2%	decrease
Black or African American Alone	19,652	21,344	8.6%	increase
American Indian/Alaskan Native	31,744	38,197	20.3%	increase
Asian Alone	15,525	20,253	30.5%	increase
Native Hawaiian/Other Pacific Islander Alone	695	794	14.2%	increase
Some Other Race Alone	105,847	100,713	-4.9%	decrease
Two or more races	29,441	141,999	382.3%	increase
Total Population	662,564	676,444	2.1%	increase
Hispanic	317,089	329,481	3.9%	increase
Not Hispanic/Latino	345,475	346,963	0.4%	increase

Table 1. Population Size and Growth Rate of Bernalillo County 2010-2020. *Source: US Census Bureau, 2022.*

Table 1 illustrates trends in population size and growth rate for Bernalillo County from the 2010 - 2020 Decennial census. During this period, the total population of the county increased by 2.1%, growing from 662,564 in 2010 to 676,444 in 2020. Notably, there was a significant increase in the populations of Black or African American (+8.6%), American Indian/Alaskan Native (+20.3%), and Asian (+30.5%) groups, reflecting a growing diversity within the county.

In contrast, the population of White Alone individuals decreased by 23.2%, indicating a demographic shift. The Hispanic population saw a modest increase of 3.9%, while the non-Hispanic/Latino population experienced a slight increase of 0.4%. These trends suggest that while the county's overall population is growing, there are notable changes in its racial and ethnic composition, which could have implications for community health needs and resource allocation.

Community Health Implications:

The demographic changes in Bernalillo County suggest a diversifying population, with significant increases in minority populations. These shifts necessitate tailored public health strategies to address the unique needs of different communities. For instance, increased representation of American Indian and Asian populations may require specific cultural competencies in healthcare delivery. Furthermore, the growth in multiracial identities points to the need for inclusive health programs that recognize and respect complex racial identities. The decline in the white population, coupled with the modest increase in the overall population, may also impact resource allocation and community health planning.

Age Distribution

The median age in Bernalillo County is 39.1 years, slightly lower than the state median age of 39.4 years. This small difference indicates that the population age distribution in Bernalillo County is very similar to the overall state of New Mexico. The slight variations between the county and state medians reflect a balanced age structure in the region. These figures are based on the 2022 American Community Survey 5-Year Estimates, emphasizing the county's demographic alignment with the broader state trends.

The population pyramid for Bernalillo County, New Mexico, shows a balanced distribution between males and females across most age groups, with a noticeable increase in the female population in older age groups. There is a steady number of individuals in each middle-aged group, peaking in the 30 to 34 years age group. A significant disparity is observed in the "85 years and over" group, with nearly twice as many females as males.
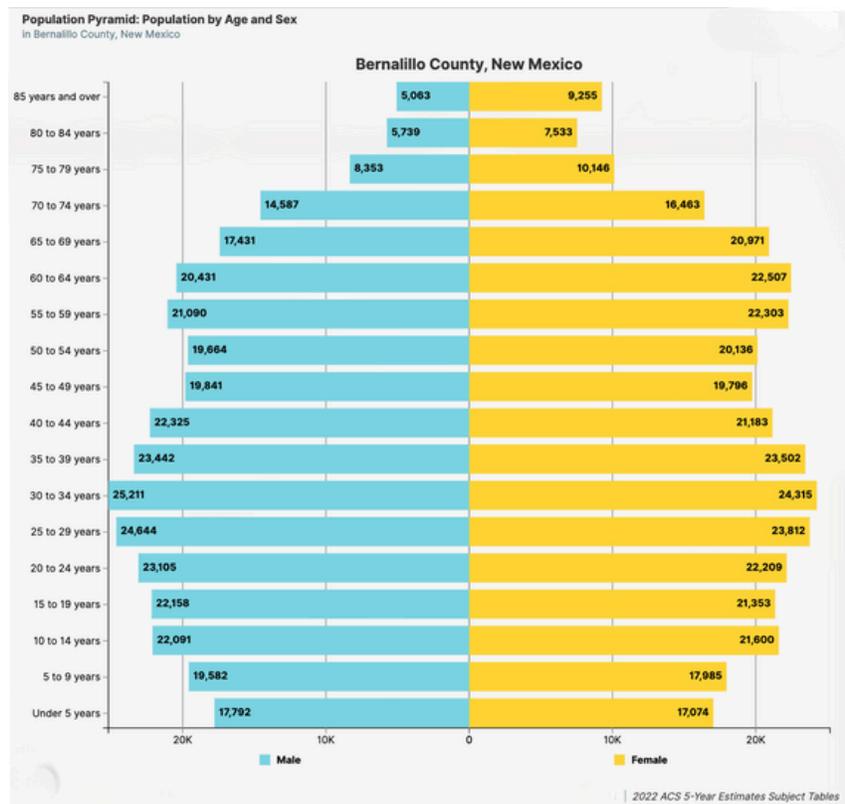
Figure 4. Population Pyramid: Population by Age and Sex. *Source: US Census Bureau 2022 American Community Survey.*

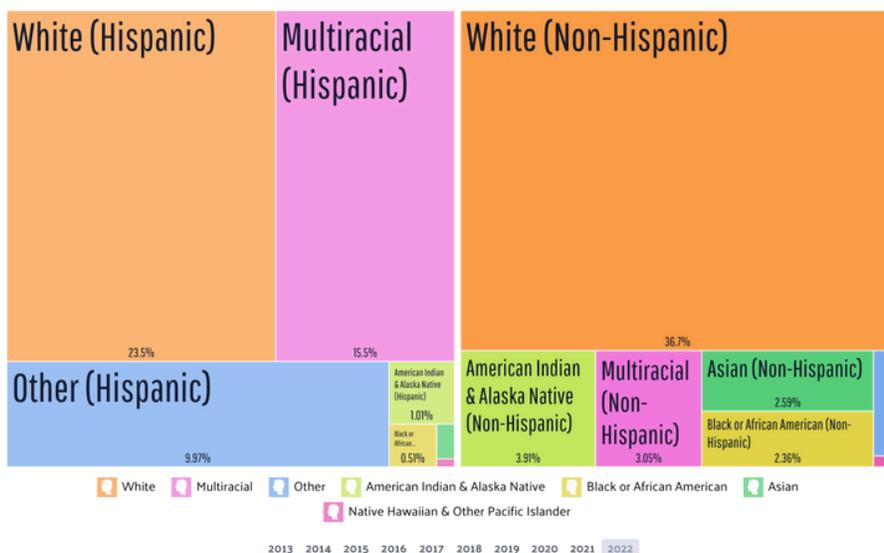## Race and Ethnicity in Bernalillo County, NM:

Figure 5. Race and Ethnicity Composition of Bernalillo County. *Source: Data USA, 2022*

- The above chart displays the representation of 7 races in Bernalillo County, NM as a percentage of the total population.
- The three largest ethnic groups are: White (Non-Hispanic), White (Hispanic), Two+ (Hispanic)
- The Hispanic population makes up 50.7%, totaling 342k people.
- In 2022, there were 1.56 times more White (Non-Hispanic) residents (248k people) in Bernalillo County, NM compared to other races or ethnicities.

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Types of Language Spoken at Home

English only	73.8%
Spanish	21.5%
Other Indo-European languages	1.5%
Asian and Pacific Islander languages	1.6%
Other languages	1.6%

Table 2. Types of Language Spoken at Home. *Source: US Census Bureau 2020*

This chart details the linguistic diversity in Bernalillo County, illustrating the percentage of the population that speaks a language other than English at home. As of the most recent data, 26.2% of residents speak languages other than English, underscoring the cultural richness and multilingual makeup of the county.

Average Household Income

Figure 6. Average Household Income Data for Bernalillo County, NM. *Source: American Community Survey, 2022*

Employment Trends

Number of people employed in Bernalillo County

Figure 7. *Source: U.S Bureau of Labor Statistics , 2023*

The number of employed individuals has shown a steady increase over time, reaching approximately 300,000. There is a noticeable dip around 2020, likely corresponding to the COVID-19 pandemic impact, followed by a recovery.

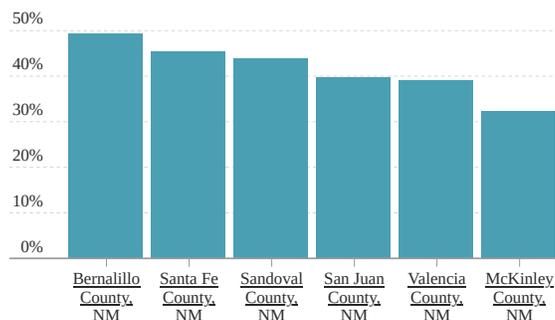## Percentage of people employed: counties near Bernalillo County (2024-05)

Figure 8. *Source U.S Bureau of Labor Statistics, 2023*

Bernalillo County leads in employment percentage among nearby counties, with around 50%.
Santa Fe, Sandoval, and San Juan Counties also show strong employment percentages, though slightly lower than Bernalillo.

Unemployment rate in Bernalillo County

Figure 9. Data sourced from the U.S Bureau of Labor Statistics

The unemployment rate in Bernalillo County was 3.5% in 2023. The unemployment rate has fluctuated, with peaks corresponding to economic downturns and significant events. A sharp increase in unemployment is observed during the COVID-19 pandemic, followed by a gradual decrease as the economy recovered.

From 2021 to 2022, employment in Bernalillo County, NM grew at a rate of 0.707%, from 320k employees to 322k employees. The most common employment sectors for those who live in Bernalillo County, NM, are Health Care & Social Assistance (51,059 people), Educational Services (34,472 people), and Professional, Scientific, & Technical Services (33,569 people).

Data from the Census Bureau ACS 5-year Estimate.

Transportation to Work

Transportation to work

29.1 minutes
Mean travel time to work

about the same as the figure in Sandoval County: 29.1
about 25 percent higher than the figure in New Mexico: 23.1

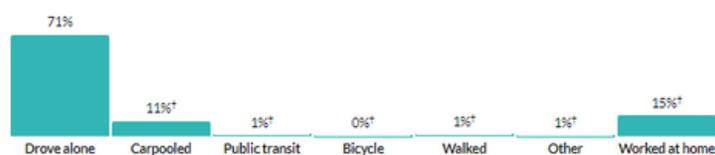**Means of transportation to work**

| Drove alone | Carpooled | Public transit | Bicycle | Walked | Other | Worked at home |
| 71% | 11%† | 1%† | 0%† | 1%† | 1%† | 15%† |

Figure 10. *Source: American Community Survey, 2022*

Bernalillo County residents have an average commute time of 29.1 minutes. Car ownership in Bernalillo County is about the same as the national average, with an average of two cars per household.

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Education in Bernalillo County

Education is a powerful determinant of health, influencing factors such as employment opportunities, income, and health literacy. In Bernalillo County, disparities in educational attainment exist, with certain populations facing barriers to accessing quality education and academic resources. Higher education levels are associated with better job opportunities and access to healthcare.

In Bernalillo County, 38.6% of residents hold a bachelor's degree or higher, surpassing the state average of 30.5%.

Education attainment in Bernalillo County
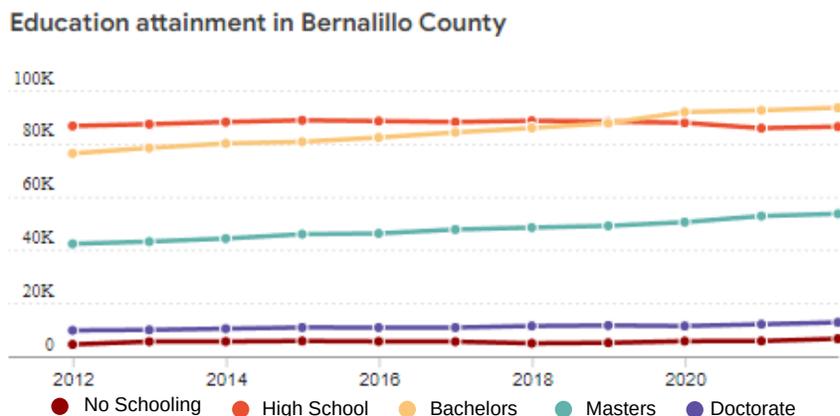
Figure 11. Education Attainment Levels: This table displays the education attainment levels of adults (age 25 and older) in Bernalillo County.
Source: U.S. Census Bureau, American Community Survey, 2020.

Trends in education attainment levels of adults (age 25 and older) in Bernalillo County from 2012 to 2020: This trend analysis shows the changes in educational attainment over time, indicating progress or declines in various education levels among the county's adult population.

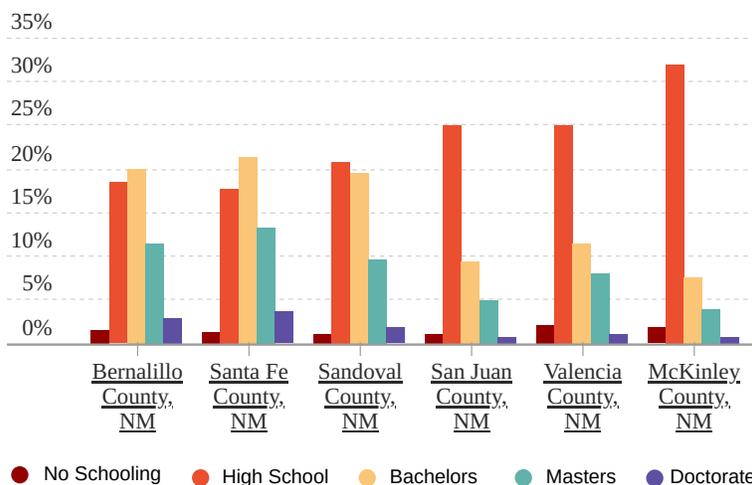**Education attainment rate: counties near Bernalillo County (2022)**

Figure 12. Education Attainment Rate: This table displays a comparison of the education attainment rate of adults (age 25 and older) in Bernalillo County compared to other counties .
Source: U.S. Census Bureau, American Community Survey, 2020.

This comparison graph illustrates the educational attainment rates of adults in Bernalillo County versus nearby counties, highlighting regional differences in education levels.

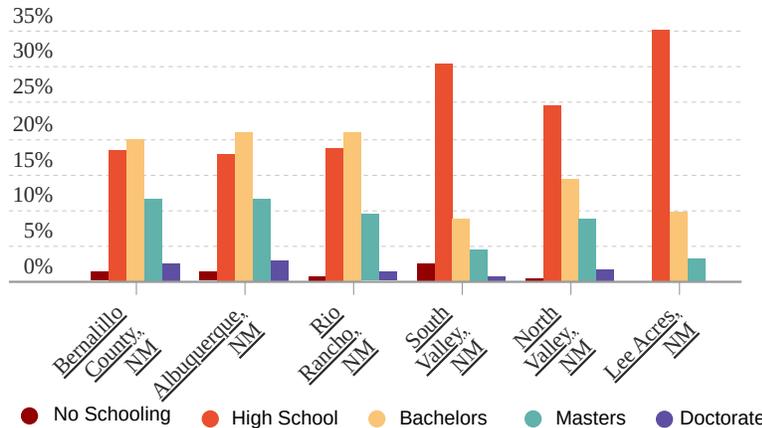### Education attainment rate: places within Bernalillo County (2022)

Figure 13. Education Attainment Rate of places within Bernalillo County: This table displays a comparison of the education attainment rate of adults (age 25 and older) in Bernalillo County compared to other counties. *Source: U.S. Census Bureau, American Community Survey, 2020.*

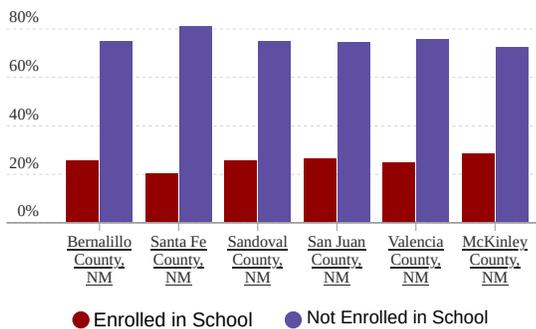### School enrollment rate: counties near Bernalillo County (2022)

Figure 14. School Enrollment Rates of Bernalillo County and neighboring counties.
Source: U.S. Census Bureau, American Community Survey, 2020.

School enrollment in Bernalillo County
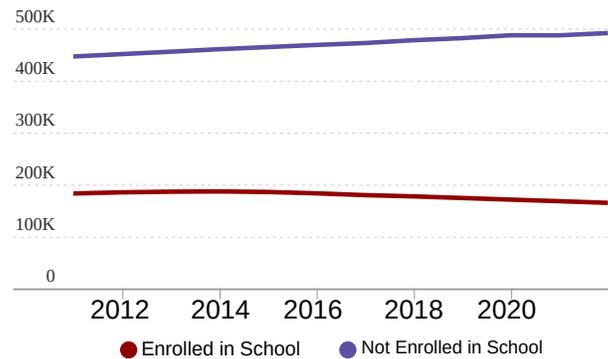
Figure 15. School Enrollment Rates of Bernalillo County.
Source: U.S. Census Bureau, American Community Survey, 2020.

Bernalillo County's educational attainment statistics reveal a dynamic and diverse educational landscape. Comparing educational attainment within Bernalillo County shows significant variation among different areas, with some regions exhibiting higher rates of advanced degrees. This variation can be attributed to a combination of economic, cultural, and social factors influencing access to education and opportunities for higher learning.

The trend analysis from 2012 to 2020 in Figure 11 reveals a steady increase in the number of adults attaining higher education degrees, reflecting national trends where educational attainment has been improving across various demographics. This increase is crucial for the county's economic development and competitiveness, as higher educational levels are typically associated with better employment prospects and higher incomes (Census.gov).

Furthermore, Bernalillo County exhibits low school enrollment rates highlighting the greater need for continued investment in educational programs and policies to support and enhance the academic achievements of Bernalillo County's residents, ultimately fostering a more educated and skilled workforce.

Higher Education in Bernalillo County

The largest universities in Bernalillo County are Central New Mexico Community College, University of New Mexico-Main Campus , and Pima Medical Institute-Albuquerque.

The University of New Mexico and Central New Mexico Community College, awarded a total of 16,461 degrees in 2021. The student body is predominantly female, with 60.8% women compared to 39.2% men. In terms of ethnic diversity, Hispanic or Latino students form the largest group, making up about 49.7% of those graduating, followed by White students at 31.8%, and American Indian or Alaska Native students at 6.49%.

These institutions offer a variety of programs, with the most popular majors being Liberal Arts & Sciences, General Studies, and General Business Administration & Management. The median tuition cost for public four-year colleges in the county is relatively accessible at $6,605 for in-state students, which could influence higher education accessibility for local residents.

This demographic and educational information is crucial for public health profiling as it provides insights into the education levels, economic conditions, and cultural backgrounds of the population, which are all factors that can affect health outcomes and needs. The high percentage of Hispanic or Latino students, for instance, highlights the importance of culturally appropriate health education and services to effectively address the needs of the community.

Public Schools in Bernalillo County

Geographical Distribution of Major Public Schools within Bernalillo County

The total number of public schools in Bernalillo County, is as follows:

High Schools: 13
Middle Schools: 25
Elementary Schools: 79
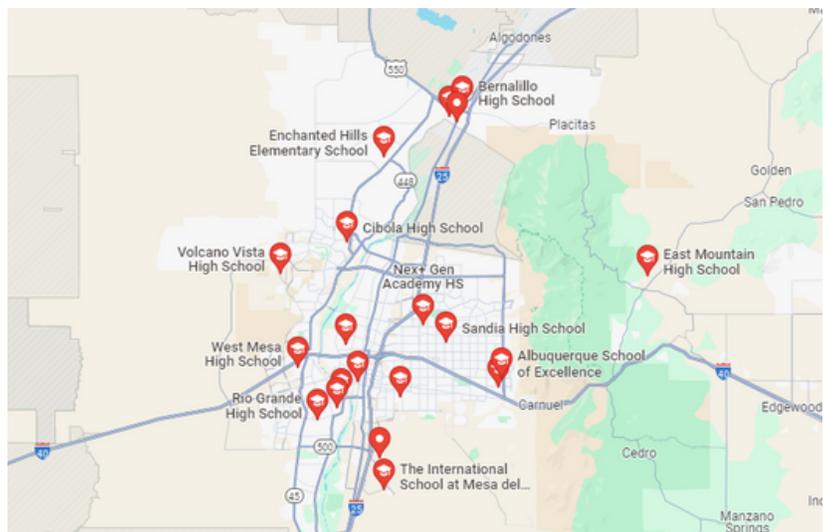**Charter Schools: 13**

Total Public Schools: 130

Figure 16. *Source: New Mexico Public Education Department (NMPED)*

Figure 17. *Source: Google Map Data, 2024*
This map illustrates the locations of major public high schools within Bernalillo County, New Mexico.
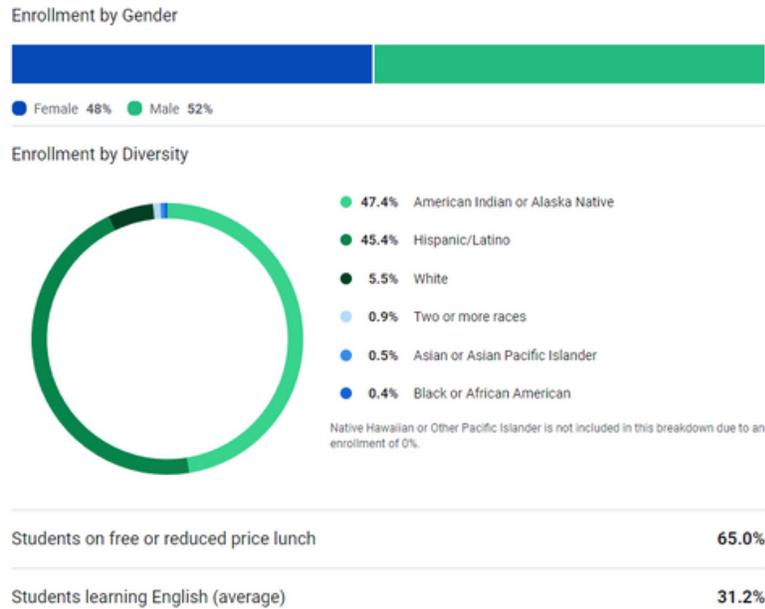
Students at Bernalillo Public Schools

Enrollment by Gender

● Female 48% ● Male 52%

Enrollment by Diversity

- 47.4% American Indian or Alaska Native
- 45.4% Hispanic/Latino
- 5.5% White
- 0.9% Two or more races
- 0.5% Asian or Asian Pacific Islander
- 0.4% Black or African American

Native Hawaiian or Other Pacific Islander is not included in this breakdown due to an enrollment of 0%.

Students on free or reduced price lunch	65.0%
Students learning English (average)	31.2%

Figure 18. Demographic Overview of Bernalillo County Student Body. *Source: Data USA., 2023*

The student body at the schools served by Bernalillo Public Schools is 5.5% White, 0.4% Black, 0.5% Asian or Asian/Pacific Islander, 45.4% Hispanic/Latino, 47.4% American Indian or Alaska Native, and 0% Native Hawaiian or other Pacific Islander. In addition, 0.9% of students are two or more races, and 0% have not specified their race or ethnicity.

Also, 48% of students are female, and 52% of students are male. At schools in Bernalillo Public Schools, 65.0% of students are eligible to participate in the federal free and reduced price meal program and 31.2% of students are English language learners.

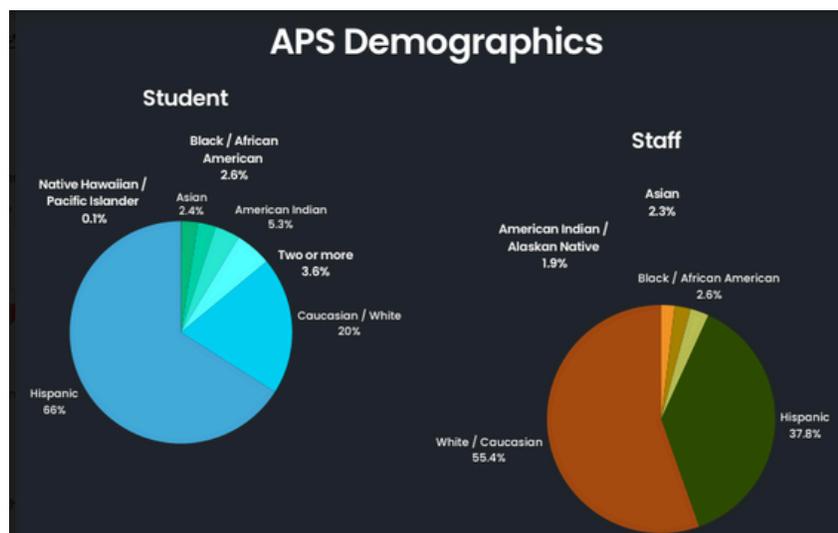## Albuquerque Public Schools Student and Staff Demographics, 2021

APS Demographics

Student

- Native Hawaiian / Pacific Islander 0.1%
- Asian 2.4%
- Black / African American 2.6%
- American Indian 5.3%
- Two or more 3.6%
- Caucasian / White 20%
- Hispanic 66%

Staff

- Asian 2.3%
- American Indian / Alaskan Native 1.9%
- Black / African American 2.6%
- White / Caucasian 55.4%
- Hispanic 37.8%

Figure 19. Demographic Breakdown of APS Staff and Student Body. *Source: Albuquerque Public Schools Data, 2021*

Albuquerque Public Schools High School Graduation Rate, 2021
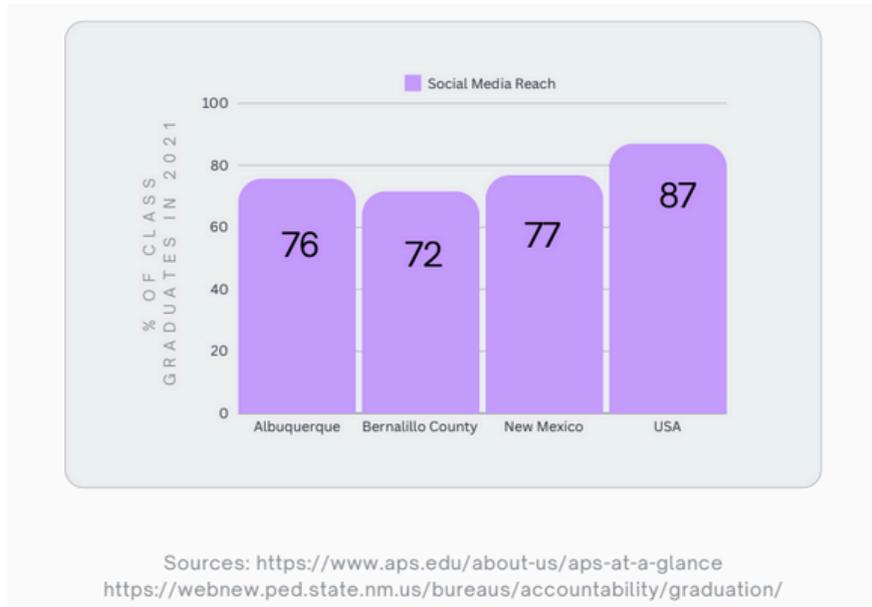

Figure 20. Percent of Class Graduates in 2021. *Source: Albuquerque Public Schools Data, 2021*

Albuquerque Public Schools graduation rate for the Class of 2021 was 75.7%, an increase of one percentage point in a year and 14 percentage points in seven years.

While the county demonstrates a strong presence of higher education institutions and a relatively high educational attainment rate compared to state averages, disparities persist, particularly among minority and low-income communities. These educational gaps have significant implications for health equity, as education directly influences employment opportunities, income levels, and access to healthcare.

Addressing these disparities requires a multifaceted approach that includes expanding access to quality education, particularly in underserved areas, and supporting initiatives that integrate health and social services within educational settings. By fostering an environment where all students have equitable opportunities to succeed academically, Bernalillo County can make significant strides in improving health outcomes and reducing long-term disparities.

Income and Poverty*

Median Income by Types of Families
Families in Bernalillo County have a median income of $81,861, with married-couple families earning significantly more at $104,144. Nonfamily households have a much lower median income of $42,136, indicating substantial income variability based on household composition.

Poverty by Age
Poverty rates in Bernalillo County vary by age group, with the highest poverty rate of 14.2% among those under 18 years old. Adults aged 18 to 64 have a poverty rate of 13.8%, and the rate for those 65 years and older is 11.8%. This data points to greater economic vulnerability among the youngest residents.

Poverty

14.2% ± 1.3%
Poverty, All people in Bernalillo County, New Mexico

17.6% ± 0.7%
Poverty, All people in New Mexico

S1701 | *2022 American Community Survey 1-Year Estimates*

Poverty by Age
in Bernalillo County, New Mexico

Under 18 years - 17.6%

18 to 64 years - 13.8%

65 years and over - 11.8%

65 years and over
■ 11.8%

2022 American Community Survey 1-Year Estimates

Figure 21. Poverty Rates in Bernalillo County. *Source: U.S Census Bureau 2022 American Community Survey*

In 2022 14.2% of the county's population lived below the poverty line, slightly lower than the state average of 17.6%. This disparity highlights significant economic challenges and inequalities within the county.

These demographic summaries provide a snapshot of the socioeconomic factors that may contribute to health-related challenges faced by residents of Bernalillo County, informing targeted interventions and resource allocation to improve overall community health.

Public Health Initiative

III. SOCIAL DETERMINANTS OF HEALTH

The social determinants of health encompass a wide range of factors, including socioeconomic status, housing, education, and access to healthcare. Research has shown that these social determinants significantly influence health outcomes and contribute to health disparities within communities. In Bernalillo County, disparities in socioeconomic status, housing instability, educational attainment, and healthcare access underscore the importance of addressing these social determinants to improve health equity.

Economic stability remains a significant challenge, with a poverty rate of 14.2%, higher than the national average of 11.5% in 2022 (U.S Census Bureau) (CDC). Hispanic and Latino populations, in particular, experience a poverty rate of 22.0%, emphasizing the need for targeted economic support. Education disparities also contribute to health outcomes, as only 36.6% of residents have a bachelor's degree or higher, affecting job opportunities and health literacy (U.S Census Bureau) (NM IBIS).

Healthcare access is another critical issue, with high rates of substance use and related deaths indicating a need for comprehensive mental health and addiction services (CDC). Economic barriers further hinder access to timely and effective healthcare, exacerbating health disparities. The physical environment in Bernalillo County also impacts health, with limited access to parks, recreational facilities, and healthy food options in economically disadvantaged neighborhoods (NM IBIS).

Social and community context plays a vital role in health outcomes, with strong community ties providing essential support. However, disparities in social cohesion can lead to isolation and mental health issues (NM IBIS).

Addressing these social determinants requires a multifaceted approach, focusing on economic support, educational opportunities, healthcare access, and improving neighborhood conditions. By targeting these areas, Bernalillo County can work towards reducing health disparities, improving health outcomes, and fostering a more equitable environment for all residents.

Poverty

The most common racial or ethnic group living below the poverty line in Bernalillo County is Hispanic, followed by White and Two Or More.

The Census Bureau uses a set of money income thresholds that vary by family size and composition to determine who is classified as impoverished. If a family's total income is less than the family's threshold, then every individual in the family is considered to be living in poverty.

Individuals Below the Poverty Line by Race/ Ethnicity and Gender in Bernalillo County
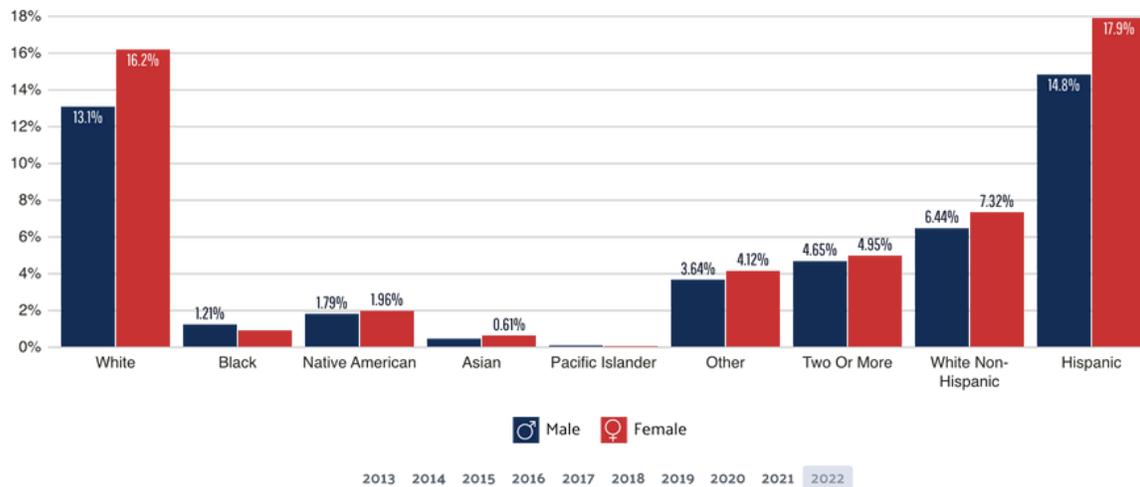
Figure 22. *Source: Census Bureau ACS 5-year Estimate.*

Figure 22 highlights significant disparities in poverty rates among different racial and ethnic groups, with Hispanic and Native American populations experiencing the highest levels of poverty. The data also shows gender-based disparities, with women generally having higher poverty rates than men across all racial and ethnic groups, underscoring the intersection of race, ethnicity, and gender in economic vulnerability within the county.

Children in Poverty
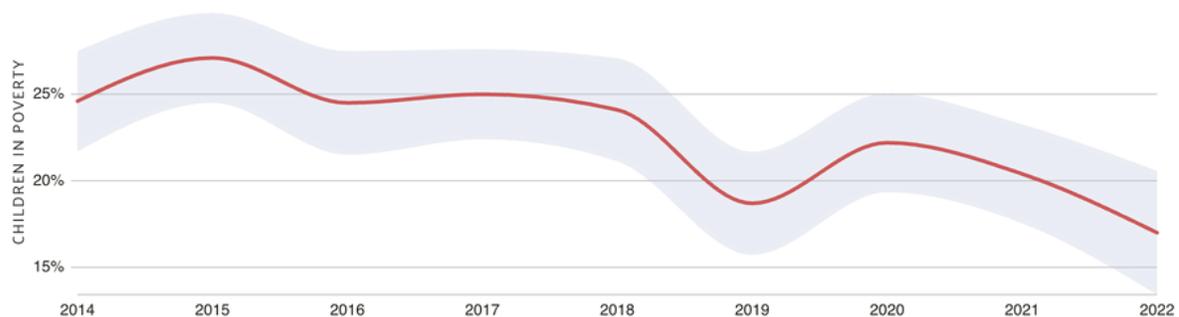
Figure 23. Percentage of Children in Poverty 2014-2022.
Source: County Health Rankings & Roadmaps County Health Rankings.

Figure 23 exhibits trends regarding the percentage of children living in poverty in Bernalillo County, which in 2022, included 17% of children. According to the chart, from 2014 to 2022, the indicator declined 7.6%.

Poverty and Income Data for Bernalillo County

Cost of Living
The Economic Policy Institute estimates a realistic cost of living in Bernalillo County for a family of four (two adults and two children) to be approximately $75,000 per year. This includes housing, food, childcare, transportation, healthcare, other necessities, and taxes.

Poverty Levels by Race/Ethnicity in 2023 in Bernalillo County as compared to the United States

Race/Ethnicity	United States	Bernalillo County
Overall	13.1%	17.2%
White alone	10.9%	16.5%
Black or African American alone	22.5%	18.0%
American Indian and Alaska Native alone	23.7%	21.5%
Asian alone	10.8%	14.5%
Native Hawaiian and Other Pacific Islander alone	16.7%	19.0%
Some other race alone	20.1%	24.5%
Two or more races	15.9%	17.5%
Hispanic or Latino origin (of any race)	18.8%	22.0%
White alone, not Hispanic or Latino	9.5%	10.0%

Table 3. *Source:* U.S. Census Bureau, 2023

Snap Benefits Recipients in Bernalillo County
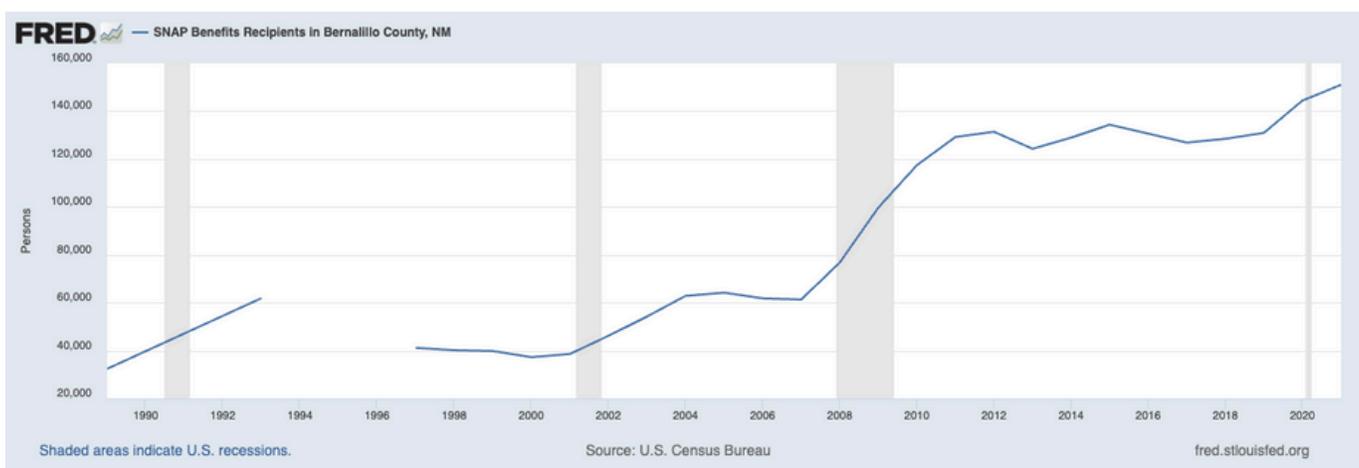
Figure 24. *Source*: U.S Census Bureau via Federal Reserve Bank 2023

Figure 24 shows a significant increase in the number of SNAP benefits recipients in Bernalillo County from 1990 to 2020, reflecting rising food insecurity among residents. The sharp increase around 2008 coincides with the Great Recession, highlighting economic hardships that led to greater reliance on food assistance programs. The continued upward trend indicates ongoing economic challenges and the need for sustained support for low-income families in the county.

Food Environment Index

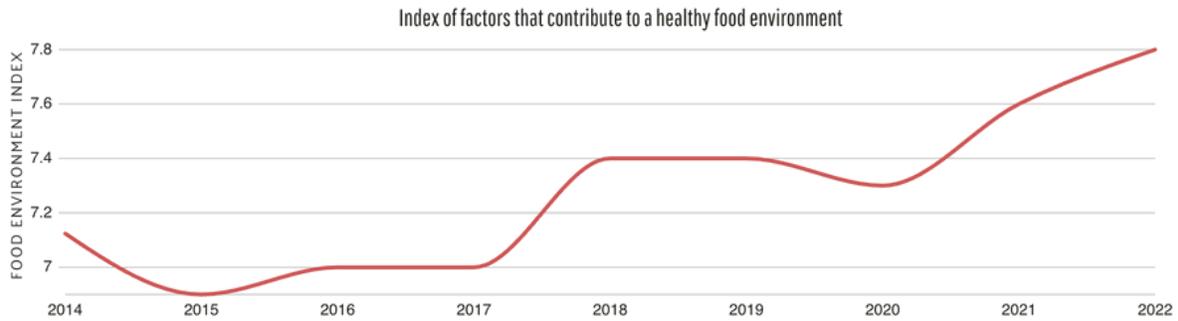Index of factors that contribute to a healthy food environment

Figure 25. Data from the County Health Rankings & Roadmaps County Health Rankings.

In 2022, the index of factors that contribute to a healthy food environment (from 0-worst to 10-best) was 7.8 in Bernalillo County.
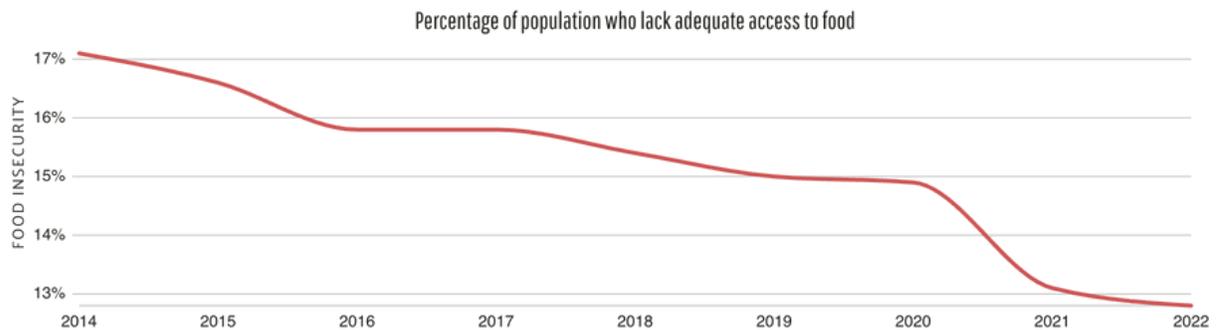
Food Insecurity

Percentage of population who lack adequate access to food

Figure 26. *Source:* County Health Rankings & Roadmaps, 2023

In 2022, the percentage of population who lack adequate access to food was 12.8% in Bernalillo County.

Number of Food Insecure Children by County as of 2018
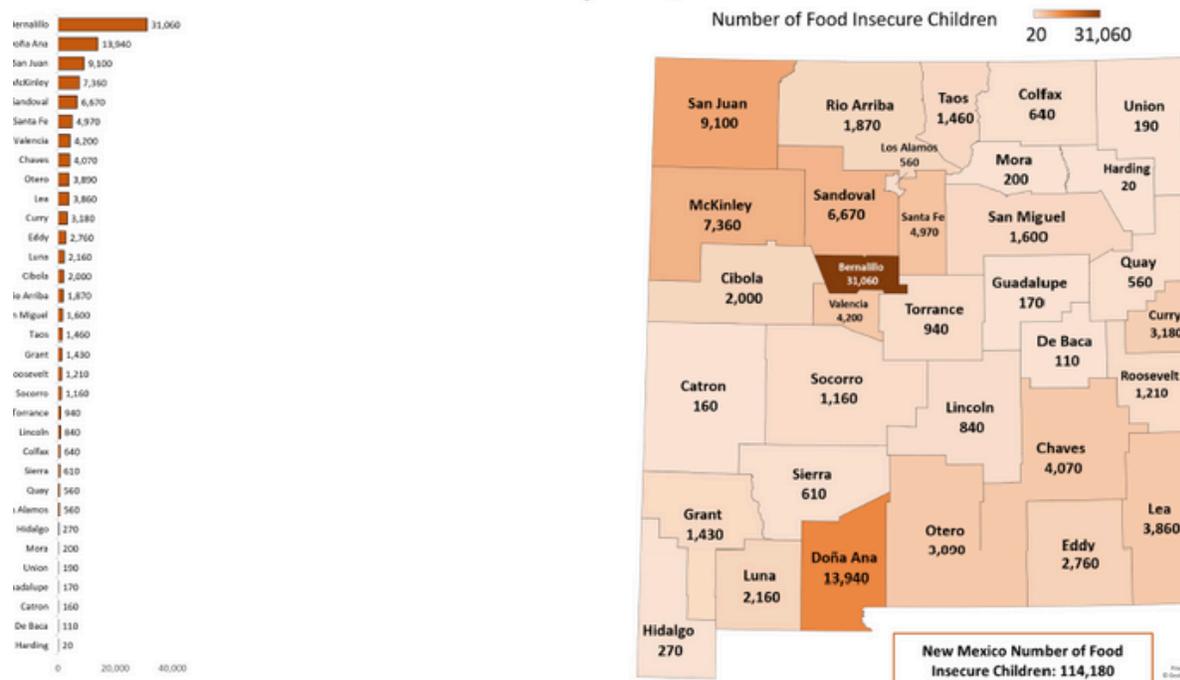
Figure 27. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

Bernalillo County has one of the highest numbers of food-insecure children in the state, indicating a severe issue that disproportionately affects low-income families. This high prevalence of food insecurity suggests that a significant portion of the county's children are at risk of malnutrition, which can lead to developmental delays, poor academic performance, and long-term health problems. The data emphasizes the urgent need for comprehensive food assistance programs and community-based interventions to reduce food insecurity and improve the overall well-being of children in Bernalillo County.

Limited Access to Healthy Food
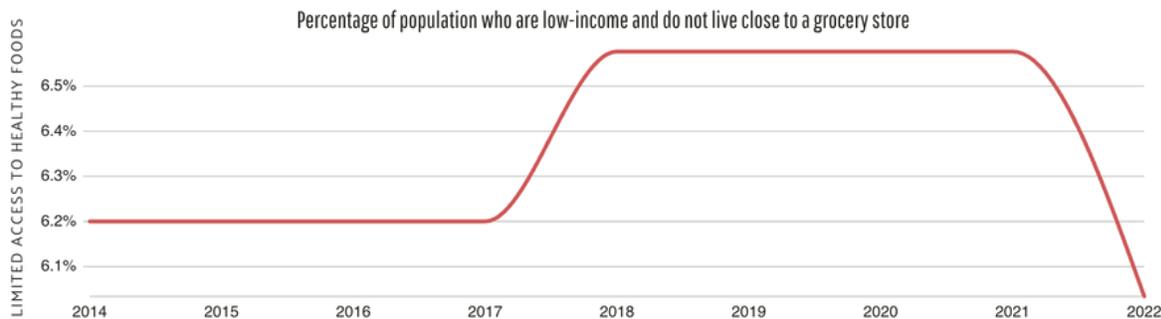
Figure 28. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, the percentage of population who are low-income and do not live close to a grocery store was 6.03% in Bernalillo County.
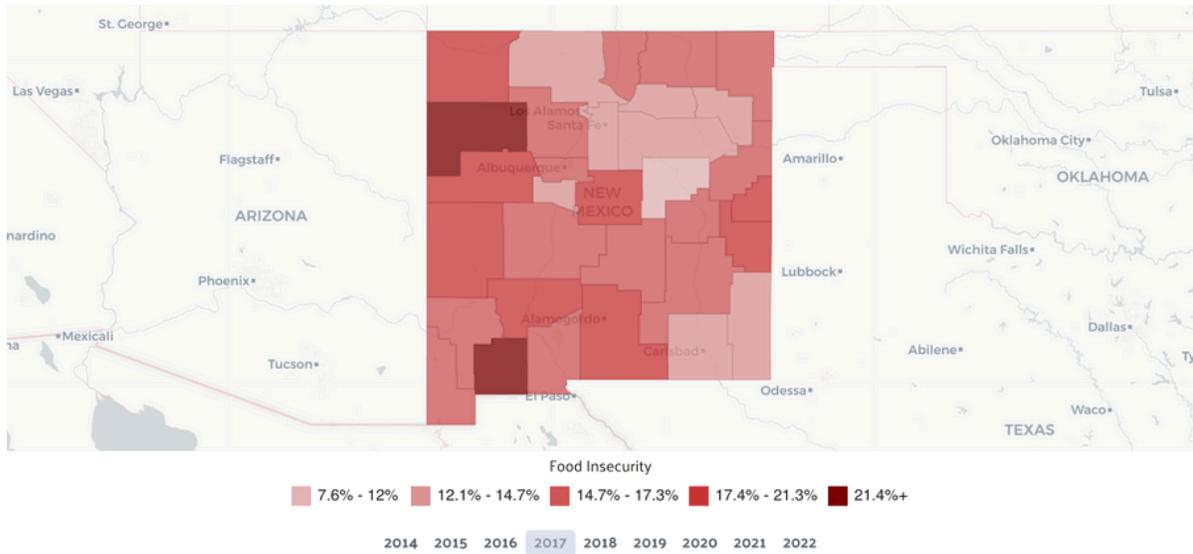
Prevalence of Food Insecurity

Food Insecurity
7.6% - 12%   12.1% - 14.7%   14.7% - 17.3%   17.4% - 21.3%   21.4%+

2014 2015 2016 **2017** 2018 2019 2020 2021 2022

Figure 29. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

The above map shows the prevalence of food insecurity by county over multiple years.
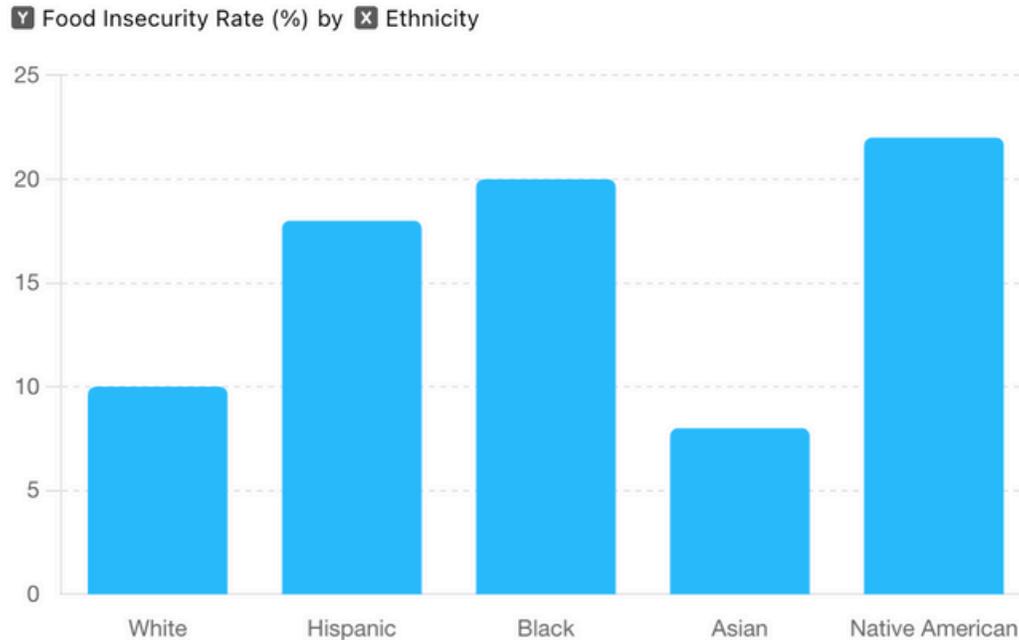
Food Insecurity Rate by Ethnicity in 2020

Figure 30. Food Insecurity Rate by Ethnicity. *Source: Feeding America, Map the Meal Gap, 2020.*

This table displays the food insecurity rate in Bernalillo County by different household ethnicities.

Housing and Homelessness:

Access to safe and affordable housing is fundamental to health and well-being. However, in Bernalillo County, issues such as housing instability, inadequate housing quality, and homelessness persist, particularly among vulnerable populations. Research has shown that unstable housing conditions can exacerbate health problems and increase the risk of chronic diseases, mental health issues, and substance abuse. Addressing homelessness and improving access to affordable housing are critical priorities for promoting health equity in our community.

The median property value in Bernalillo County was $247,300 in 2022, which is 0.877 times lower than the national average of $281,900. Between 2021 and 2022 the median property value increased from $216,200 to $247,300, a 14.4% increase. The homeownership rate in Bernalillo County is 63.4%, which is close to the national average of 64.8%.

Median household income in Bernalillo County is $62,220. In 2022, the tract with the highest Median Household Income in Bernalillo County was Census Tract 37.31 with a value of $184,392, followed by Census Tract 37.26 and Census Tract 37.37, with respective values of $170,278 and $138,248.
In 2022, 18.2% of the population was living with severe housing problems in Bernalillo County. From 2014 to 2022, the indicator grew 1.39%.

Severe Housing Problems

In 2022, 18.2% of the population was living with severe housing problems in Bernalillo County. From 2014 to 2022, the indicator grew 1.39%. Figure 25 shows the trend of the percentage of the population living with severe housing problems.
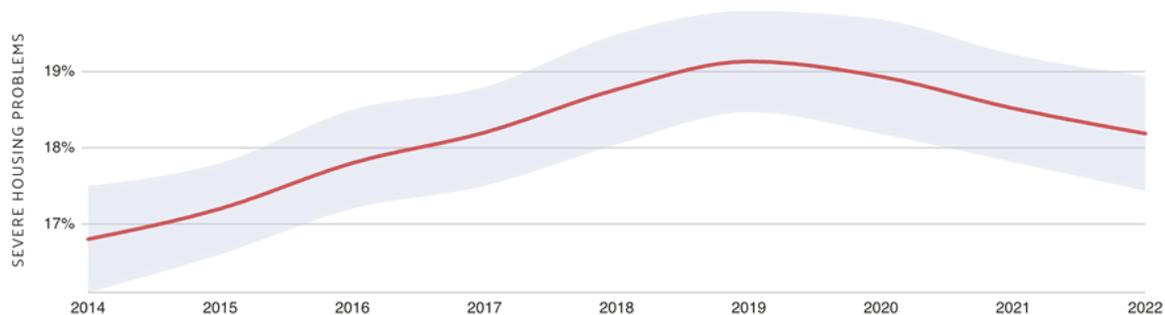

Figure 31. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

Mortality Rates and Quality of Life

Length of Life: Child Mortality

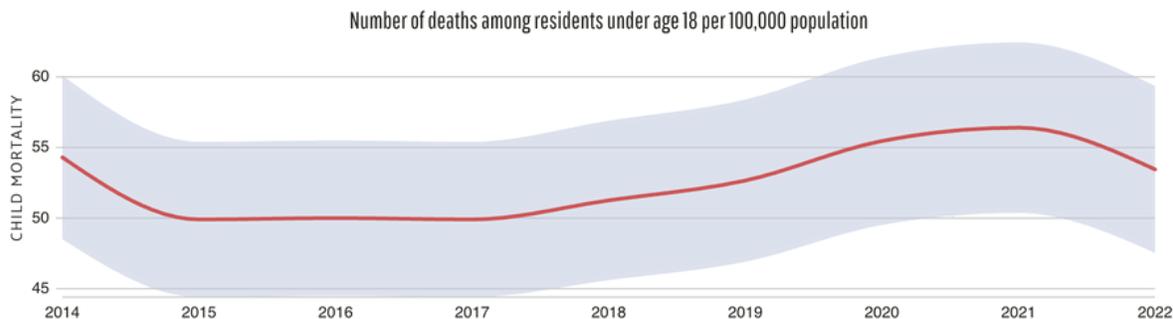Number of deaths among residents under age 18 per 100,000 population

Figure 32. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022*

In 2022, the number of deaths among residents under age 18 per 100,000 population was 53.4 in Bernalillo County.
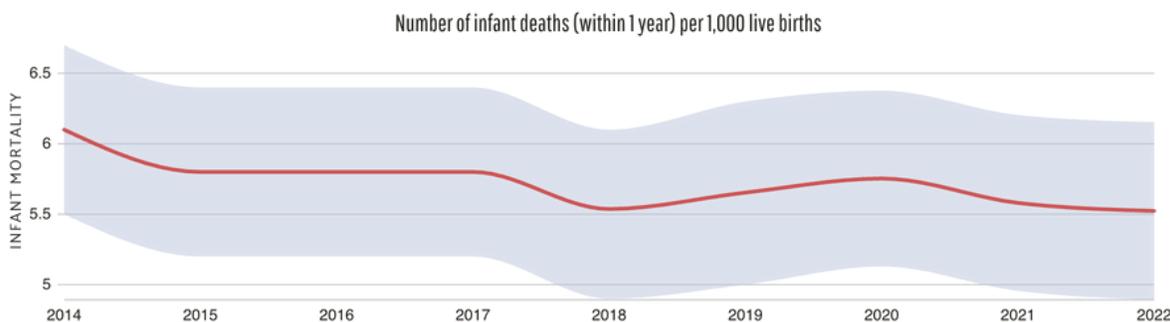
Length of Life: Infant Mortality*

Number of infant deaths (within 1 year) per 1,000 live births

Figure 33. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, the number of infant deaths (within 1 year) per 1,000 live births was 5.52 in Bernalillo County, NM.

Quality of Life: Low Birth Weight*

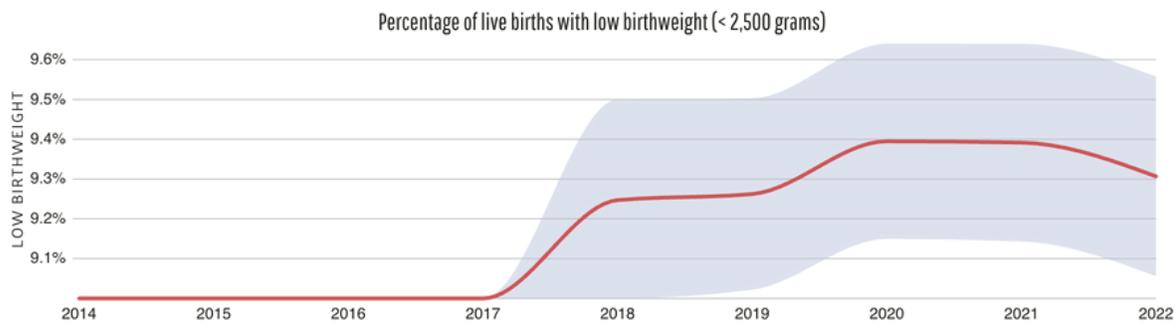Percentage of live births with low birthweight (< 2,500 grams)

Figure 34. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, the percentage of live births with low birthweight (< 2,500 grams) was 9.31% in Bernalillo County..

*See Maternal and Infant Health section , page 57.

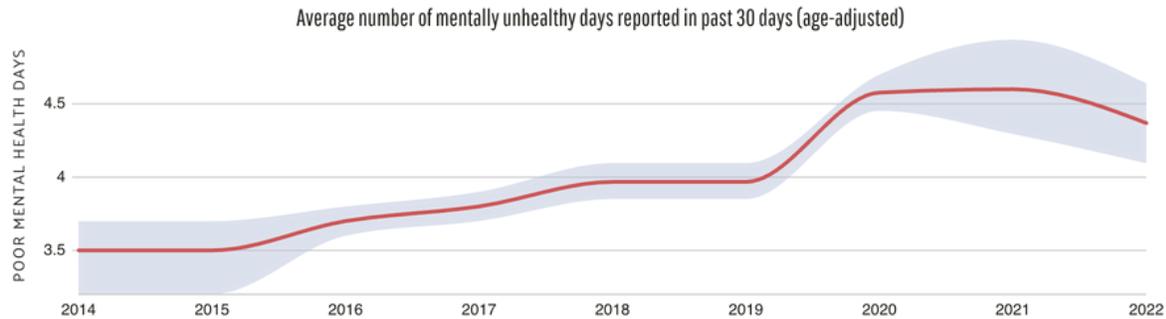## Quality of Life: Poor Mental Health Days

Average number of mentally unhealthy days reported in past 30 days (age-adjusted)

Figure 35. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, the average number of mentally unhealthy days reported in past 30 days (age-adjusted) was 4.37 in Bernalillo County.

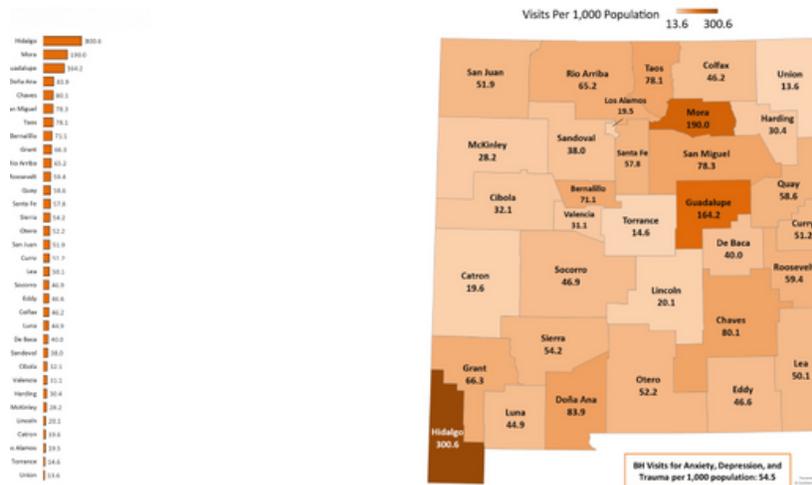## New Mexico Behavioral Health Visits for Anxiety, Depression and Trauma per 1,000 population, January-December 2020

Figure 36. *Source: New Mexico Human Services Department 2021 Data Book*

Quality of Life: Frequent Mental Distress

Percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted)
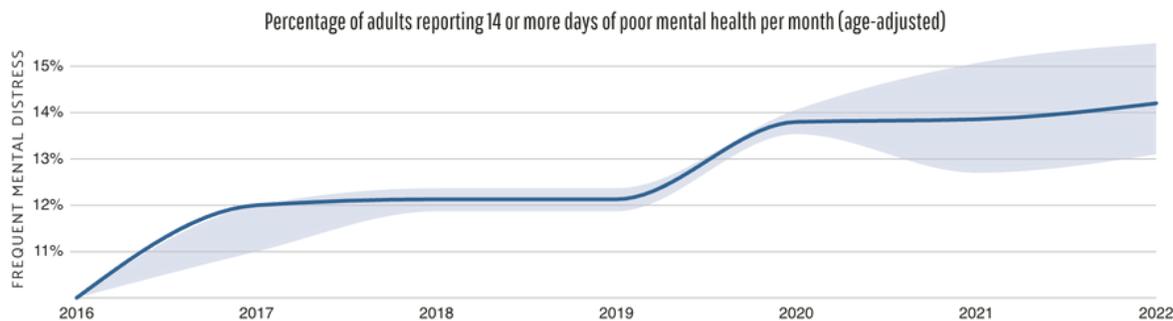

Figure 37. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022*

In 2022, the percentage of adults reporting 14 or more days of poor mental health per month (age-adjusted) was 14.2% in Bernalillo County.

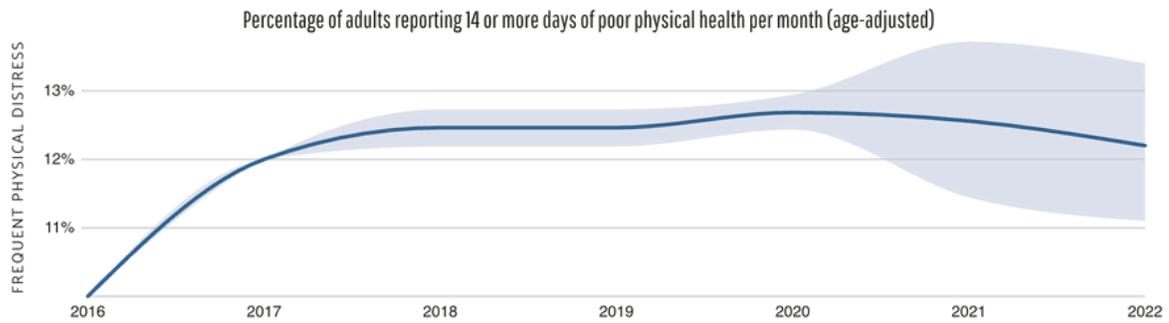## Quality of Life: Frequent Physical Distress

Percentage of adults reporting 14 or more days of poor physical health per month (age-adjusted)

Figure 38. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022*

In 2022, the percentage of adults reporting 14 or more days of poor physical health per month (age-adjusted) was 12.2% in Bernalillo County.

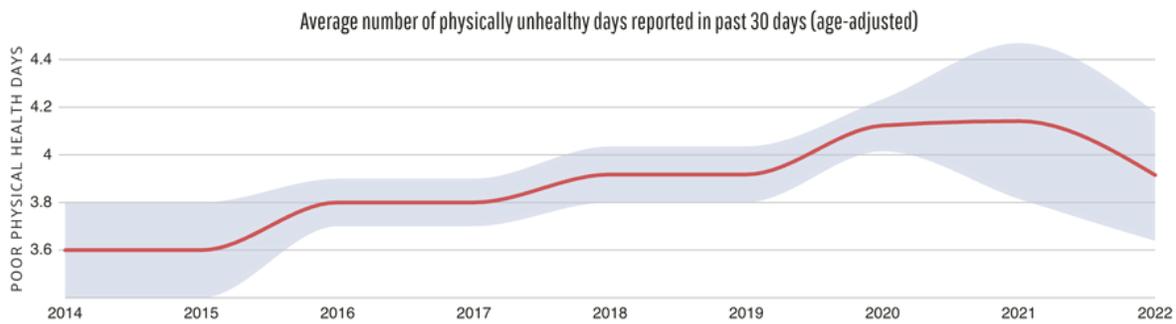## Quality of Life: Poor Physical Health Days

Average number of physically unhealthy days reported in past 30 days (age-adjusted)

Figure 39. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022*

In 2022, the average number of physically unhealthy days reported in past 30 days (age-adjusted) was 3.91 in Bernalillo County,.
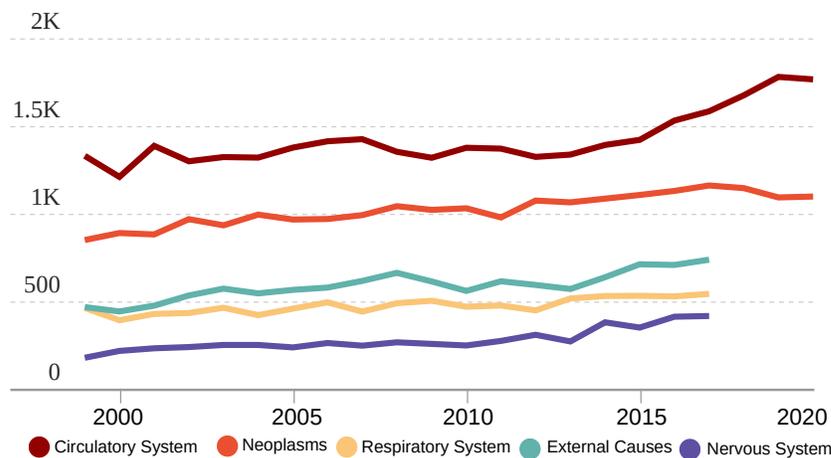
Mortality events in Bernalillo County

Circulatory System   Neoplasms   Respiratory System   External Causes   Nervous System

Figure 40. *Source: Centers for Disease Control, 2023*.

Health Behaviors

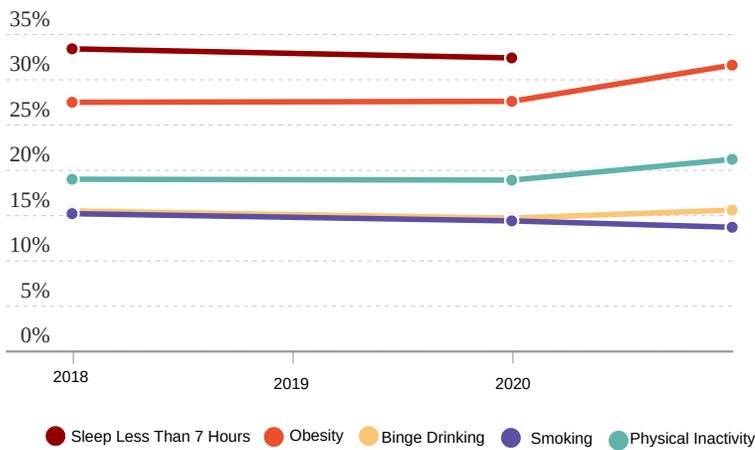### Health behaviors in Bernalillo County

Figure 41. *Source: Centers for Disease Control, 2023.*

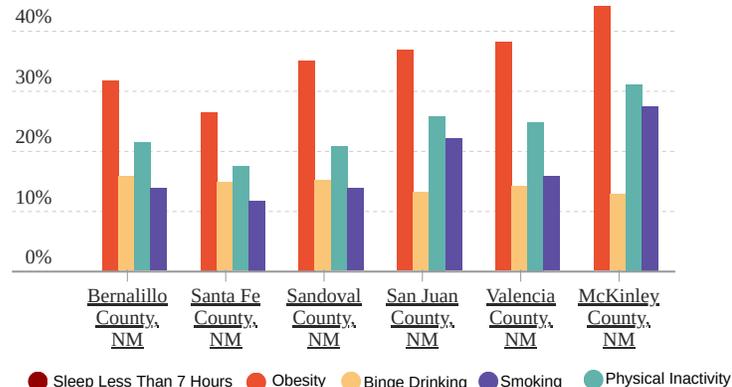### Health behaviors: counties near Bernalillo County (2021)

Figure 42. *Source: Centers for Disease Control, 2023.*

Adult Obesity

Percentage of the adult population that reports a body mass index ≥ 30 kg/m2
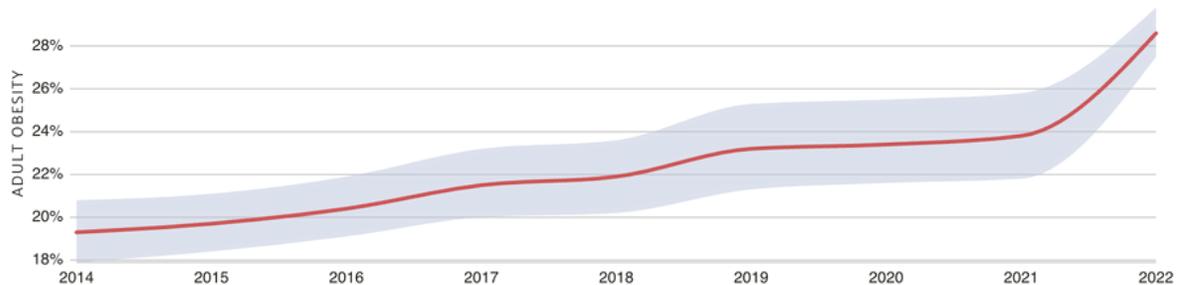

Figure 43. Percentage of Adult Population that reports a BMI > 30 kg/m2.
Source: County Health Rankings & Roadmaps County Health Rankings, 2022.

In 2022, the percentage of the adult population (age 18 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2 (age-adjusted) was 28.6% in Bernalillo County.

Physical Inactivity

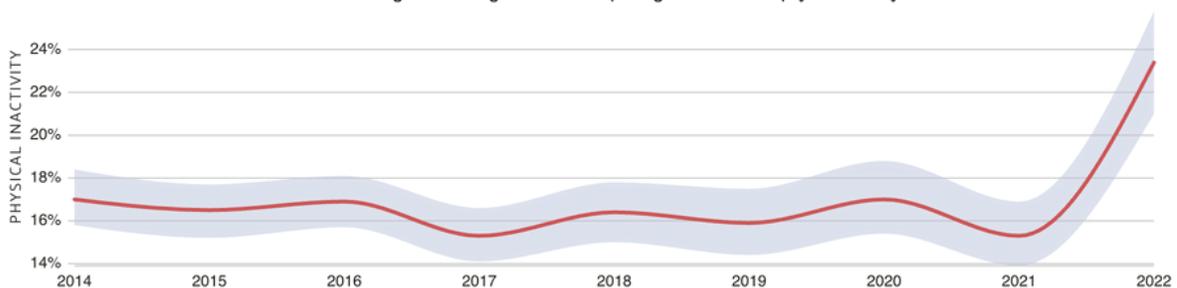Percentage of adults age 18 and over reporting no leisure-time physical activity

Figure 44. Percentage of Adults Age 18 and over reporting no leisure time physical activity.
Source: County Health Rankings & Roadmaps County Health Rankings, 2022.

In 2022, the percentage of adults age 18 and over reporting no leisure-time physical activity (age-adjusted) was 23.4% in Bernalillo County.

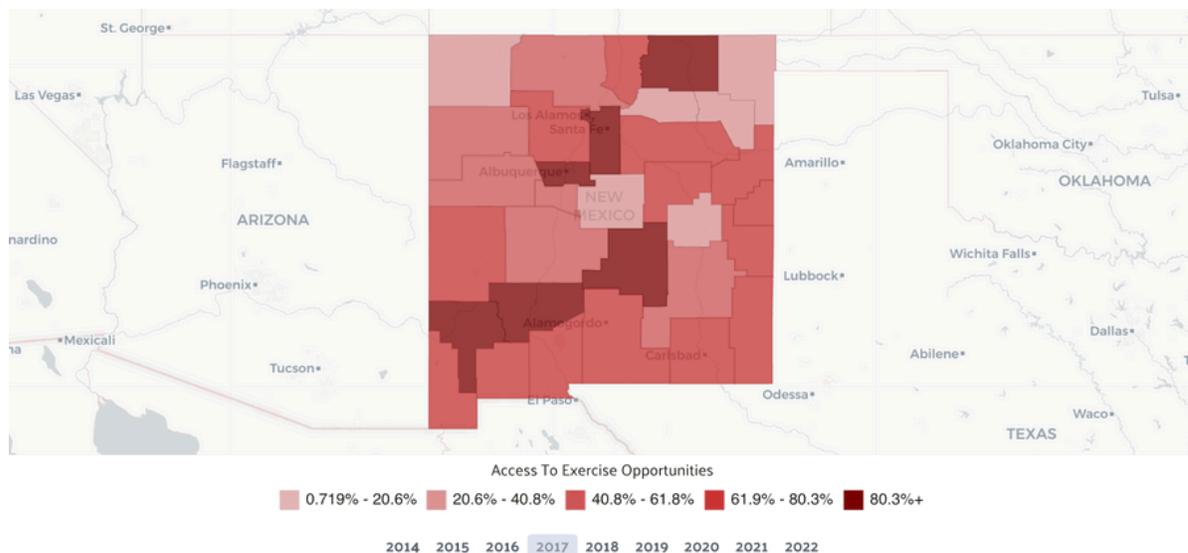## Percent of Residents with Access to Exercise Opportunities

Access To Exercise Opportunities

| | 0.719% - 20.6% | | 20.6% - 40.8% | | 40.8% - 61.8% | | 61.9% - 80.3% | | 80.3%+ |

2014   2015   2016   2017   2018   2019   2020   2021   2022

Figure 45. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, Los Alamos County had the highest percent of residents with access to exercise opportunities in the state, at 98%. Bernalillo County has the second highest (93.9%), followed by Sierra County (86.7%).

The above map shows the percent of residents with access to exercise opportunities by county over multiple years.
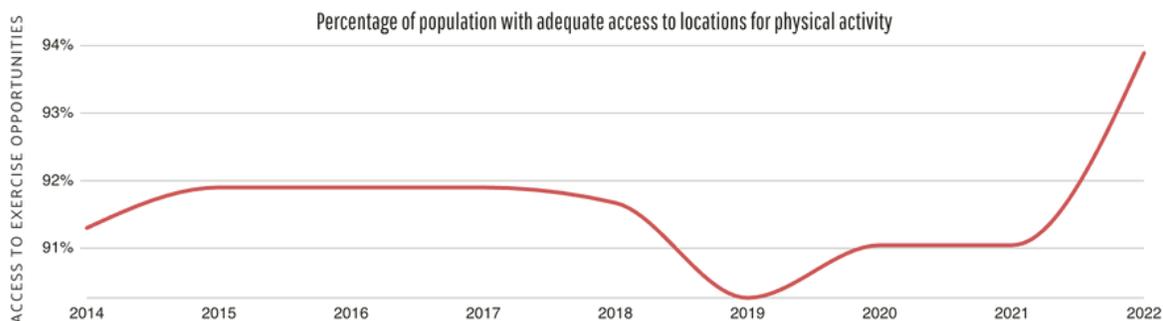
Access to Exercise Opportunities

Figure 46. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022.*

In 2022, the percentage of population with adequate access to locations for physical activity was 93.9% in Bernalillo County.

Addressing the social determinants of health is paramount for promoting health equity and improving overall well-being in Bernalillo County. By addressing factors such as socioeconomic status, housing, education, and access to healthcare, we can create a more equitable and healthier environment for all residents. Collaboration among policymakers, community organizations, healthcare providers, and residents is essential for implementing effective interventions and fostering positive health outcomes for our community.

Public Health Initiative

IV. HEALTH OUTCOMES AND DISPARITIES

Health outcomes in Bernalillo County reveal significant disparities among its diverse population and reflect the impact of socioeconomic, racial, and geographic factors on health. While the county benefits from advanced healthcare facilities, health disparities persist, particularly among Hispanic, Native American, and low-income communities. These disparities manifest in higher rates of chronic diseases, such as diabetes and heart disease, and differences in life expectancy and infant mortality. Addressing these health inequities requires targeted public health interventions, comprehensive healthcare policies, and community-based programs that focus on prevention, education, and access to care.

Chronic Disease Prevalence
Chronic diseases, such as diabetes and heart disease, are more prevalent among minority and low-income populations in Bernalillo County. These conditions significantly impact the quality of life and healthcare costs.

- Diabetes Prevalence: 12% overall, with higher rates among Native American (21%) and Hispanic (15%) populations
- Heart Disease Mortality Rate: 155 per 100,000 population, higher among African Americans (180 per 100,000) and Hispanics (165 per 100,000) .

Life Expectancy
Life expectancy in Bernalillo County varies by race and socioeconomic status, reflecting broader health disparities.

- Overall Life Expectancy: 78.5 years
- Hispanic Life Expectancy: 77.2 years
- Native American Life Expectancy: 73.4 years
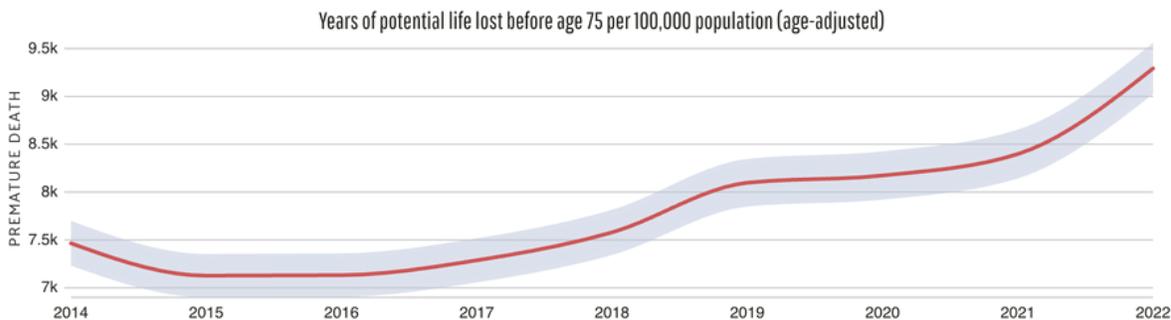
Length of Life: Premature Deaths

Figure 47. *Source: County Health Rankings & Roadmaps County Health Rankings, 2022*

In 2022, the years of potential life lost before age 75 per 100,000 population (age-adjusted) was 9.29k in Bernalillo County. This figure highlights the need for targeted interventions to reduce preventable deaths by addressing disparities and social determinants of health. Collaborative efforts are urged to improve health outcomes through preventive care, education, and policy advocacy, aiming for a healthier and more equitable community with reduced premature deaths and improved quality of life for all residents.
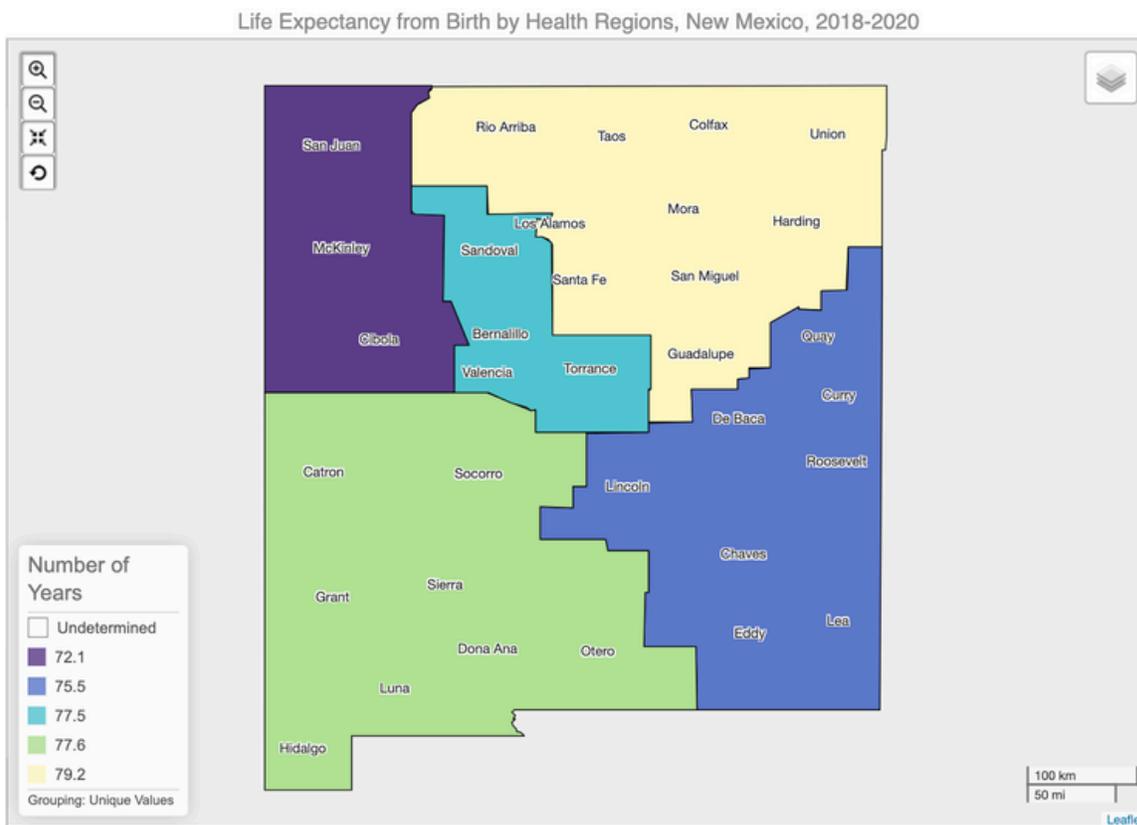

Figure 48. Life Expectancy from Birth by Health Regions in New Mexico, 2018-2020. *Source: NM IBMS 2020*

Covid-19 In Bernalillo County

Since the onset of the COVID-19 pandemic, Bernalillo County has faced profound health and economic challenges. The pandemic's toll on human life was significant, with the county experiencing a 19% increase in mortality from 2019 to 2020. Hispanic, American Indian, and Alaska Native populations were disproportionately affected, highlighting existing health disparities. For instance, deaths among Hispanics surged from 7.4% to 9.0% of all deaths within a single year, indicating a severe impact on this community (Census COVID-19 Data Hub)(CDC).

The economic impact was equally devastating. Key sectors saw drastic revenue declines, with selected services revenue dropping by 8.7% in the first year of the pandemic. The crisis also strained state and local government finances, leading to decreased tax revenues and increased spending on health services (Census COVID-19 Data Hub). The initial shockwaves were felt across various industries, prompting changes in shopping behaviors and a surge in e-commerce as people adapted to stay-at-home orders.

Public health measures, including lockdowns, mask mandates, and vaccination campaigns, were implemented to curb the virus's spread. Despite these efforts, the health system faced immense pressure, with hospitals dealing with high numbers of COVID-19 patients. The Behavioral Risk Factor Surveillance System (BRFSS) data highlighted that the pandemic exacerbated existing health issues such as substance use and obesity, further burdening the healthcare infrastructure (Census.gov).

Educational institutions also had to pivot to remote learning, affecting students' educational outcomes and mental health. The digital divide became more apparent, as not all students had equal access to online learning resources. This shift underscored the importance of addressing technological disparities to ensure all students could continue their education during such crises.
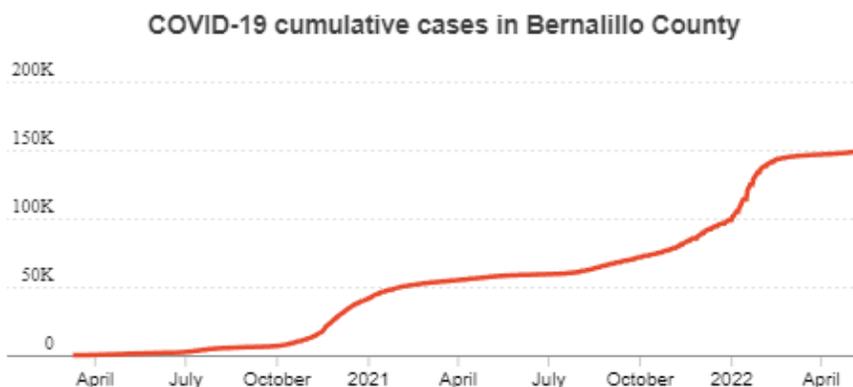

Figure 49. Covid-19 Cumulative Case in Bernalillo County as of April 2023.
Source: NY Times Covid Tracker

On a community level, social determinants of health, such as economic stability, education access, and healthcare availability, played crucial roles in how different populations experienced the pandemic. For instance, economically disadvantaged neighborhoods with limited access to healthcare and nutritious food faced greater challenges, underscoring the need for comprehensive public health strategies that address these underlying issues.

Moving forward, Bernalillo County's recovery efforts must focus on building resilient healthcare systems, supporting economic recovery, and addressing the social determinants of health that contributed to the pandemic's disparate impacts. Continued investment in public health infrastructure, education, and community support services will be essential in mitigating future health crises and ensuring a more equitable health landscape for all residents.
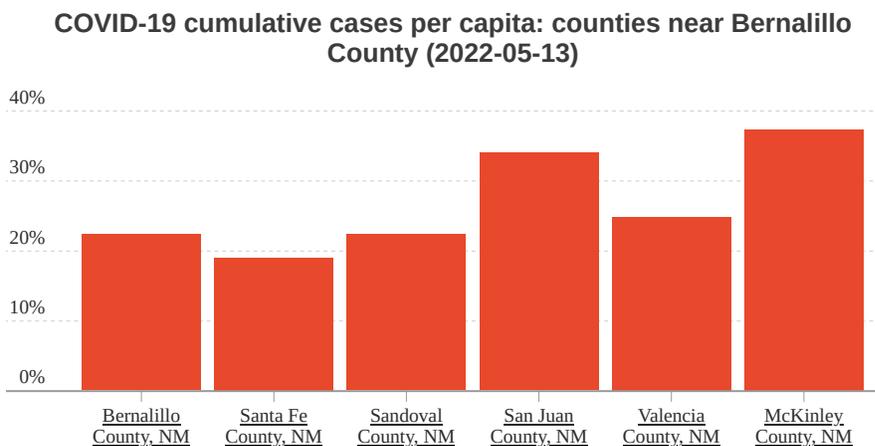
COVID-19 cumulative cases per capita: counties near Bernalillo County (2022-05-13)

Figure 50. *Source NY Times Covid Tracker*

This figure illustrates the cumulative COVID-19 cases per capita across counties near Bernalillo County. The data highlights that Bernalillo County experienced a substantial number of cases relative to its population, which is consistent with its status as the most populous county in New Mexico. The high per capita rate reflects the urban density and greater population interactions within the county compared to more rural areas. This trend underscores the importance of public health measures, such as vaccination campaigns and mask mandates, in densely populated regions to control the spread of the virus
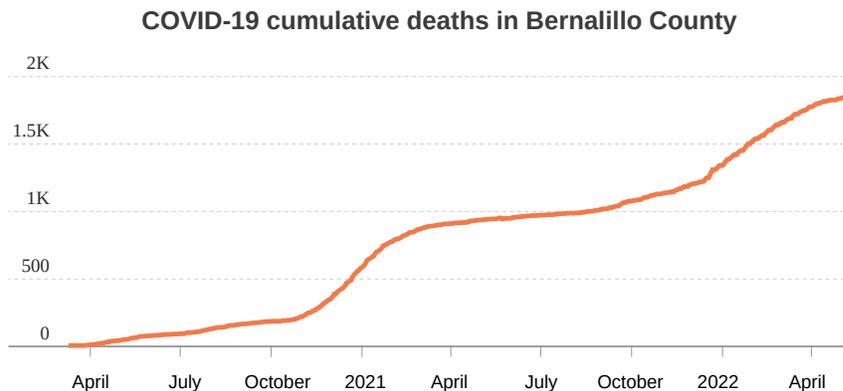
COVID-19 cumulative deaths in Bernalillo County

Figure 51. *Source: NY Times Covid Tracker*

This figure shows the cumulative number of COVID-19 deaths in Bernalillo County. The data reveals a significant mortality burden, reflecting the severe impact of the pandemic on the county's healthcare system and population. The number of deaths continued to rise as the pandemic progressed, highlighting the challenges faced by healthcare providers and the critical need for ongoing public health interventions. The disparities in outcomes among different demographic groups within the county further emphasize the need for targeted health equity efforts to protect the most vulnerable populations.

These figures collectively provide a stark reminder of the ongoing challenges posed by COVID-19 in Bernalillo County and the need for sustained public health efforts to mitigate its impact.

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Public Health Initiative

V. RISK AND RESILIENCE

Understanding the interplay between risk factors and resilience is fundamental to addressing the public health challenges faced by Bernalillo County. This section explores the complex landscape of risk and resilience within our community, examining the social determinants of health that shape health outcomes and disparities. By identifying key risk factors and leveraging protective factors, we can develop targeted interventions and foster resilience to promote health equity and improve overall well-being.

Certain risk factors contribute to poor health outcomes and exacerbate health disparities within Bernalillo County. These may include poverty, homelessness, limited access to educational opportunities, and inadequate healthcare access. Research has consistently demonstrated the detrimental effects of these risk factors on health, including increased rates of chronic diseases, mental health issues, and substance abuse.

Despite facing significant risk factors, many individuals and communities in Bernalillo County demonstrate resilience and exhibit protective factors that mitigate adverse health outcomes. Protective factors such as social support networks, access to healthcare services, and community cohesion can buffer the impact of risk factors and promote positive health outcomes. Understanding and leveraging these protective factors is essential for building resilience and fostering health equity within our community.

Certain risk factors contribute to poor health outcomes and exacerbate health disparities within Bernalillo County. These may include poverty, homelessness, limited access to educational opportunities, and inadequate healthcare access. Research has consistently demonstrated the detrimental effects of these risk factors on health, including increased rates of chronic diseases, mental health issues, and substance abuse.

- Homelessness Rate: Approximately 2,300 individuals experience homelessness annually in Bernalillo County (New Mexico Coalition to End Homelessness, 2023).
- Chronic Disease Rates: Higher prevalence of diabetes (12%) and heart disease (155 per 100,000 population) among low-income and minority populations (New Mexico Department of Health, 2023).
- Mental Health Issues: 18% of adults report frequent mental distress, with higher rates among those living in poverty (Substance Abuse and Mental Health Services Administration, 2023).
- Substance Abuse: 16% of adults report binge drinking, and opioid overdose rates are higher than the national average (Centers for Disease Control and Prevention, 2023).

Protective Factors and Resilience

Despite facing significant risk factors, many individuals and communities in Bernalillo County demonstrate resilience and exhibit protective factors that mitigate adverse health outcomes. Protective factors such as social support networks, access to healthcare services, and community cohesion can buffer the impact of risk factors and promote positive health outcomes. Understanding and leveraging these protective factors is essential for building resilience and fostering health equity within our community.

- Social Support Networks: 75% of residents report having access to social and emotional support (County Health Rankings & Roadmaps, 2023).
- Access to Community Health Services: Increased availability of community health centers and mobile clinics providing essential services (Bernalillo County Community Health Council, 2023).
- Community Cohesion: High levels of community engagement and participation in local health initiatives and support groups (Bernalillo County Health Council, 2023).

Ongoing Initiatives and Future Directions
Several initiatives are under way to address risk factors and enhance resilience in Bernalillo County. These initiatives focus on improving socioeconomic conditions, expanding access to education and healthcare, and strengthening community support systems. By targeting these areas, the county aims to reduce health disparities and promote health equity.
Key Programs:
- Pathways to a Healthy Bernalillo County: Aims to address social determinants of health through coordinated care and community partnerships (Bernalillo County Community Health Council, 2023).
- New Mexico Behavioral Health Collaborative: Enhances access to mental health and substance abuse services (New Mexico Behavioral Health Collaborative, 2023).
- Community Schools Initiative: Integrates health and social services into local schools to support students and families (Albuquerque Public Schools, 2023).

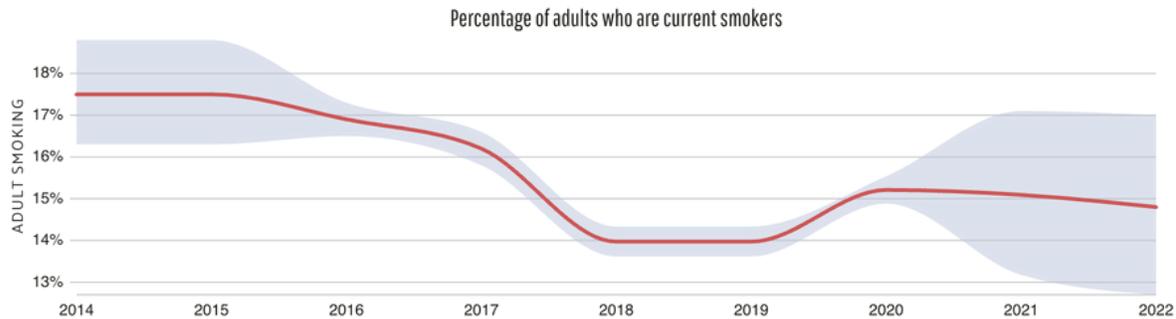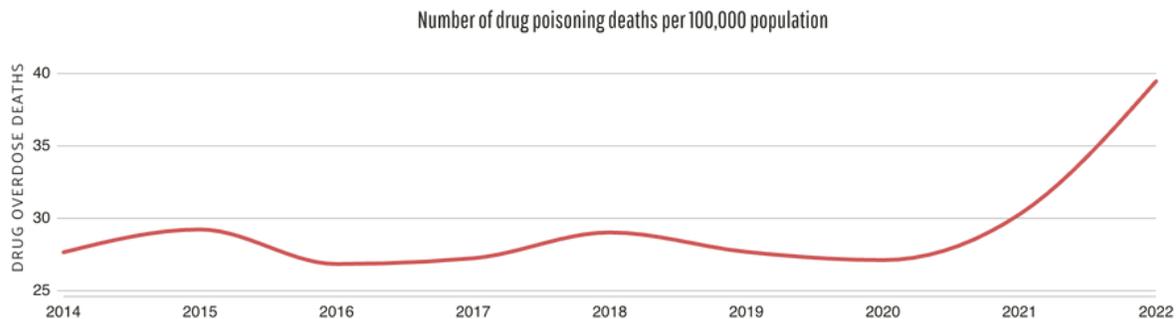## Indicators of Risk for Bernalillo County

Adult Smoking

Figure 52. Data from the County Health Rankings & Roadmaps County Health Rankings.

In 2022, the percentage of adults who are current smokers (age-adjusted) was 14.8% in Bernalillo County.

Drug Overdose Deaths

Data from the County Health Rankings & Roadmaps County Health Rankings.

Figure 53

In 2022, the number of drug poisoning deaths per 100,000 population was 39.5 in Bernalillo County.
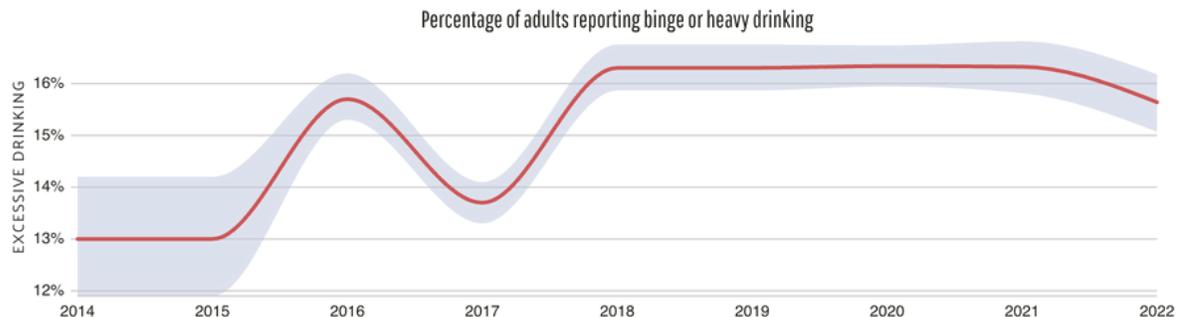
Health Behavior: Excessive Drinking

Figure 54. Data from the County Health Rankings & Roadmaps County Health Rankings.

In 2022, the percentage of adults reporting binge or heavy drinking (age-adjusted) was 15.6% in Bernalillo County.

The graphic shows the trend of the indicator in the county.
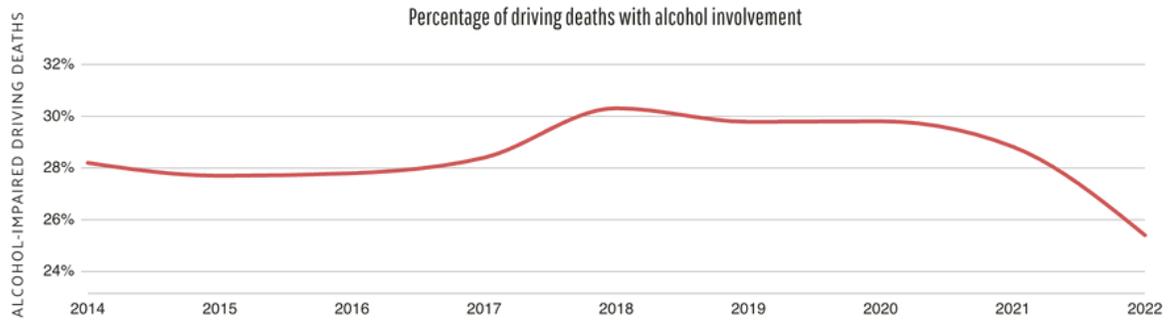
Alcohol Impaired Driving Deaths

Percentage of driving deaths with alcohol involvement

Figure 55. Percentage of Driving Deaths with Alcohol Involvement.
Source: County Health Rankings & Roadmaps County Health Rankings 2023..

In 2022, the percentage of driving deaths with alcohol involvement was 25.4% in Bernalillo County.

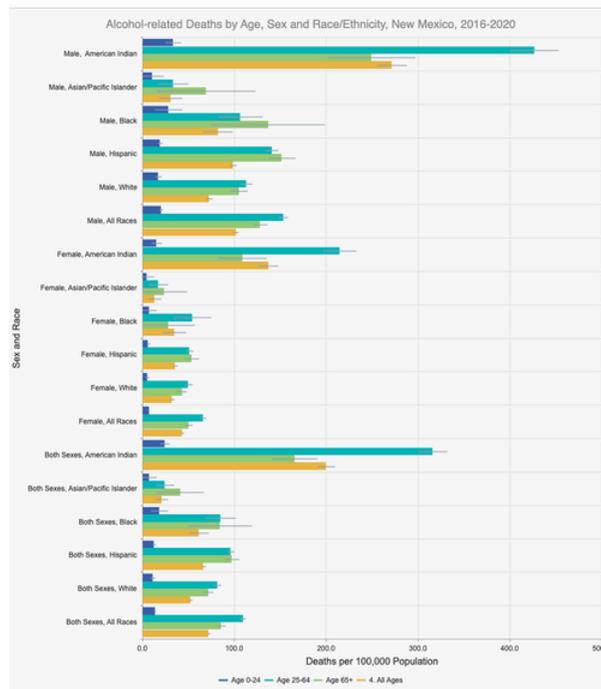## Alcohol-related Deaths by Age, Sex and Race/Ethnicity 2016- 2020

Figure 56. *Source: County Health Rankings & Roadmaps County Health Rankings 2023*

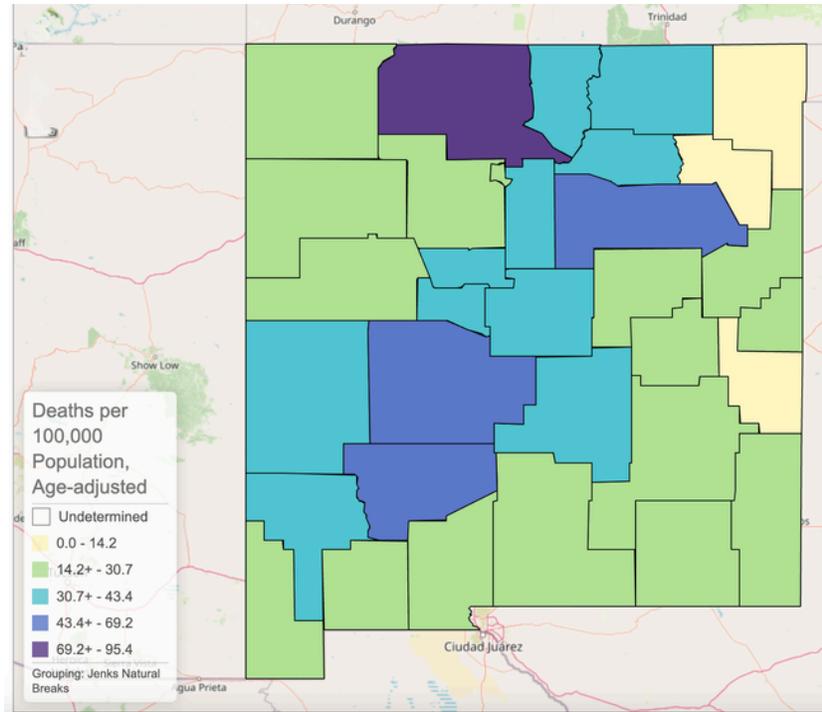## Deaths Due to Drug Overdose by County, New Mexico, 2017-2021

Figure 57. *Source: County Health Rankings & Roadmaps County Health Rankings 2023*

The map illustrates the age-adjusted death rates due to drug overdoses in New Mexico by county from 2017 to 2021. It is indicated that Bernalillo County has a relatively moderate rate of drug overdose deaths compared to other counties in New Mexico, which range from lower rates in the lightest shades to higher rates in the darkest shades. This data is critical for understanding the public health impact of drug use in the county and can inform targeted interventions and resource allocation.

Child Abuse Victims per 1,000 Children in the Population, New Mexico , 2017-2021
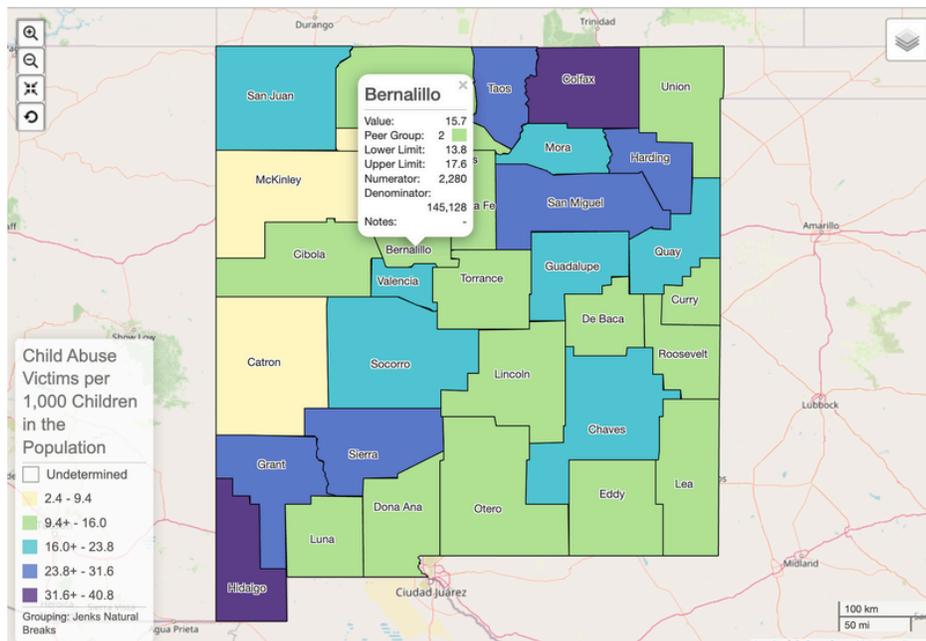

Figure 58. *Source: County Health Rankings & Roadmaps County Health Rankings 2023*

Prescribed drugs per capita (quarterly): counties near Bernalillo County (2017-10)
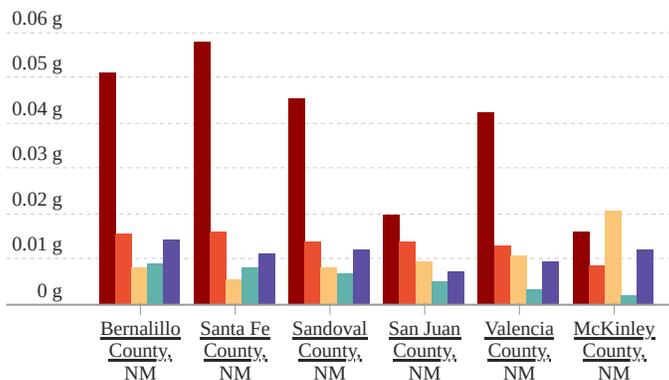

Figure 59. *Source US Department of Justice, 2017*

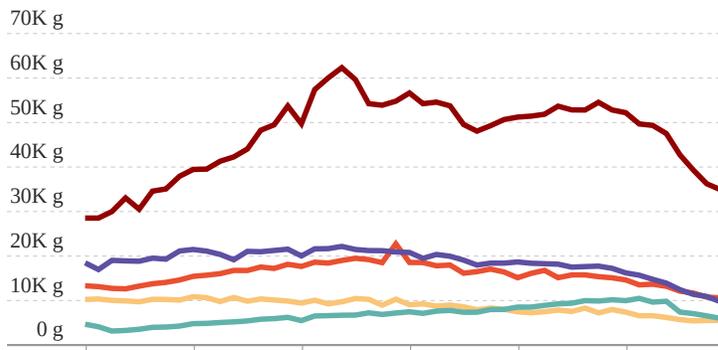## Prescribed drugs (quarterly) in Bernalillo County

Figure 60. *Source US Department of Justice, 2017*

In a report generated by the FEMA National Risk Index (NRI) for Bernalillo County, New Mexico, the overall risk to natural hazards based on a combination of expected annual loss, social vulnerability, and community resilience was assessed with results displayed below.

Risk Assessment for Bernalillo County

Risk Index is **Relatively Moderate**	Score 89.5	
Expected Annual Loss is **Relatively Moderate**	Score 88.0	
Social Vulnerability is **Relatively High**	Score 77.8	
Community Resilience is **Relatively Moderate**	Score 48.3	
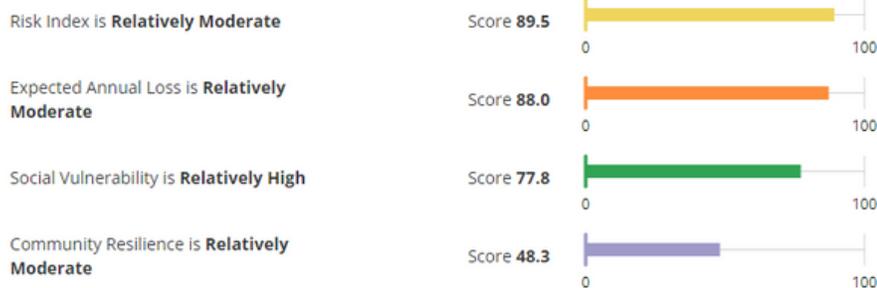
Figure 61. Summary of Overall Risk for Bernalillo County. This figure provides an overview of the natural hazard risk level in Bernalillo County, based on the FEMA National Risk Index. The county is classified with a "Moderate" risk level, reflecting the potential for significant natural hazard impacts. *Source: FEMA National Risk Index, 2024.*

Figure 62. This map displays the spatial distribution of natural hazard risks across Bernalillo County, with the county categorized as having a "Moderate" overall risk level.
Source: FEMA National Risk Index, 2024.

Key Findings:

Overall Risk: Bernalillo County has a "Moderate" overall risk level, which means the county has a moderate potential for annual loss due to natural hazards, relative to other U.S. counties.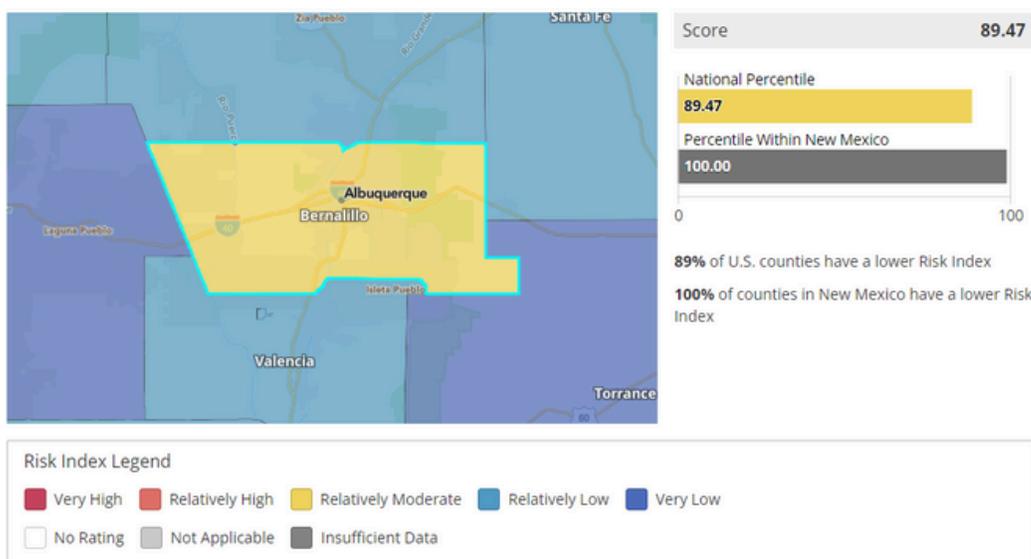 The overall risk is derived from the interaction between the county's vulnerability to hazards and its ability to recover from them.

Top Hazards: The top natural hazards identified for Bernalillo County include wildfire, drought, and flood. These hazards present the highest potential for economic loss and societal disruption in the county. Social Vulnerability: The county is categorized with "High" social vulnerability, indicating that certain populations within the community (e.g., elderly, low-income, and non-English speaking) are more likely to suffer disproportionately from the effects of natural hazards.

Community Resilience: The county has "Very High" community resilience, suggesting a strong capacity for recovery from natural hazards due to factors such as local government resources, community planning, and emergency services.

Economic Impact: Expected annual losses from natural hazards in Bernalillo County include property damage, crop damage, and population displacement costs. These potential losses underscore the importance of mitigation efforts to reduce vulnerability and enhance resilience.

Source: FEMA National Risk Index, 2024.

Crimes & Accidents

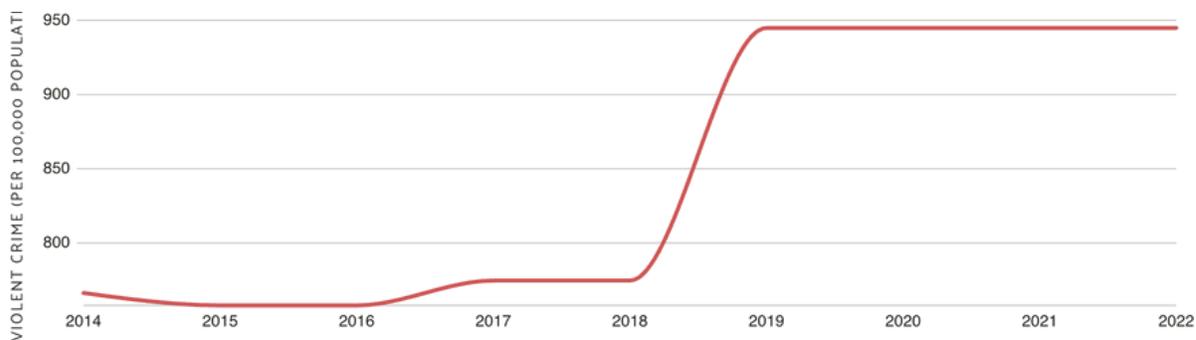### Violent Crime in Bernalillo County

Figure 63. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023*

In 2022, the number of reported violent crimes offenses per 100,000 population was 945 in Bernalillo County. From 2014 to 2022, the indicator grew 178 per 100,000 population.

The graph shows the trend in the number of reported violent crimes offenses per 100,000 population.

Homicides in Bernalillo County
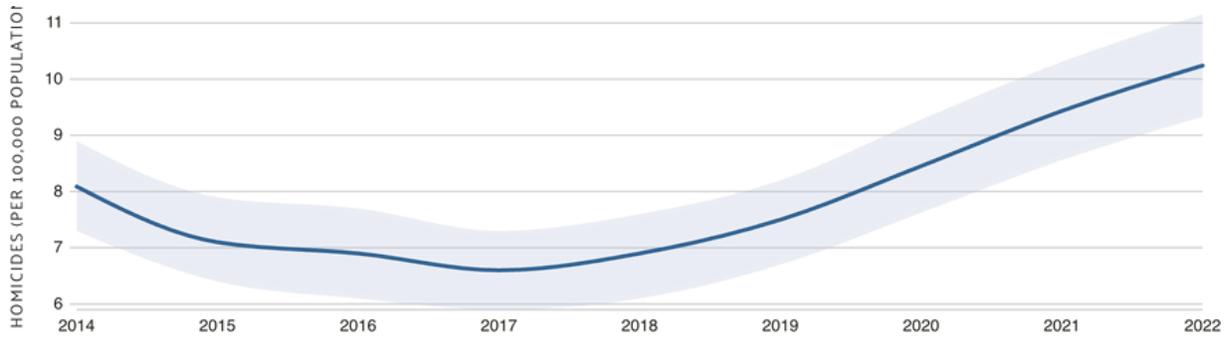
Figure 64. Homicides per 100,000. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023*

In 2022, the number of deaths due to homicides per 100,000 population was 10.2 in Bernalillo County. From 2014 to 2022, the indicator grew 2.15 per 100,000 population.

The graph shows the trend in the number of deaths due to homicides per 100,000 population.

Firearm Injury Death by Race/Ethnicity and Injury Intention, 2017-2021

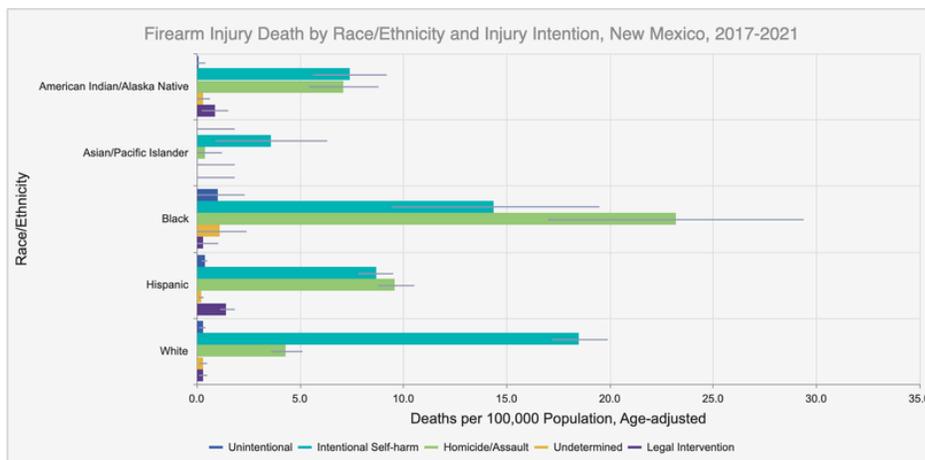**Figure 65**. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023.*

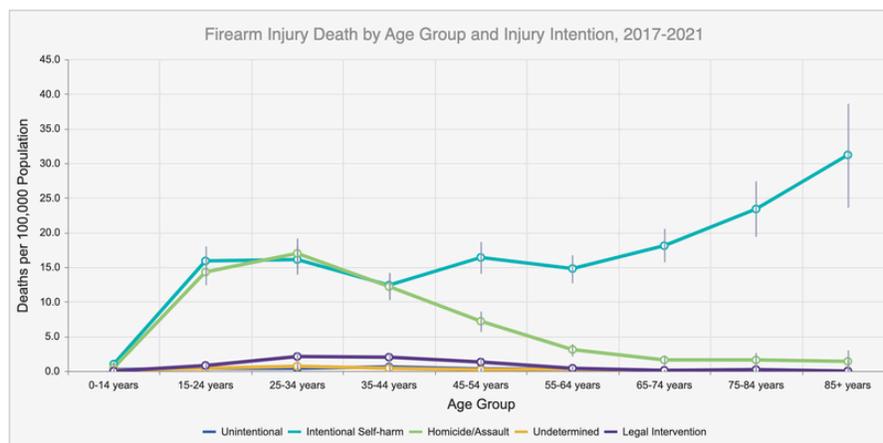# Firearm Injury Death by Age Group and Injury Intention, 2017-2021

Figure 66. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023.*

Highlights from the New Mexico Youth Risk and Resiliency Survey (YRRS) for Bernalillo County

Middle School (Grades 6-8)

Statewide results from the 2021 Middle School NM YRRS revealed both encouraging and concerning trends in New Mexico. Rates of youth alcohol use, drug use and most tobacco use decreased over the past 10 years. Trends in rates of behaviors associated with violence were mixed, as the rates of physical fighting and carrying a weapon to school both decreased, while rates of sexual and dating violence remained largely unchanged. The rate of being bullied at school decreased, while the rate of electronic bullying showed little variation.

Of serious concern were the increasing rates for obesity, suicidal behaviors, and characteristics associated with mental health.

The COVID-19 pandemic played a big part in the 2021 YRRS. When data were collected in the fall and winter of 2021, school were facing COVID-related closures and high rates of absenteeism, resulting in decreased YRRS participation at the student and school level. COVID may also have altered student behavior, as there were fewer opportunities for social interaction, and fewer opportunities to engage in socially-related high-risk behaviors. COVID also may have affected the emotional well-being of students.

The 2021 YRRS included questions about the effect of COVID on students' lives. The rate of obesity or overweight, after increasing for several years, has not increased since 2015. Rates for most violence-related behaviors have not changed greatly. However, the rate of ever being physically forced to have sexual intercourse is higher in New Mexico than in the U.S.

HEALTH
EQUITY
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New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Bernalillo County

Grades 6-8

Indicator	Bernalillo County		New Mexico	
	%	(95% CI)	%	(95% CI)
Sexual Behavior				
Ever had sexual intercourse	6.7	(5.6-8.1)	5.7	(5.1-6.4)
First sexual intercourse before age 11	1.8	(1.4-2.3)	1.8	(1.5-2.2)
Body Weight and Nutrition				
Ate breakfast daily	35.8	(33.8-37.9)	35.4	(33.9-36.8)
Describes self as slightly or very overweight	29.7	(28.2-31.3)	31.3	(30.2-32.4)
Trying to lose weight	48.7	(46.6-50.8)	51.7	(50.4-52.9)
Fasted for weight control	30.6	(29.1-32.2)	31.9	(30.5-33.3)
Purged for weight control	9.5	(8.4-10.8)	9.8	(9.1-10.6)
Ever used diet products for weight control	5.2	(4.2-6.3)	5.1	(4.5-5.7)
Physical Activity				
No days of physical activity in the past week	19.6	(17.4-22.1)	17.9	(16.7-19)
Physical activity 5 days per week	46.4	(44.4-48.5)	49.1	(47.6-50.5)
Daily physical activity	27.6	(26.2-29.1)	29.2	(28-30.3)
Screen time 3 or more hours per day	66.0	(64.1-67.8)	62.6	(61.2-64)
Daily physical education at school	39.7	(35-44.5)	41.8	(38.9-44.6)
Played on at least one sports team	48.5	(46.2-50.7)	52.5	(51.2-53.9)
Other Characteristics				
Had a concussion from sports/physical activity	20.6	(18.9-22.4)	21.7	(20.4-22.9)
Saw a dentist in the past 12 months	67.1	(64.3-69.8)	65.1	(63.6-66.6)
Got 8 or more hours of sleep per night on school nights	47.5	(45.1-50)	47.5	(46-49.1)
Gambled at least once in the past 12 months	26.0	(24-28.1)	26.1	(24.9-27.3)
In unstable housing	2.4	(1.8-3)	2.9	(2.5-3.4)
Personal Safety				
Rarely or never wore a bike helmet	59.6	(57.1-62)	69.5	(67.9-71.2)
Rarely or never wore a seatbelt	3.8	(2.9-4.9)	5.0	(4.4-5.6)
Ever rode with a drinking driver	17.1	(15.8-18.4)	19.0	(17.8-20.2)
Ever carried a weapon	32.1	(30.5-33.8)	35.9	(34.5-37.2)
Ever been in a physical fight	41.6	(39.1-44.1)	39.8	(38.4-41.3)
Ever been bullied on school property	41.1	(39-43.2)	41.5	(40.2-42.8)
Ever been electronically bullied	27.7	(25.8-29.7)	27.1	(25.8-28.4)
Mental Health and Suicidal Behaviors				
Frequent mental distress	28.3	(26.3-30.4)	25.2	(23.9-26.4)
Ever seriously thought about killing yourself	26.6	(24.9-28.5)	27.1	(25.8-28.4)
Ever made a plan to kill yourself	18.8	(17.3-20.3)	19.3	(18.2-20.4)
Ever tried to kill yourself	10.6	(9.4-12)	11.9	(10.9-12.8)
Tobacco Use				
Ever smoked cigarettes	8.7	(7.7-9.8)	9.7	(8.8-10.5)
Current cigarette smoker	2.2	(1.7-2.8)	2.5	(2.1-2.8)
Current cigar use	1.0	(0.8-1.3)	1.6	(1.3-1.8)
Current spit tobacco use	1.5	(1-2.4)	1.7	(1.4-2.1)
Current hookah use	2.1	(1.6-2.8)	2.5	(2.1-2.9)
Ever used an electronic vapor product	19.0	(17.3-20.8)	19.3	(18-20.6)
Current e-cigarette use	10.9	(9.3-12.7)	10.6	(9.6-11.5)
In a room with a cigarette smoker	21.6	(20.2-23)	22.3	(21.3-23.4)
Alcohol Use				
Ever drank alcohol	21.9	(20.2-23.8)	22.4	(21-23.8)
Current alcohol use	7.3	(6.3-8.4)	7.6	(6.8-8.3)
Drank alcohol before age 11	10.1	(8.9-11.4)	10.6	(9.7-11.4)
Heavy episodic drinking	3.3	(2.6-4.1)	3.5	(3.1-4)
Drug Use				
Ever used marijuana	11.3	(9.7-13.1)	10.8	(9.8-11.8)
Current marijuana use	6.5	(5.5-7.7)	6.8	(6.1-7.5)
Used marijuana before age 11	3.1	(2.1-4.5)	2.9	(2.4-3.4)
Ever used synthetic marijuana	3.5	(2.9-4.3)	4.1	(3.6-4.7)
Ever used cocaine	1.3	(1-1.6)	1.5	(1.2-1.8)
Ever used inhalants	5.6	(4.8-6.6)	6.6	(5.9-7.3)
Ever improperly used Rx pain meds	12.3	(11-13.7)	13.2	(12.4-14.1)
Current improper pain medication use	5.8	(5-6.8)	5.7	(5.1-6.3)

Table 4. Risk Behaviors at a Glance from the 2021 Middle School NM YRRS. Source: New Mexico Youth Risk and Resiliency Survey, 2021.

High School (Grades 9-12)
Statewide results from the 2021 High School NM YRRS revealed both encouraging and concerning trends in New Mexico. Rates of youth alcohol use, drug use and most tobacco use decreased over the past 10 years. Trends in rates of behaviors associated with violence were mixed, as the rates of physical fighting and carrying a weapon to school both decreased, while rates of sexual and dating violence remained largely
unchanged. The rate of being bullied at school decreased, while the rate of electronic bullying showed little variation.

Of serious concern were the increasing rates for obesity, suicidal behaviors, and characteristics associated with mental health. The COVID-19 pandemic played a big part in the 2021 YRRS. When data were collected in the fall and winter of 2021, school were facing COVID-related closures and high rates of absenteeism, resulting in decreased YRRS participation at the student and school level. COVID may also have altered student behavior, as there were fewer opportunities for social interaction, and fewer opportunities to engage in socially-related high-risk behaviors. COVID also may have affected the emotional well-being of students.

The 2021 YRRS included questions about the effect of COVID on students' lives.
The rate of obesity or overweight, after increasing for several years, has not increased since 2015.

Rates for most violence-related behaviors have not changed greatly. However, the rate of ever being physically forced to have sexual intercourse is higher in New Mexico than in the U.S.

New Mexico Youth Risk and Resiliency Survey

Risk Behaviors at a Glance

Bernalillo County

Grades 9-12

Indicator	Bernalillo County %	Bernalillo County (95% CI)	New Mexico %	New Mexico (95% CI)
Unintentional Injuries				
Rarely or never wore a bicycle helmet	72.7	(69.1-76.0)	79.8	(78.3-81.3)
Rarely or never wore a seatbelt	5.3	(3.9-7.0)	5.6	(4.9-6.3)
Rode with a drinking driver	15.6	(14.0-17.5)	16.8	(15.9-17.8)
Drinking and driving	3.1	(2.1-4.5)	4.6	(3.9-5.3)
Marijuana use and driving	13.4	(11.2-16.0)	13.0	(11.7-14.2)
Texting and driving	32.7	(28.7-36.9)	35.6	(33.6-37.6)
Violence				
In a physical fight	20.4	(18.4-22.5)	20.2	(19.2-21.3)
In a physical fight on school property	6.0	(4.6-7.7)	5.7	(5.1-6.4)
Carried weapon on school property	4.3	(3.0-6.2)	4.6	(4-5.2)
Carried a gun (not for sport or hunting)	5.0	(3.9-6.5)	6.0	(5.4-6.6)
Skipped school because of safety concerns	14.5	(12.3-16.9)	14.9	(13.6-16.2)
Physical dating violence	8.8	(6.9-11.1)	8.9	(8-9.9)
Sexually assaulted (Forced to do sexual things)	13.1	(10.6-16.0)	11.9	(10.9-12.8)
Ever forced to have sexual intercourse	10.2	(8.6-12.1)	9.8	(9-10.5)
Bullying				
Bullied on school property	13.1	(11.2-15.3)	13.6	(12.7-14.5)
Electronically bullied	14.7	(12.7-17.0)	12.5	(11.7-13.4)
Teased because of race/ethnicity	15.1	(13.2-17.1)	15.3	(14.4-16.2)
Mental health				
Non-suicidal self-injury	27.5	(24.2-30.9)	23.2	(22-24.4)
Felt sad or hopeless	48.8	(45.6-52.1)	44.2	(42.8-45.5)
Frequent mental distress	39.2	(35.6-42.9)	32.7	(31.3-34.1)
Seriously considered suicide	24.2	(21.2-27.4)	20.1	(18.8-21.3)
Made a suicide plan	19.6	(17.1-22.4)	16.9	(15.8-17.9)
Attempted suicide	10.6	(8.8-12.9)	10.4	(9.6-11.3)
Injured in a suicide attempt	3.2	(2.2-4.5)	3.1	(2.6-3.5)
Tobacco use				
Any tobacco use	26.0	(23.3-28.9)	27.3	(25.8-28.8)
Current e-cig use	23.6	(21.3-26.2)	25.3	(23.9-26.8)
Current cigarette smoking	3.6	(2.7-4.9)	4.3	(3.7-4.9)
Cigar	2.3	(1.3-3.9)	3.1	(2.6-3.6)
Spit tobacco	2.2	(1.2-4.2)	2.9	(2.3-3.4)
Hookah	2.4	(1.6-3.7)	3.2	(2.8-3.7)
Alcohol use				
Current alcohol use	18.5	(16.0-21.2)	19.5	(18.1-20.9)
Binge drinking	5.6	(4.4-7.2)	7.6	(6.8-8.4)
High intensity binge drinking	1.7	(1.1-2.6)	2.4	(2-2.9)
First drank alcohol before age 13	19.1	(16.6-21.9)	17.8	(16.7-18.8)
Drinking and driving	3.1	(2.1-4.5)	4.6	(3.9-5.3)
Current drug use				
Marijuana	19.9	(17.4-22.7)	20.3	(18.9-21.6)
Synthetic marijuana	5.9	(4.5-7.8)	5.9	(5.2-6.6)
Improper pain medication use	7.3	(6.1-8.7)	7.9	(7.2-8.5)
Cocaine	1.6	(0.9-2.8)	2.0	(1.6-2.4)
Heroin	0.9	(0.4-2.2)	1.1	(0.8-1.4)
Methamphetamine	1.2	(0.6-2.5)	1.4	(1-1.7)
Inhalants	3.9	(2.6-5.8)	3.4	(2.9-4)
Physical Activity, Body Weight, and Nutrition				
Overweight	17.8	(15.9-19.8)	17.7	(16.8-18.7)
Obese	18.0	(15.8-20.5)	19.9	(18.9-20.9)
Overweight or obese	35.8	(33.6-38.1)	37.6	(36.4-38.8)
Daily physical activity	20.1	(18.0-22.5)	26.2	(25-27.5)
Not physically active on any days	17.3	(14.6-20.3)	16.7	(15.5-17.8)
Daily PE in school	14.0	(10.6-18.4)	26.7	(24.5-28.8)
Screen time three or more hours daily	78.0	(74.9-80.8)	72.3	(70.8-73.8)
Daily breakfast	22.7	(20.7-24.9)	23.4	(22.4-24.4)
Five servings of fruit or vegetables daily	15.2	(13.3-17.2)	16.3	(15.2-17.4)
Daily soda consumption	16.8	(14.3-19.6)	17.8	(16.8-18.9)
Sexual behavior				
Currently sexually active	16.4	(13.8-19.5)	19.9	(18.4-21.4)
Had sexual intercourse with four or more people	5.8	(4.6-7.2)	6.6	(5.8-7.4)
Had sexual intercourse before age 13	4.7	(3.3-6.6)	4.2	(3.6-4.8)
Used a condom at last sexual intercourse	53.0	(47.0-58.9)	49.3	(46.5-52.1)
Used effective birth control	37.4	(31.3-44.0)	29.7	(27.2-32.2)
Used effective birth control and a condom	11.9	(8.8-15.8)	8.8	(7.3-10.2)

Table 5. Risk Behaviors at a Glance from the 2021 High School NM YRRS. *Source: New Mexico Youth Risk and Resiliency Survey, 2021.*

Behavioral Risk Factors:

Behavioral risk factors in Bernalillo County contribute significantly to the burden of chronic diseases and adverse health outcomes. One prominent risk factor is tobacco use, which remains a prevalent behavior despite widespread awareness of its harmful effects. According to data from the New Mexico Department of Health, Bernalillo County has higher rates of adult smoking compared to the state average, with approximately 14% of adults reporting current smoking (New Mexico Department of Health, 2020). Tobacco use is associated with an increased risk of cardiovascular disease, respiratory conditions, and various cancers, making it a significant public health concern.

Unhealthy dietary patterns also pose a significant behavioral risk factor in Bernalillo County. Access to nutritious food options is limited in certain neighborhoods, particularly in low-income areas where fast food outlets may be more prevalent than grocery stores offering fresh produce. This contributes to high rates of obesity and related chronic conditions, such as type 2 diabetes and cardiovascular disease. Research has shown that improving access to healthy food options and promoting nutritional education can help mitigate the impact of unhealthy dietary behaviors.

Physical inactivity is another prevalent behavioral risk factor in Bernalillo County, with many residents failing to meet recommended levels of physical activity. Sedentary lifestyles contribute to obesity, musculoskeletal disorders, and mental health issues such as depression and anxiety. Limited access to safe recreational spaces and concerns about neighborhood safety may deter residents from engaging in regular physical activity. Strategies to promote active living, such as creating walkable neighborhoods and providing recreational facilities, are essential for encouraging residents to adopt more active lifestyles .

Substance abuse, including alcohol and illicit drug use, represents another significant behavioral risk factor in Bernalillo County. Substance abuse contributes to a range of negative health outcomes, including liver disease, mental health disorders, and injuries from accidents and violence.

Lifestyle Factors:

Lifestyle factors encompass a broader spectrum of behaviors and choices that influence health outcomes over time. In Bernalillo County, various lifestyle factors contribute to overall health and well-being. Dietary habits, for example, play a crucial role in shaping health outcomes. Traditional New Mexican cuisine, while culturally rich, may also be high in sodium, saturated fats, and calories, contributing to the prevalence of obesity and related chronic conditions.

Encouraging residents to adopt healthier eating patterns, such as incorporating more fruits, vegetables, and whole grains into their diets, can help improve overall health.

Physical activity is another key lifestyle factor that significantly impacts health outcomes in Bernalillo County. Many residents lead sedentary lifestyles due to factors such as long work hours, lack of access to recreational facilities, and concerns about safety. Regular physical activity, however, is essential for maintaining a healthy weight, reducing the risk of chronic diseases, and promoting mental well-being.

Sleep habits are often overlooked but play a crucial role in overall health and well-being. Sleep deprivation and poor sleep quality are associated with an increased risk of obesity, diabetes, cardiovascular disease, and mental health disorders. In Bernalillo County, factors such as work schedules, screen time, and environmental noise may contribute to sleep disturbances among residents. Promoting healthy sleep habits, such as maintaining a consistent sleep schedule and creating a conducive sleep environment, can help improve sleep quality and overall health outcomes.

Stress management is another important lifestyle factor that influences health outcomes in Bernalillo County. Chronic stress has been linked to a range of health issues, including hypertension, diabetes, and mental health disorders. In a rapidly growing and diverse community like Bernalillo County, residents may face various stressors related to work, finances, family, and social relationships. Access to mental health resources, social support networks, and coping mechanisms can help individuals better manage stress and improve their overall well-being.

Cultural and Social Influences:

Cultural and social factors play a significant role in shaping behavioral and lifestyle choices in Bernalillo County. The rich cultural heritage of the region influences dietary preferences, physical activity patterns, and health-seeking behaviors among residents. Traditional foods and customs are integral parts of community life, contributing to a sense of identity and belonging. However, cultural norms may also influence health behaviors in both positive and negative ways.

Social determinants such as socioeconomic status, education, and access to resources also impact individuals' ability to adopt healthy lifestyle practices.

Public Health Initiative

VI. ENVIRONMENTAL HEALTH

Bernalillo County contends with various environmental hazards, each bearing significant implications for public health. Air pollution, stemming from vehicular emissions, industrial activities, and residential sources, casts a pall over respiratory health, exacerbating conditions such as asthma and cardiovascular diseases. Water quality issues, including contaminants like lead and arsenic, underscore the importance of safeguarding access to clean and safe drinking water. Moreover, the built environment's design and infrastructure can either facilitate or impede healthy behaviors, with inadequate access to green spaces and recreational facilities hindering opportunities for physical activity and fostering sedentary lifestyles. Through collective action and unwavering commitment, we can navigate the complexities of environmental health and pave the way for a healthier future in Bernalillo County.

Air Quality
One prominent concern in Bernalillo County is air pollution, exacerbated by factors such as vehicular emissions, industrial activities, and geographic topography. Research has demonstrated the adverse health effects of air pollution, including respiratory diseases and cardiovascular conditions (Pope et al., 2002). In Bernalillo County, urban areas like Albuquerque may experience elevated levels of particulate matter and ozone, contributing to poor air quality and adverse health outcomes among residents (Gauderman et al., 2004). This is especially true for children and other high risk individuals (Perera et al., 2022). Ultimately, air pollution has significantly affected various populations while trends remain constant. As demonstrated in the following figure, air pollution in Bernalillo County has demonstrated no significant changes. While those trends remained relatively constant with a slight increase, trends for the United States decreased and trends for the state of New Mexico remained constant with a slight decrease.

Water Quality

Water quality is another pressing environmental hazard in Bernalillo County, with potential contaminants such as lead, arsenic, and disinfection byproducts posing risks to public health. While drinking water in the county meets regulatory standards, disparities in water quality may exist across different neighborhoods, particularly in underserved communities with aging infrastructure. Ensuring access to clean and safe drinking water is essential for protecting residents from waterborne illnesses and chemical exposures.

Built Environment

The built environment plays a significant role in shaping health outcomes in Bernalillo County. Limited access to green spaces, sidewalks, and recreational facilities may hinder opportunities for physical activity and contribute to sedentary lifestyles and obesity. Environmental noise, such as traffic and industrial noise, may also impact mental health and well-being among residents. Issues such as dangerous corridors and the lack of safety measures create a path for an unsafe environment. Furthermore, limited access to safe spaces, such as counseling centers, public restrooms, and other spaces contribute to social inequities.

Throughout Bernalillo County, many residents face disparities due to limited resources. For example, the average number of public toilets for the City of Albuquerque, the largest city in Bernalillo County, is 4 toilets per 100,000 people, while the national average sits at 8 toilets per 100,000 people. However, in the City of Albuquerque, most of these public toilets are concentrated in the areas with the most tourism rather than throughout the city. The same concept can be seen throughout the whole county. Most of the parks throughout the county lack functional restrooms and those that have restrooms don't always have proper running water. The lack of restrooms has also caused a public concern due to the defecation in public spaces. This concern led to the establishment of a fund to clean up human waste throughout the City of Albuquerque. Although the limited availability of public restrooms is a concern in itself, it sheds a light on the limited availability of other safe spaces, such as resources for the unhoused, affordable housing, and healthcare.

In Bernalillo County, disparities in environmental quality may intersect with socioeconomic factors, exacerbating health inequities within the community. Low-income neighborhoods and communities of color may face greater exposure to environmental hazards, such as air pollution and contaminated water sources, perpetuating health disparities across the county. Addressing environmental injustice requires a concerted effort to promote equity in access to clean air, safe water, and green spaces, thereby advancing health equity and social justice for all residents.

Environmental Interventions in Bernalillo County:

Despite the challenges posed by environmental hazards, there are opportunities for promoting health through evidence-based interventions in Bernalillo County. Implementing policies and programs to reduce air pollution, improve water quality, and enhance the built environment can have significant benefits for public health. Investing in green infrastructure projects, such as parks and urban forests, can improve air quality, mitigate heat islands, and promote mental health and social cohesion.

Furthermore, promoting active transportation and creating walkable neighborhoods can encourage physical activity and reduce the risk of chronic diseases. Community engagement and participatory approaches are essential for ensuring that environmental interventions are responsive to the needs and priorities of residents. By collaborating with stakeholders and leveraging local resources, Bernalillo County can develop and implement effective strategies that protect public health and promote environmental sustainability for generations to come.

Air Quality in Bernalillo County

Air Pollution - Particulate Matter in Bernalillo County, NM
Average daily density of fine particulate matter: county, state and national trends

Although no significant trend was found in Bernalillo County for this measure, please note state and national trends.
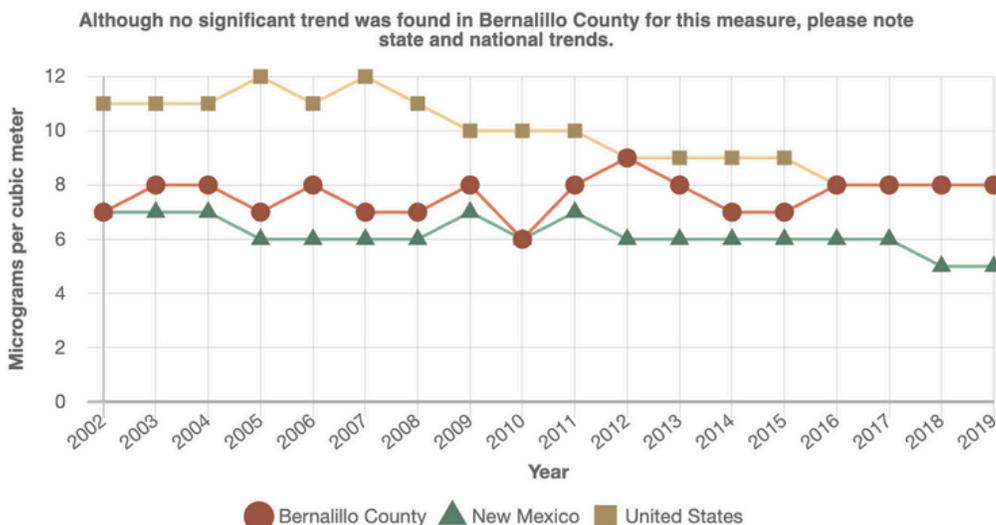
Figure 67. *Source: County Health Rankings, 2019,*

The graph illustrates the average daily density of fine particulate matter (PM2.5) in Bernalillo County, compared to state and national trends from 2002 to 2019. Bernalillo County's PM2.5 levels have remained relatively stable around 8 micrograms per cubic meter, slightly higher than the New Mexico state average of about 6 micrograms. Nationally, PM2.5 levels have consistently been around 10-12 micrograms per cubic meter, higher than both the county and state averages. Despite some fluctuations, there has been no significant trend in Bernalillo County's air pollution levels over the years. This stability indicates that while air quality in the county is better than the national average, ongoing efforts are needed to maintain and potentially improve it.

Air Quality Index Bernalillo County 1980-2023
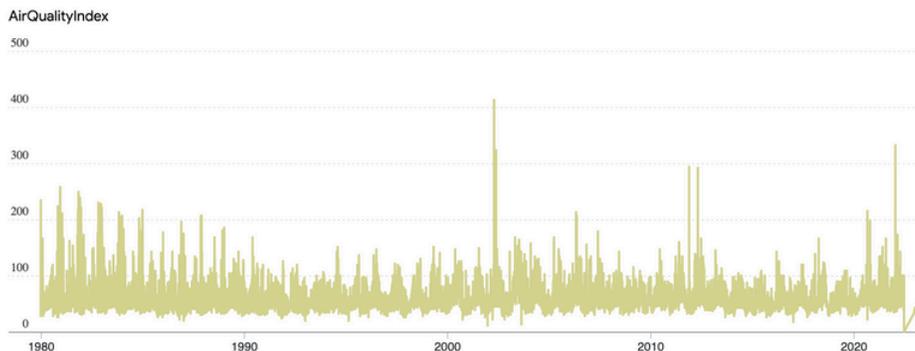
Figure 68. *Source: US Census Bureau*

Figure 68 illustrates the Air Quality Index (AQI) trends in Bernalillo County from 1980 to 2023, highlighting the overall improvement in air quality over the past four decades. This positive trend is largely attributed to stricter environmental regulations, advancements in pollution control, and a shift towards cleaner energy sources. Despite these improvements, the data also reveals occasional fluctuations in AQI levels due to factors like wildfires and increased emissions, indicating periods where air quality posed health risks, especially for vulnerable populations. This figure underscores the importance of ongoing efforts in air quality management to sustain and enhance the progress made in Bernalillo County.
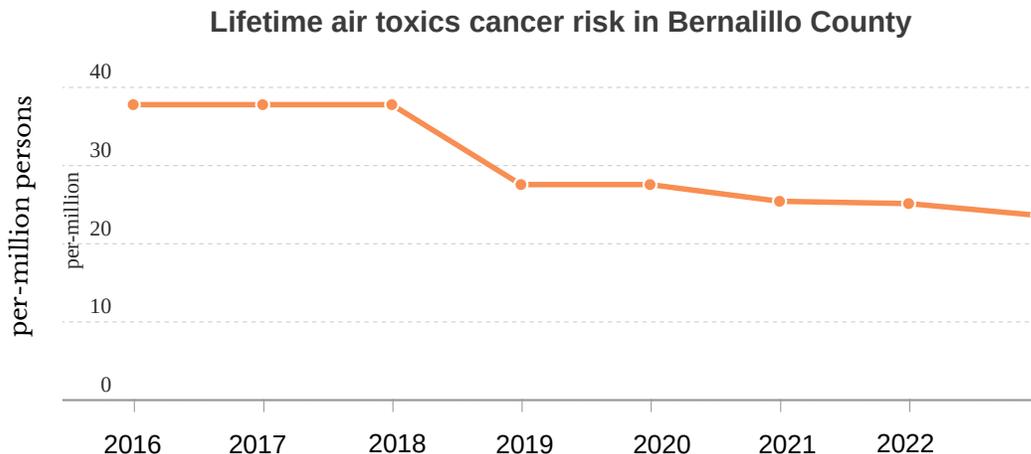
Lifetime air toxics cancer risk in Bernalillo County

Figure 69. *Source: Environmental Protection Agency, 2023*

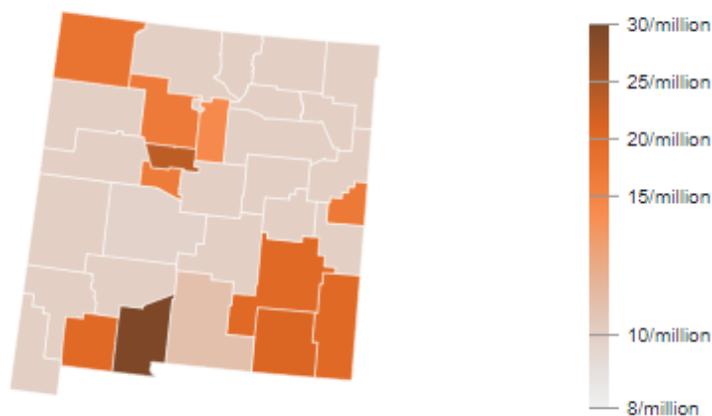Lifetime air toxics cancer risk: counties near Bernalillo County (2021 – 2023)

Figure 70. *Source: Environmental Protection Agency, 2023*

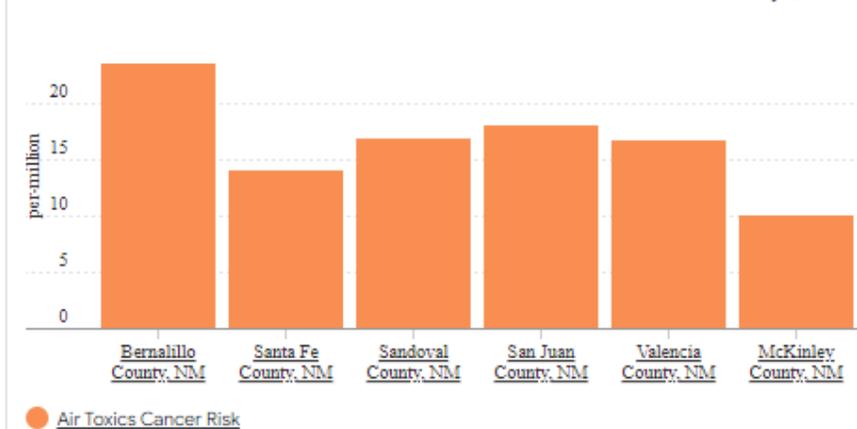Lifetime air toxics cancer risk: counties near Bernalillo County (2023)

Figure 71: *Source: Environmental Protection Agency, 2023*
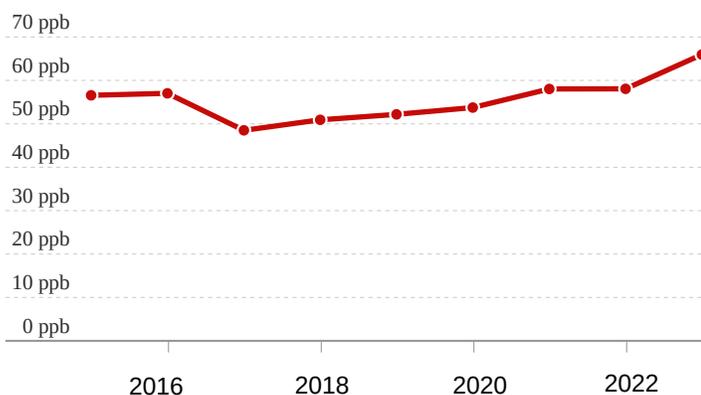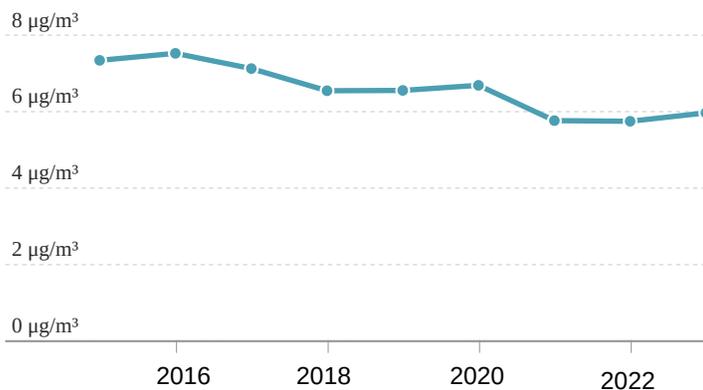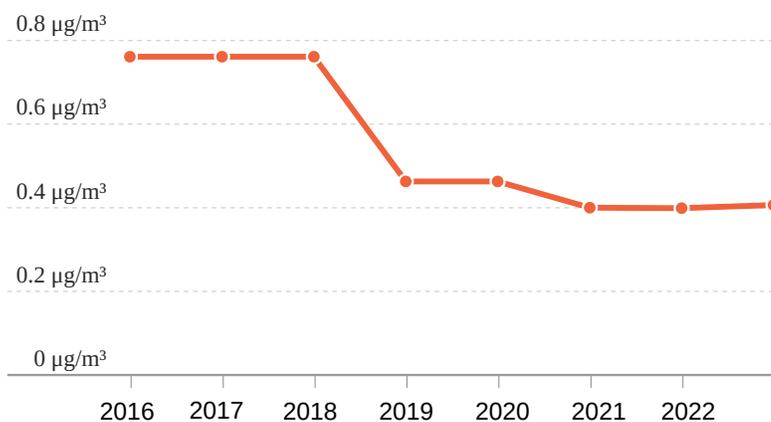
Mean Ozone concentration in Bernalillo County

Figure 72 . *Source: Environmental Protection Agency*

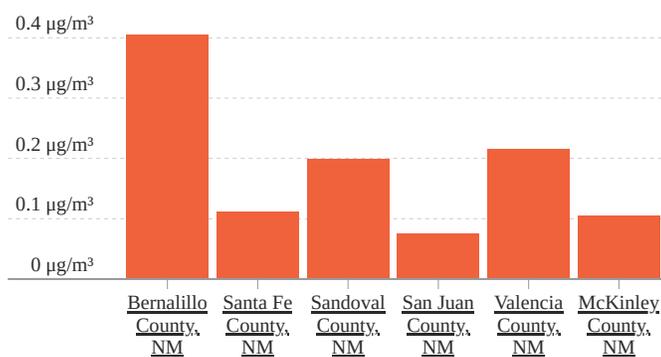**Mean Ozone concentration: counties near Bernalillo County (2023)**
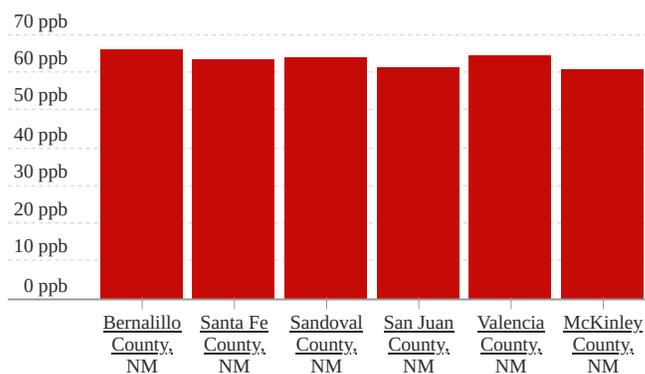
Figure 73. *Source: Environmental Protection Agency*

Mean PM2.5 concentration in Bernalillo County

Figure 74. *Source: Environmental Protection Agency*

Mean PM2.5 concentration: counties near Bernalillo County (2023)
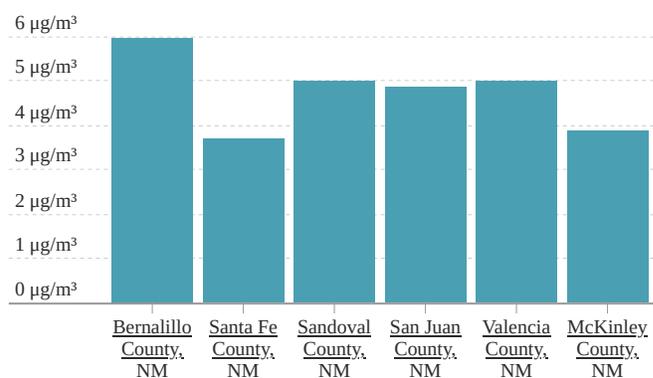
Figure 75. Source: Environmental Protection Agency

Mean Diesel PM concentration in Bernalillo County

Figure 76. *Source: Environmental Protection Agency*

Mean Diesel PM concentration: counties near Bernalillo County (2023)

Figure 77. *Source: Environmental Protection Agency*

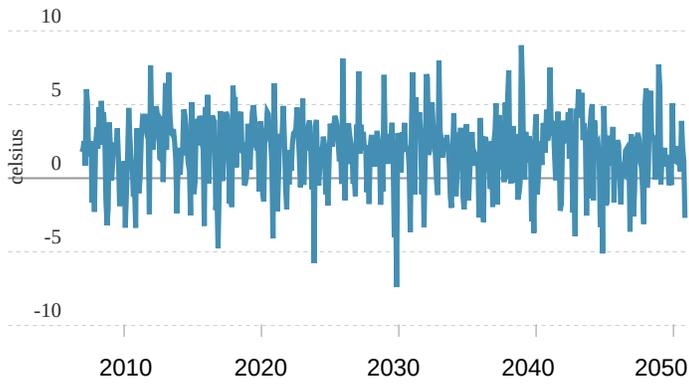## Projected max temperature change under RCP 2.6 (based on year 2006) in Bernalillo County

Figure 78. *Source: Nasa Center for Climate Simulation*

Projected max temperature change under RCP 2.6 (based on year 2006): places within Bernalillo County (2099-12)
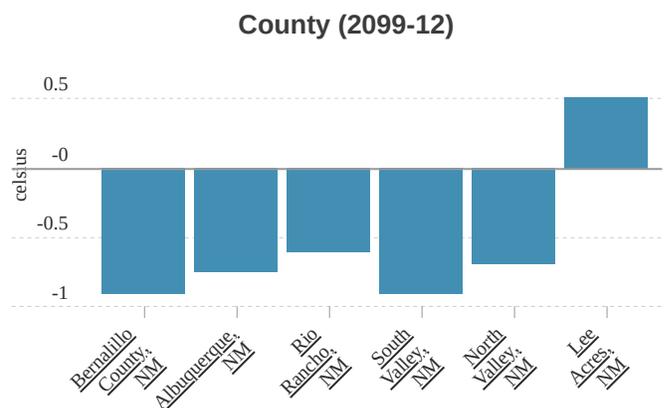

Figure 79. *Source: Nasa Center for Climate Simulation*

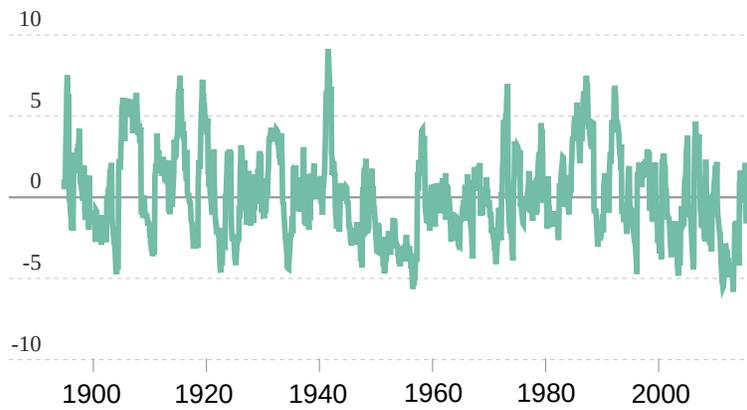## Palmer drought severity index in Bernalillo County

Figure 80. *Source: Centers for Disease Control and Prevention*

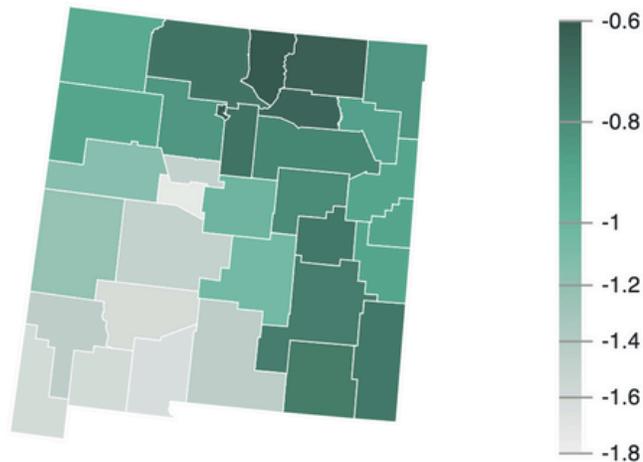## Palmer drought severity index: counties near Bernalillo County (2016-12)

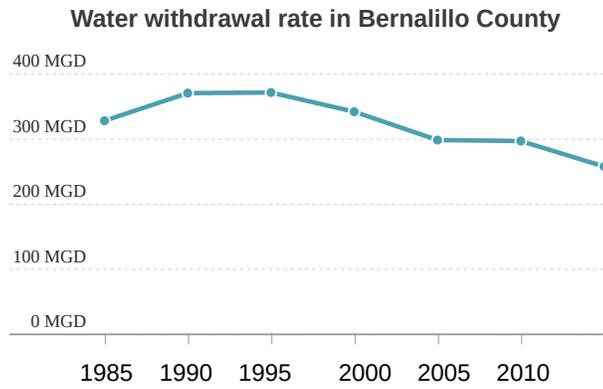**Figure 81.** *Source: Centers for Disease Control and Prevention*

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Water withdrawal rate in Bernalillo County

Figure 82. *Source: United States Geologic Survey*

Water withdrawal rate: counties near Bernalillo County (2015)
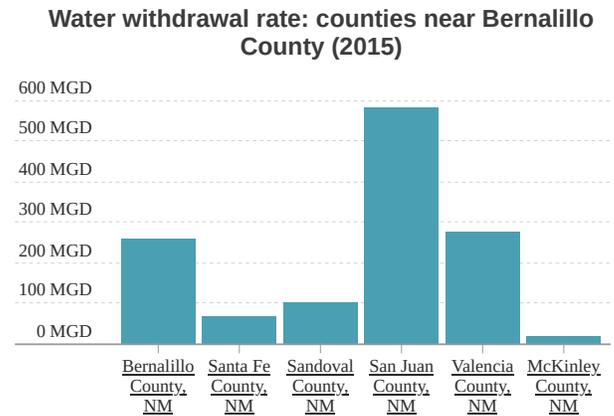
Figure 83. *Source: United States Geologic Survey*

Annual greenhouse gas emissions in Bernalillo County
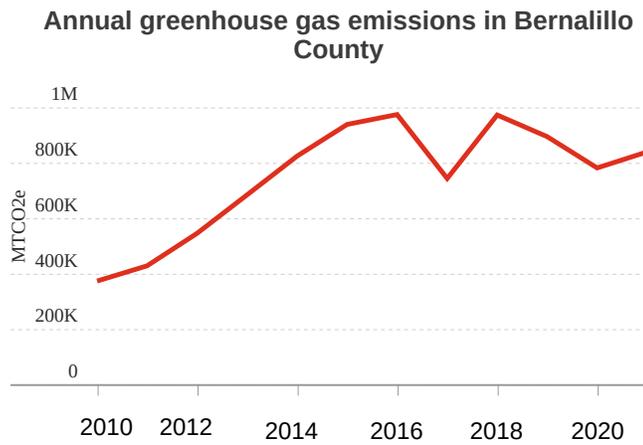
Figure 84. *Source: Environmental Protection Agency*

Annual greenhouse gas emissions: counties near Bernalillo County (2015 – 2021)
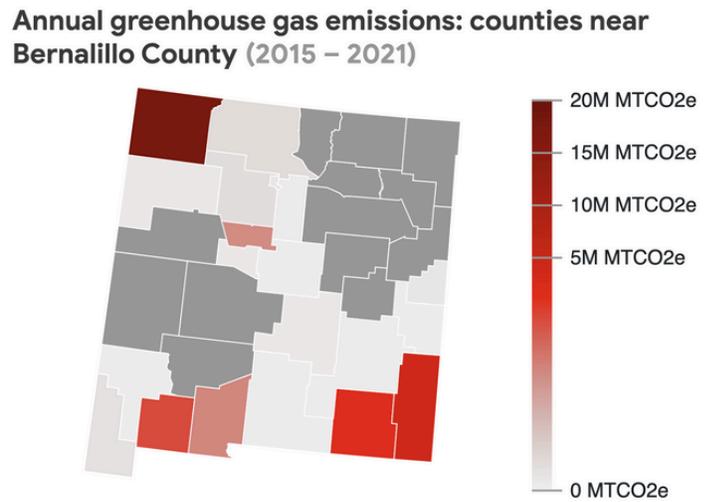
Figure 85. *Source: Environmental Protection Agency*

Carbon dioxide emissions (non-biogenic) in Bernalillo County
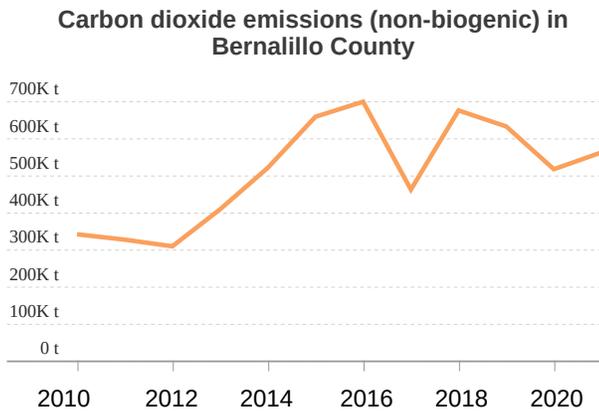
Figure 86. *Source: Environmental Protection Agency*

Carbon dioxide emissions (non-biogenic): counties near Bernalillo County (2021)
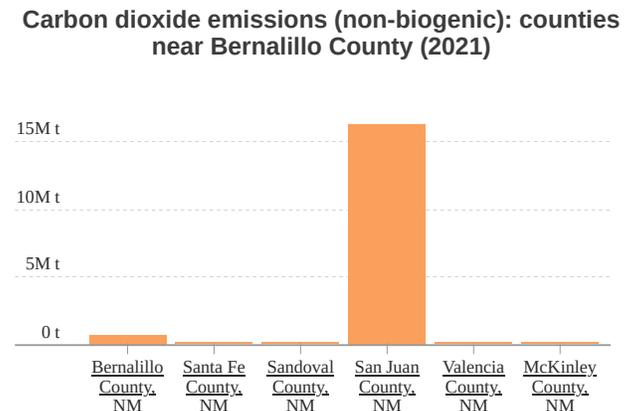
Figure 87. *Source: Environmental Protection Agency*

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Methane emissions (non-biogenic) in Bernalillo County
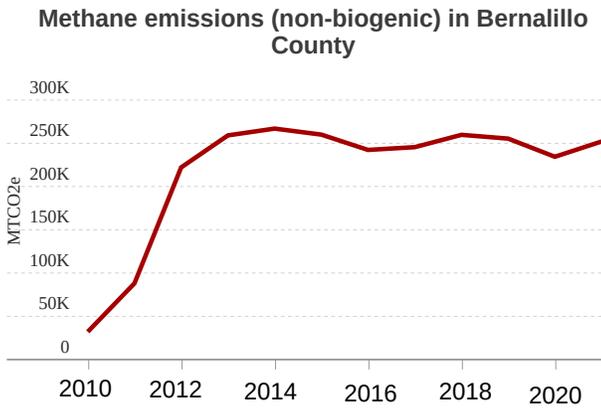
Figure 88. *Source: Environmental Protection Agency*

Methane emissions (non-biogenic): counties near Bernalillo County (2021)
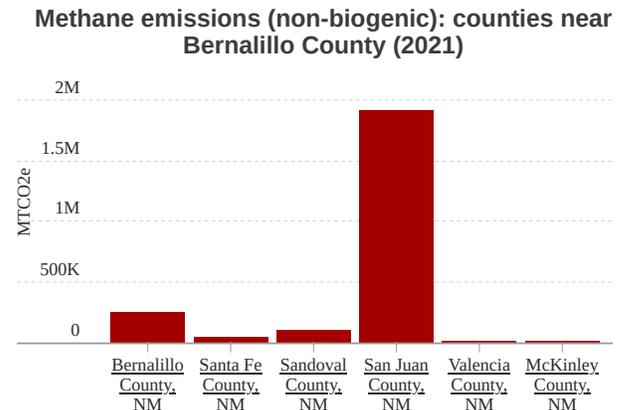
Figure 89. *Source: Environmental Protection Agency*

Nitrous oxide emissions (non-biogenic) in Bernalillo County
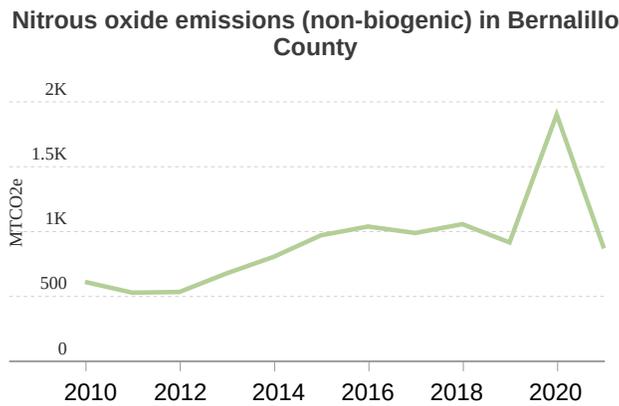
Figure 90. *Source: Environmental Protection Agency*

Natural Disasters

Cyclones: places that contain Bernalillo County (1992-08)
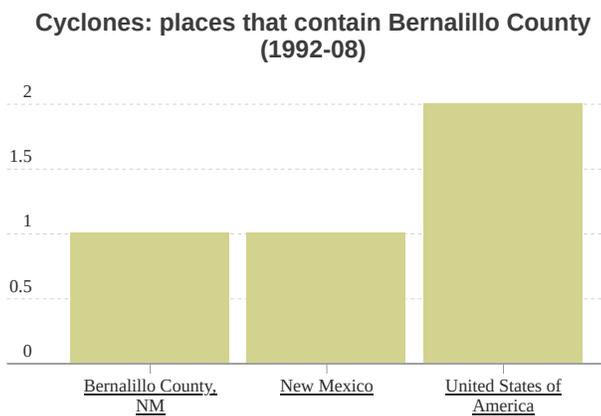
Figure 91. *Source: National Centers for Environmental Information*

Earthquakes in Bernalillo County

Figure 92. *Source Earthquake.USGS.GOV*

Public Health Initiative

VII. MATERNAL AND INFANT HEALTH
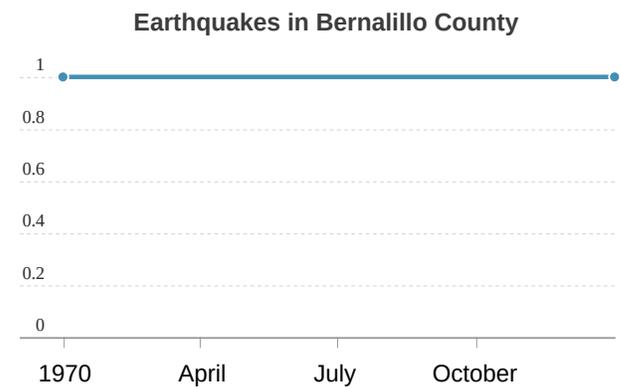
Maternal and infant health is a critical component of public health, reflecting the well-being of both mothers and their babies. In Bernalillo County, various factors, including socioeconomic status, access to healthcare, and demographic characteristics, influence maternal and infant health outcomes. This section provides an in-depth look at key indicators such as prenatal care, birth outcomes, and infant mortality. By examining these factors and identifying areas of disparity, we can develop targeted interventions to improve maternal and infant health and reduce health inequities within the county.

Prenatal Care
Access to adequate prenatal care is essential for ensuring healthy pregnancies and favorable birth outcomes. In Bernalillo County, disparities in access to prenatal care exist, often linked to socioeconomic status and geographic location.

Early Prenatal Care (First Trimester): 75% of pregnant women receive early prenatal care, with lower rates among Hispanic (65%) and Native American (60%) populations (New Mexico Department of Health, 2023).

Adequate Prenatal Care Utilization: 70% of women receive adequate prenatal care throughout their pregnancies (U.S. Census Bureau, 2023).

Birth Outcomes
Birth outcomes, including low birth weight and preterm births, are vital indicators of maternal and infant health. These outcomes are influenced by a range of factors, including maternal health, prenatal care, and environmental conditions.

Low Birth Weight: 8.5% of infants are born with low birth weight, with higher rates among African American (12%) and Native American (10%) populations (Centers for Disease Control and Prevention, 2023).

Preterm Births: 10% of births are preterm, with significant disparities among minority populations (March of Dimes, 2023).

Infant mortality rates are a crucial measure of community health. In Bernalillo County, infant mortality rates vary by race and ethnicity, reflecting broader health disparities.

- *Overall Infant Mortality Rate:* 5.8 per 1,000 live births (New Mexico Vital Records and Health Statistics, 2023).
- *African American Infant Mortality Rate:* 9.5 per 1,000 live births (Centers for Disease Control and Prevention, 2023).
- *Native American Infant Mortality Rate:* 8.2 per 1,000 live births (New Mexico Department of Health, 2023).

Maternal Mortality and Morbidity
Maternal mortality and morbidity rates provide insight into the health and well-being of mothers during and after childbirth. Addressing maternal health is critical for improving outcomes for both mothers and infants.

- *Maternal Mortality Rate:* 18.3 per 100,000 live births, with higher rates among African American and Native American women (Centers for Disease Control and Prevention, 2023).

- *Severe Maternal Morbidity:* 60 per 10,000 delivery hospitalizations, highlighting significant health challenges during pregnancy and childbirth (New Mexico Department of Health, 2023).

Leading Causes of Infant Death in Bernalillo County

Percent of total deaths by primary cause, 2019-2021
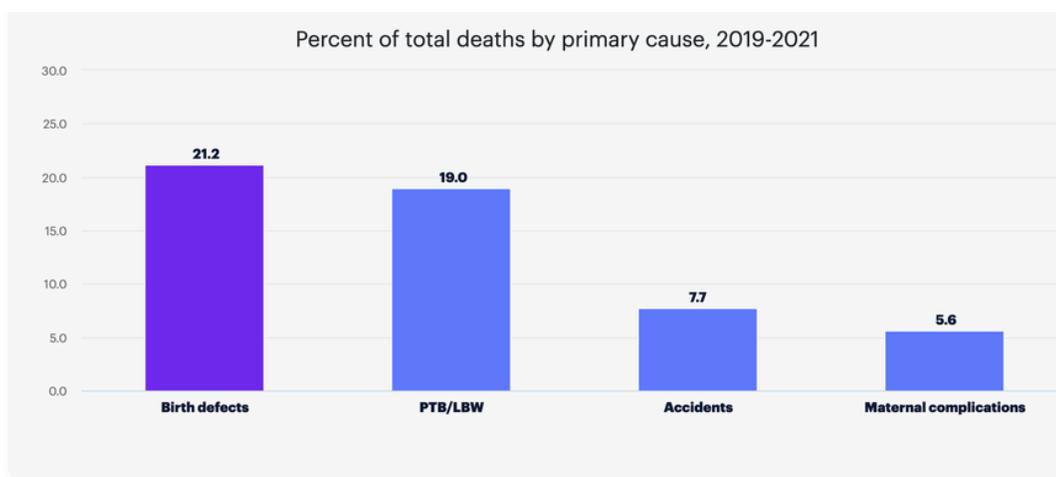
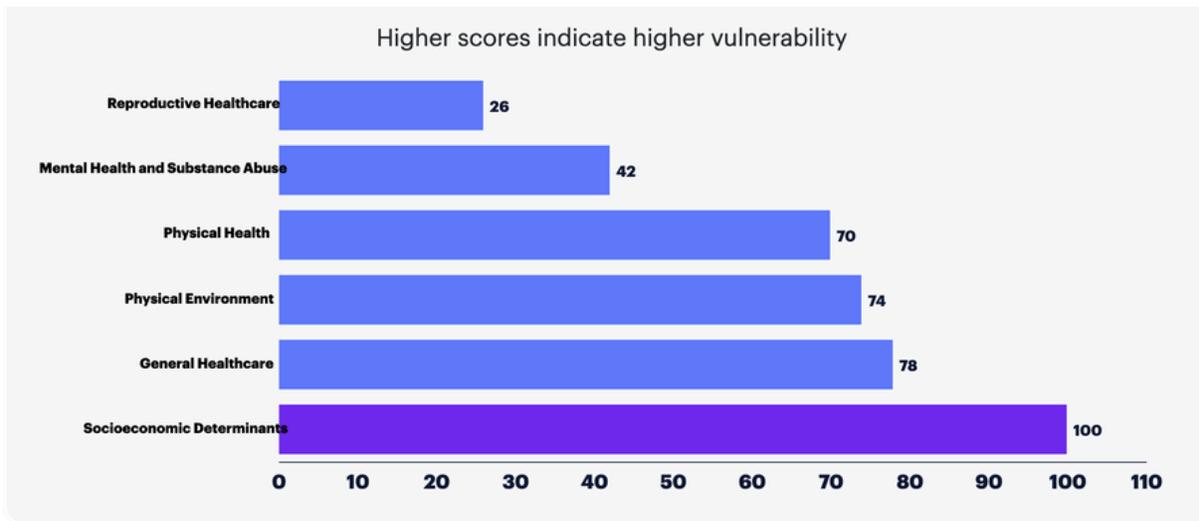**Notes:** PTB/LBW = preterm birth and low birth weight; SUID = sudden unexpected infant death.

Figure 93. Percent of Total Deaths by Primary Cause, 2019-2021.
Source: National Center for Health Statistics, Period Linked Birth/ Infant Death data, 2019-2021.

30.2 PER 100,000 BIRTHS — 23.5
MATERNAL MORTALITY
This shows the death rate of birthing people from complications of pregnancy or childbirth that occur during the pregnancy or within 6 weeks after the pregnancy ends.

22.8 PERCENT — 26.3
LOW-RISK CESAREAN BIRTH
This shows Cesarean births for first-time moms, carrying a single baby, positioned head-first, and at least 37 weeks pregnant.

23.3 PERCENT — 15.5
INADEQUATE PRENATAL CARE
Percent of birthing people who received care beginning in the fifth month or later or less than 50% of the appropriate number of visits for the infant's gestational age.

Figure 94. *Source: National Center for Health Statistics, Mortality Data 2018-2021. National Center for Health Statistics, Natality data, 2022.*

Factors Related to Maternal Vulnerability

Higher scores indicate higher vulnerability

Category	Score
Reproductive Healthcare	26
Mental Health and Substance Abuse	42
Physical Health	70
Physical Environment	74
General Healthcare	78
Socioeconomic Determinants	100

Notes: The Maternity Vulnerability Index (MVI) is a tool used to understand where birthing people in each state may be more likely to have poor outcomes, including preterm birth and maternal death, due to clinical risk factors and other social, contextual, and environmental factors. Visit https://mvi.surgoventures.org.

Figure 95. Source: *Surgo Health, Maternal Vulnerability Index, 2023.*

According to a 2022 New Mexico Department of Health Family Planning Program report, Bernalillo County's teen birth rate for girls ages 15–19 is 16.9 births per 1,000 people. While teen birth rates in New Mexico and the United States have been declining, New Mexico's rate is still higher than the national average. In 2020, the national rate decreased by 31.4% from 2015, and New Mexico's rate decreased at a higher rate. However, the state's rates vary significantly by county, with some counties having rates as high as 63.8 births per 1,000. For example, Albuquerque's South Valley has the highest teen pregnancy rate in New Mexico, with one in ten pregnant women being a teen. In contrast, teenage girls in the Northeast Heights area are four times less likely to become pregnant.

Teen Birth Rate for Girls aged 15-19 (2018-2020):
- 16.9 births per 1,000 girls in the population
- Total count: 1,064
- Estimated population count: 63,050

Low Birth Weight
Low birth weight is a term used to describe babies who weigh less than 5.5 pounds (2,500 grams) at birth. This can happen when a baby is born too early (premature) or if they haven't finished growing in the womb. Babies who weigh less than 3.5 pounds (1,500 grams) are considered very low birth weight.

Low birth weight can be caused by: Smoking cigarettes, Being exposed to secondhand tobacco smoke, Drinking alcohol, and Taking certain drugs during pregnancy.

Bernalillo County, New Mexico is among the top ten counties in the state with the highest rate of low birth weight babies. Low birth weight (LBW) is defined as an infant weighing less than 2,500 grams (5.5 lbs) at birth. In 2016, census tracts in the Northeast Heights and University areas of Bernalillo County had the highest LBW rates.

Diabetes - Pre-pregnancy:

- The estimated percentage of live births to women with a pre-pregnancy diabetes diagnosis is 2%.
- Diabetes is a condition of glucose intolerance that requires treatment.
- Note that medical conditions like diabetes and hypertension may be under-reported on birth certificates, and accuracy can vary by location.

Diabetes - Pre-pregnancy or Gestational:

- The estimated percentage of live births to women with any type of diabetes diagnosis (pre-pregnancy or gestational) is 7.9%.
- Diabetes is a glucose intolerance condition that requires treatment.
- Pre-pregnancy diabetes is diagnosed before pregnancy, while gestational diabetes is diagnosed during pregnancy.
- Similar to the previous data, medical conditions may be under-reported on birth certificates, with varying accuracy by location.
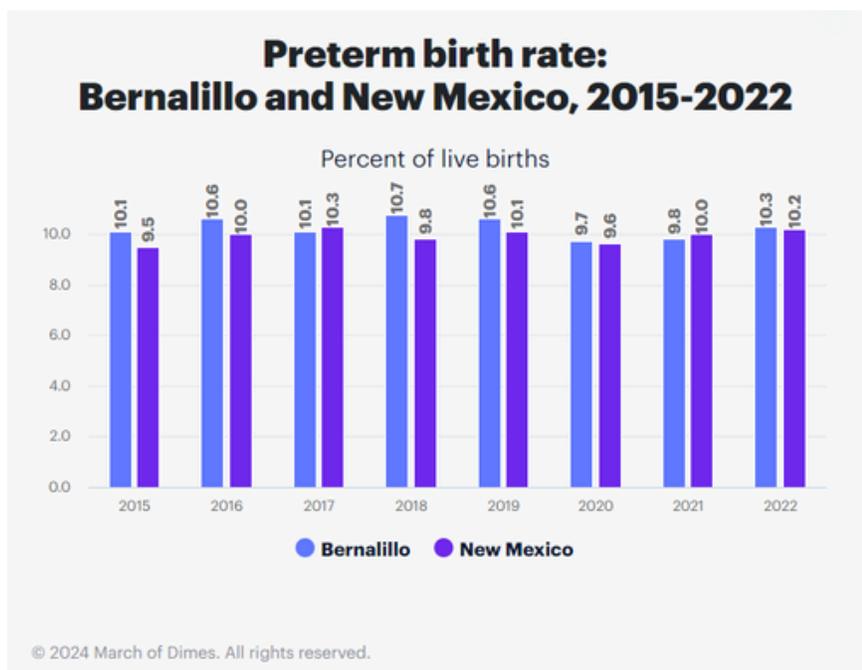

Preterm birth rate:
Bernalillo and New Mexico, 2015-2022

Percent of live births

Year	Bernalillo	New Mexico
2015	10.1	9.5
2016	10.6	10.0
2017	10.1	10.3
2018	10.7	9.8
2019	10.6	10.1
2020	9.7	9.6
2021	9.8	10.0
2022	10.3	10.2

Figure 96. Sources: National Center for Health Statistics, final natality data.

- In 2022, 1 in 10 babies (10.3% of live births) was born preterm in Bernalillo.
- The rate of preterm birth in Bernalillo is highest for Black infants (14.7%), followed by Hispanics (10.3%), Asian/Pacific Islanders (10.2%), American Indian/Alaska Natives (9.4%) and Whites (8.8%).
- Compared with singleton births, multiple births in Bernalillo were times as likely to be preterm in 2022.
- In 2022, there were 678 preterm births in Bernalillo, representing 10.3% of live births

Public Health Initiative

VIII. CHRONIC DISEASES AND CONDITIONS

In examining data on chronic diseases and health disparities within Bernalillo County for 2024, it is essential to acknowledge the pressing challenges faced by the county's population in terms of health outcomes and equity. This section sheds light on the burden of chronic diseases such as diabetes, cardiovascular diseases, respiratory conditions, and mental health disorders, as well as the disparities in access to healthcare and health outcomes among different demographic groups.

Disability

About 16.2% of Bernalillo County's population has a disability, which is slightly lower than the state average of 17.1%. Among the types of disabilities reported, ambulatory difficulty is the most common at 7.6%, followed by cognitive difficulty at 7.2%. This highlights the need for accessible healthcare and support services for individuals with disabilities in the community.

Overall Disability Rates*:
- Disabled Population in Bernalillo County: 16.2% (± 1.0%)
- Disabled Population in New Mexico: 17.1% (± 0.5%)

Types of Disabilities in Bernalillo County*:
1. Hearing Difficulty: 5.1%
2. Vision Difficulty: 3.4%
3. Cognitive Difficulty: 7.2%
4. Ambulatory Difficulty: 7.6%
5. Self-Care Difficulty: 3.1%
6. Independent Living Difficulty: 7.1%

*These statistics are derived from the 2022 American Community Survey 1-Year Estimates and highlight the distribution and prevalence of various types of disabilities among the population in Bernalillo County.
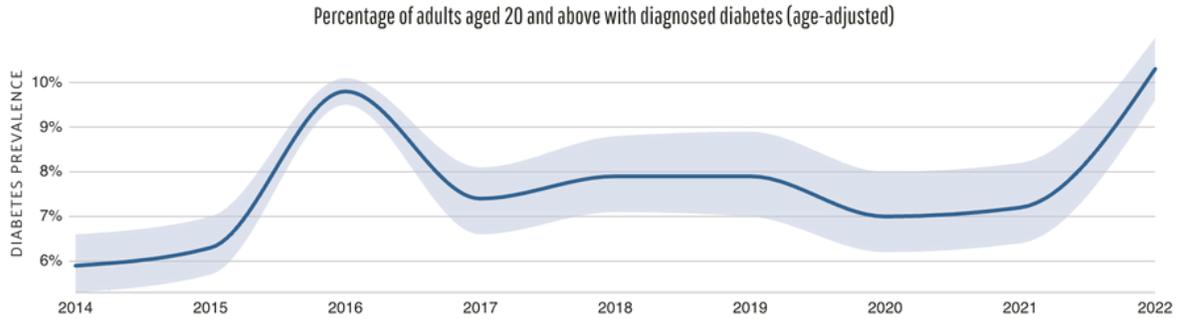
Diabetes Prevalence

Percentage of adults aged 20 and above with diagnosed diabetes (age-adjusted)

Figure 97: *Source County Health Rankings & Roadmaps County Health Rankings, 2023.*

In 2022, the percentage of adults aged 20 and above with diagnosed diabetes (age-adjusted) was 10.3% in Bernalillo County.
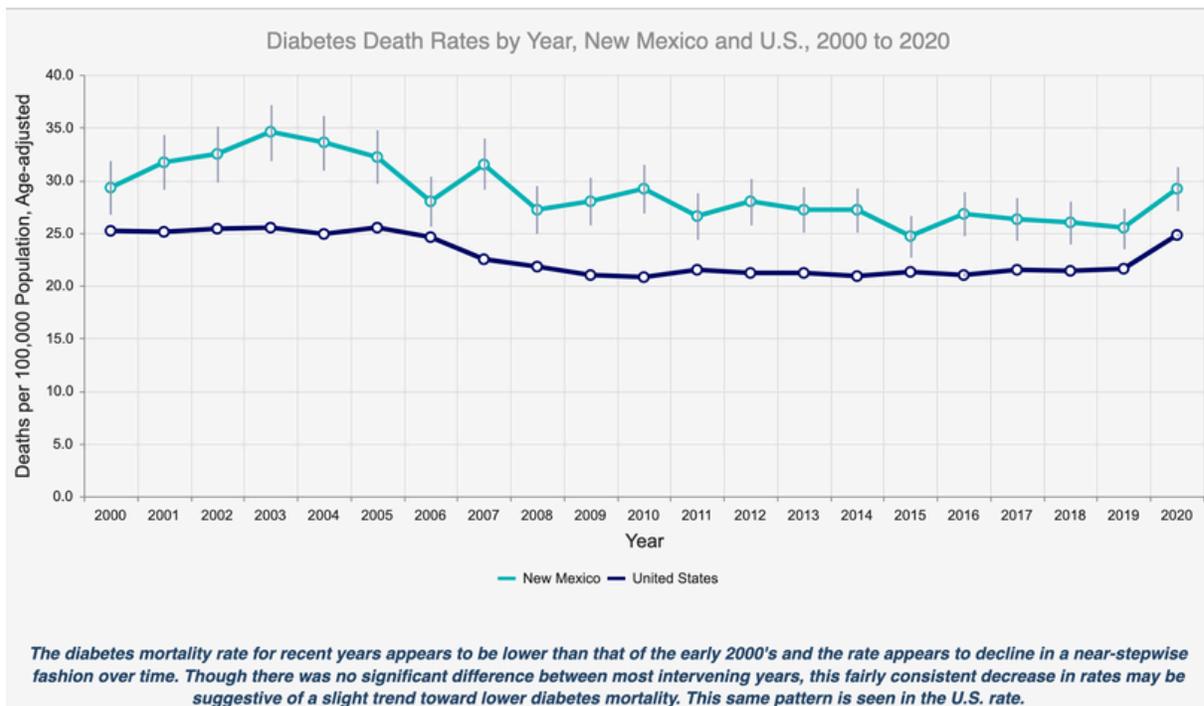

The diabetes mortality rate for recent years appears to be lower than that of the early 2000's and the rate appears to decline in a near-stepwise fashion over time. Though there was no significant difference between most intervening years, this fairly consistent decrease in rates may be suggestive of a slight trend toward lower diabetes mortality. This same pattern is seen in the U.S. rate.

Figure 98. Diabetes Death Rates by Year, New Mexico and U.S., 2000-2020.
Source: County Health Rankings & Roadmaps County Health Rankings, 2023

HIV Prevalence in Bernalillo County

Number of people aged 13 years and older living with a diagnosis of human immunodeficiency virus (HIV) infection per 100,000 population
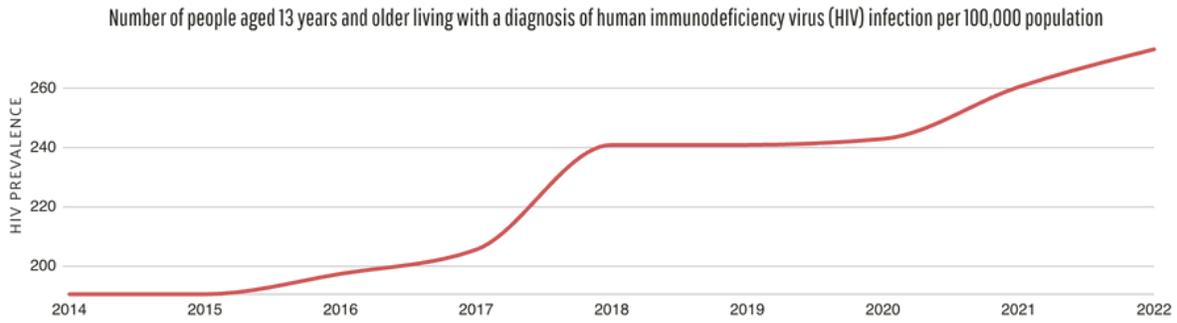
Figure 99. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023*

In 2022, the number of people aged 13 years and older living with a diagnosis of human immunodeficiency virus (HIV) infection per 100,000 population was 273 in Bernalillo County.
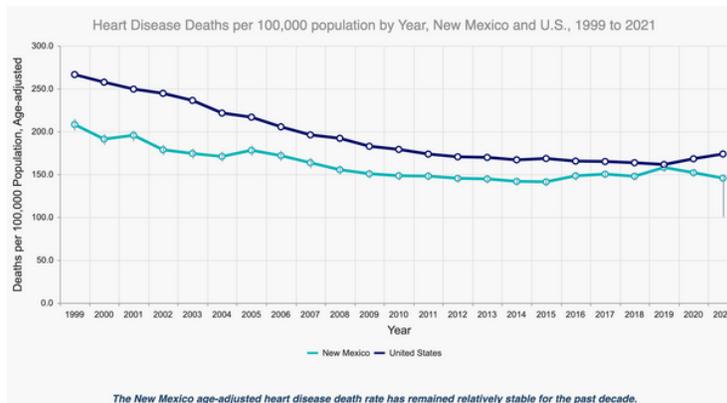
Heart Disease

Figure 100. Heart Disease Deaths per 100,000 population by Year, New Mexico and U.S.,1999-2021.
Source: County Health Rankings & Roadmaps County Health Rankings.
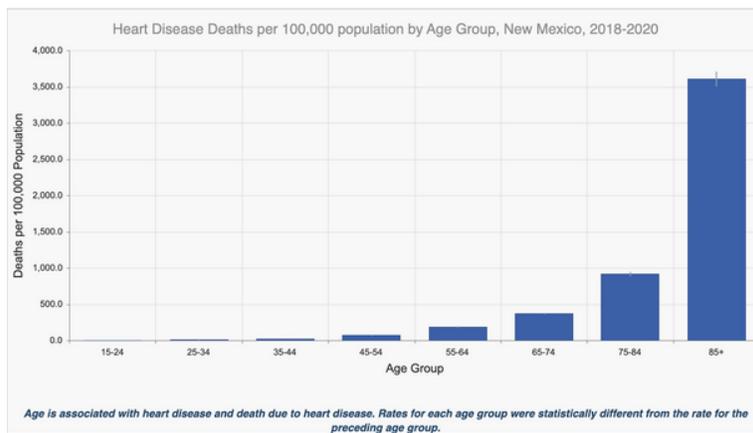
Figure 101. Heart Disease Deaths per 100,000 population by Age Group, New Mexico, 2018-2020.
Source: County Health Rankings & Roadmaps County Health Rankings.
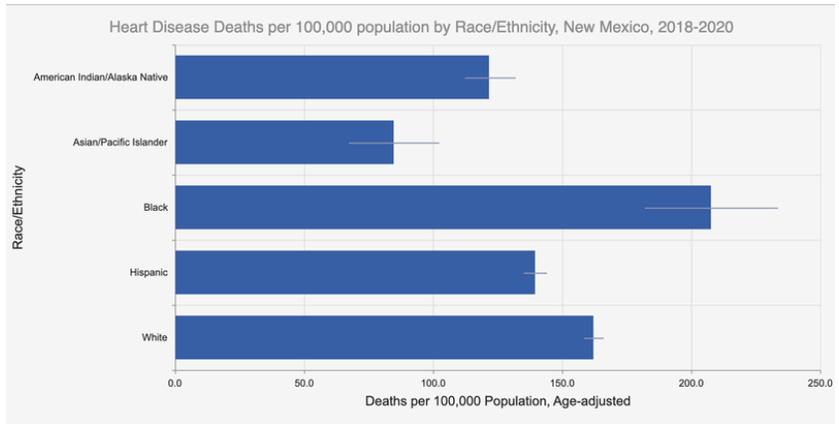
Figure 102. Heart Disease Deaths per 100,000 population by Race/Ethnicity, New Mexico, 2018-2020
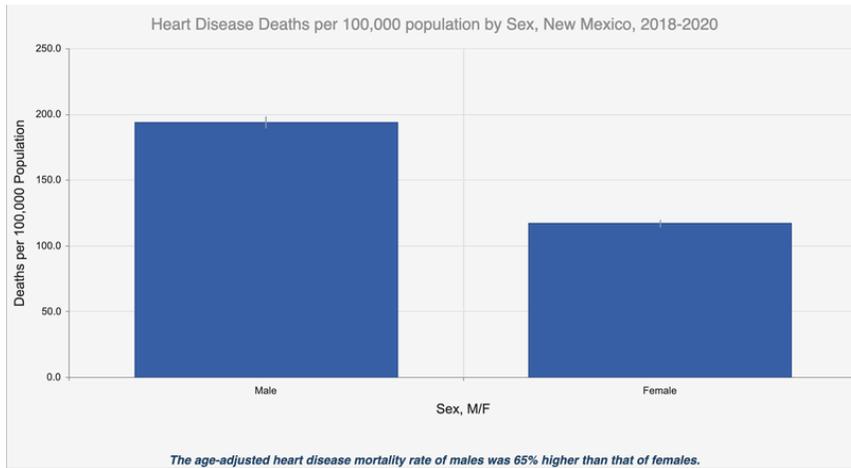*Source: County Health Rankings & Roadmaps County Health Rankings.*

Figure 103. Heart Disease Deaths per 100,000 population by Sex, New Mexico, 2018-2020
Source: County Health Rankings & Roadmaps County Health Rankings.

The key findings from the above figures highlight several critical insights into heart disease mortality. The mortality rates have remained stable in New Mexico over the past decade, paralleling national trends. There is a significant increase in mortality rates with age, particularly pronounced in individuals aged 85 and older. Racial and ethnic disparities are evident, with Black and American Indian/Alaska Native populations experiencing the highest mortality rates, while Asian/Pacific Islanders have the lowest. Additionally, males have a markedly higher mortality rate from heart disease compared to females. These findings underscore the need for targeted interventions and equitable healthcare access to address these disparities and improve heart health outcomes in the community.

U.S Rate of Elderly (65+ Year) Living with Alzheimer's per 100,000 Population as of 2020
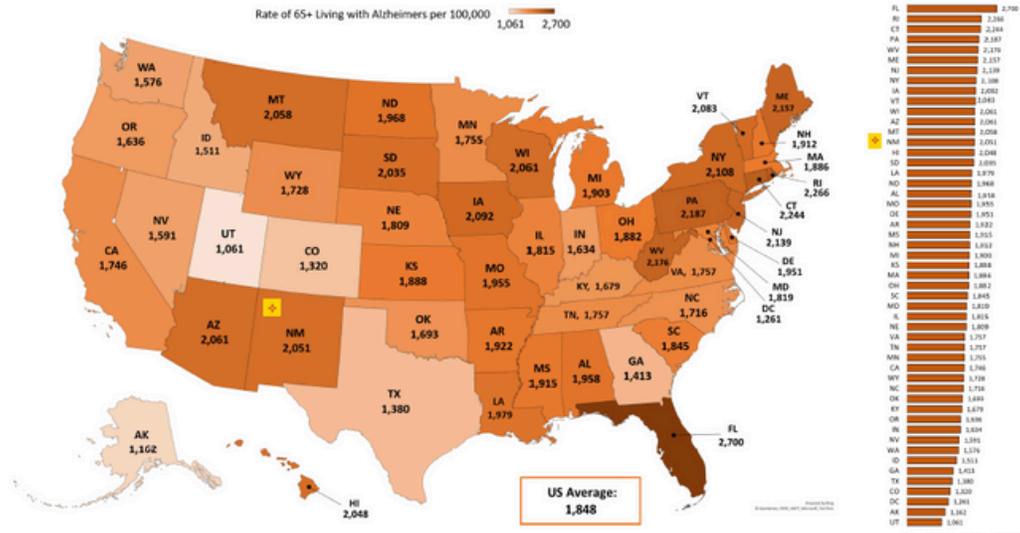
Figure 104

Source: Alzheimer's Association's 2020 Alzheimer's Disease Facts and Figures. https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf; US population estimates using Census Quick Facts census.gov/quickfacts

Public Health Initiative

IX. HEALTHCARE ACCESS

Access to healthcare in Bernalillo County is shaped by a range of socioeconomic, geographic, and demographic factors. The county, which includes Albuquerque, the state's largest city, benefits from a concentration of major healthcare institutions and a diverse array of medical services. However, disparities persist, particularly affecting low-income and minority communities. Despite having robust healthcare facilities, many residents face barriers such as lack of insurance, transportation challenges, and socioeconomic disadvantages. Ongoing efforts, including Medicaid expansion, telehealth services, and community health programs, are crucial in addressing these challenges and improving healthcare equity and outcomes for all residents of Bernalillo County.

The county's demographic composition is diverse, with a significant Hispanic/Latino population, alongside Native American, African American, and other minority groups . This diversity necessitates a culturally competent healthcare system that can address varied health needs and preferences. Urban areas, particularly Albuquerque, benefit from a higher concentration of healthcare facilities compared to rural and underserved regions within the county.

Healthcare Facilities and Providers
Bernalillo County hosts several major healthcare institutions, including the University of New Mexico Hospital (UNMH), Presbyterian Hospital, and Lovelace Medical Center . These facilities offer a range of services from primary care to specialized treatments. The county is also served by numerous clinics, urgent care centers, and community health organizations that provide essential healthcare services to residents.

Key Statistics:
- Hospitals: 8 major hospitals
- Primary Care Physicians: Approximately 130 per 100,000 population
- Specialists: Approximately 210 per 100,000 population

Health Insurance Coverage
Access to healthcare is closely linked to insurance coverage. In Bernalillo County, the insurance landscape includes a mix of employer-based coverage, Medicaid, Medicare, and private insurance plans. Despite efforts to expand coverage, there are still gaps, particularly among low-income and minority populations .
Key Statistics:
- Uninsured Rate: 9.1% (lower than the state average of 10.2%)
- Medicaid Coverage: 33% of the population
- Medicare Coverage: 15% of the population

Socioeconomic Barriers

Socioeconomic factors significantly impact healthcare access in Bernalillo County. Lower-income residents often face barriers such as lack of transportation, limited availability of providers in certain areas, and higher rates of chronic conditions that require ongoing medical attention. Efforts to address these barriers include community health programs, mobile clinics, and outreach initiatives aimed at improving health literacy and accessibility .

Key Statistics:
- Poverty Rate: 14.2%
- Median Household Income: $53,922
- Transportation: 15% of households lack access to a vehicle

Health Outcomes and Disparities

Health outcomes in Bernalillo County reveal disparities across different population groups. Minority communities often experience higher rates of chronic diseases, such as diabetes and heart disease, and face challenges in accessing preventive care. Addressing these disparities requires targeted interventions and policies that promote health equity.

Access To Healthcare Services

Access to healthcare services is essential for maintaining optimal health and preventing disease. However, in Bernalillo County, disparities in healthcare access persist, particularly among underserved and marginalized populations. Research has shown that barriers such as lack of insurance coverage, transportation issues, and shortage of healthcare providers contribute to disparities in healthcare access and utilization. Efforts to improve access to healthcare services, expand insurance coverage, and enhance culturally competent care are critical for addressing health inequities in our community.
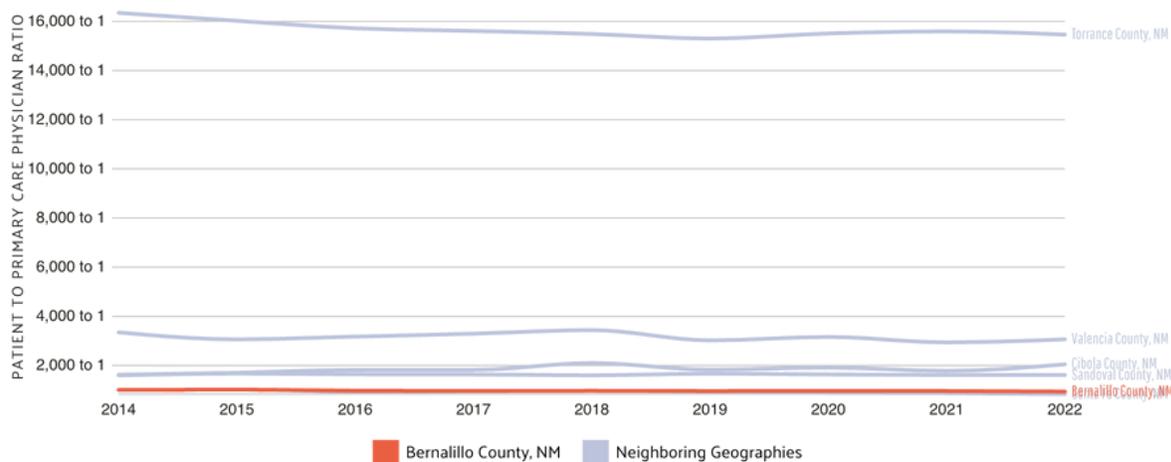
Patient to Primary Care Physician Ratio

Figure 105. *Source: Data from the County Health Rankings & Roadmaps County Health Rankings, 2023.*

Primary care physicians in Bernalillo County see an average of 943 patients per year. This represents a 2.28% decrease from the previous year (965 patients).
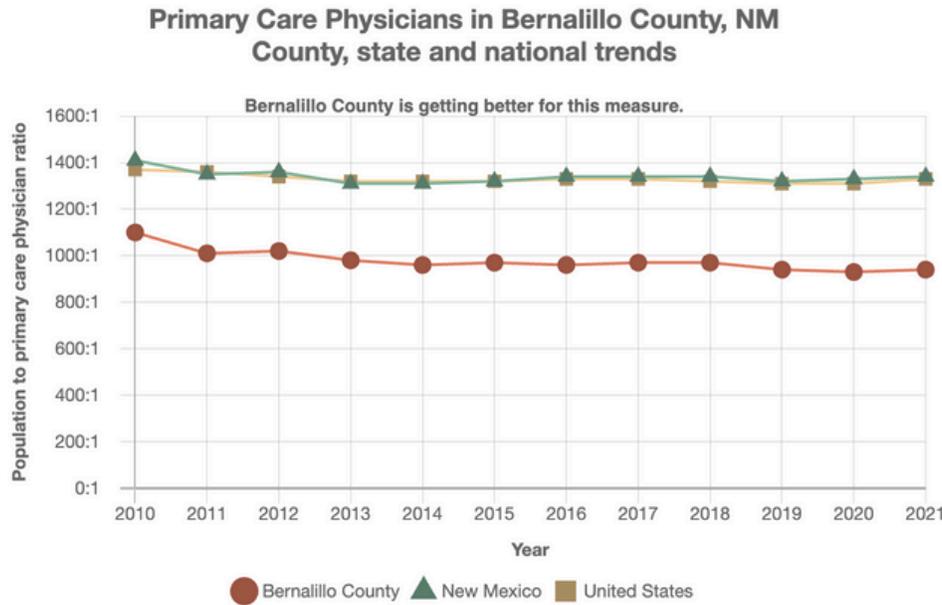
Figure 106. *Source: County Health Rankings & Roadmaps County Health Rankings, 2023.*

The graph illustrates a positive trend in Bernalillo County's healthcare access, with the ratio of population to primary care physicians consistently improving from 2010 to 2021. Bernalillo County has a better physician-to-resident ratio compared to the state of New Mexico and the national average, indicating enhanced access to primary care services locally. This improvement suggests effective local health initiatives aimed at increasing the number of primary care providers and enhancing healthcare services in the county. These efforts are crucial for maintaining and further improving healthcare accessibility for Bernalillo County residents.

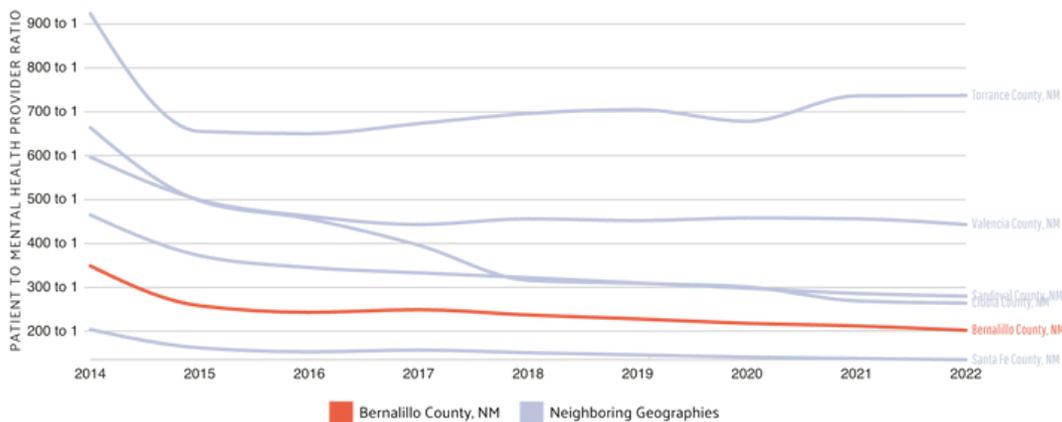Patient to Mental Health Provider in Bernalillo County

Figure 107. *Source:County Health Rankings & Roadmaps County Health Rankings, 2023.*

The above chart shows how the number of patients seen by mental health providers has been changing over time in Bernalillo County in comparison to its neighboring geographies.

Mental health providers in Bernalillo County see an average of 202 patients per year. This represents a 4.72% decrease from the previous year (212 patients).
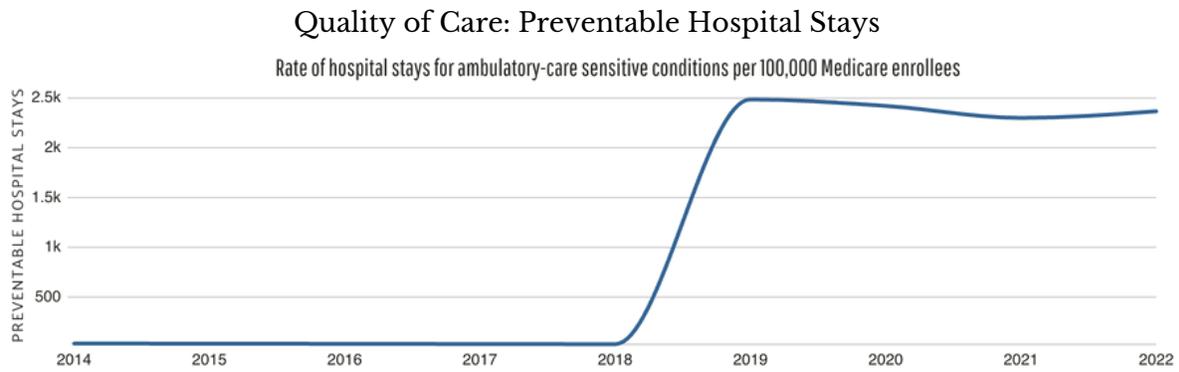
Quality of Care: Preventable Hospital Stays

Figure 108 . *Source: County Health Rankings & Roadmaps County Health Rankings, 2023*

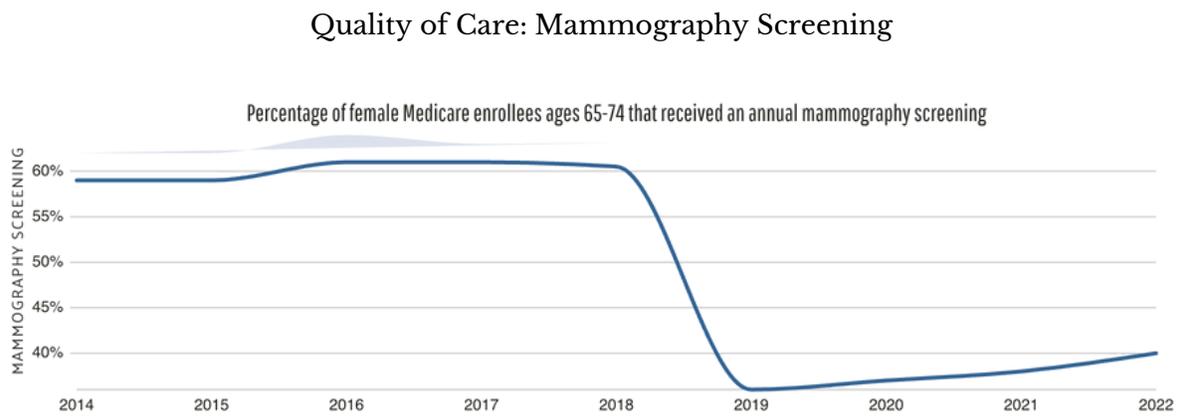## Quality of Care: Mammography Screening

Figure 109. Data from the County Health Rankings & Roadmaps County Health Rankings.

In 2022, the percentage of female Medicare enrollees ages 65-74 that received an annual mammography screening was 40% in Bernalillo County.
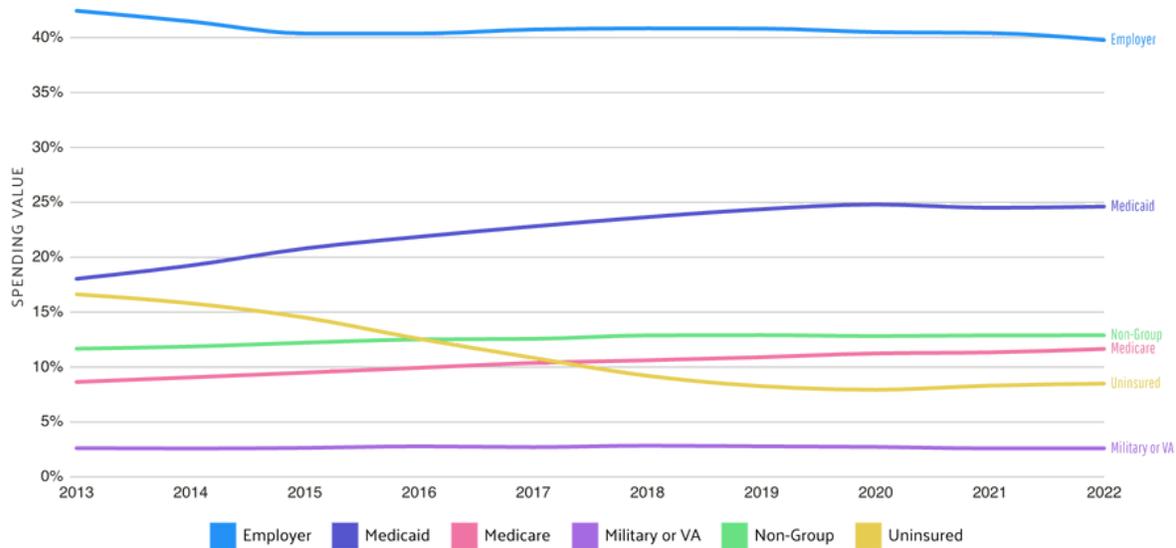
Types of Insurance Coverage

Between 2021 and 2022, the percent of uninsured citizens in Bernalillo County grew by 2.26% from 8.3% to 8.49%.
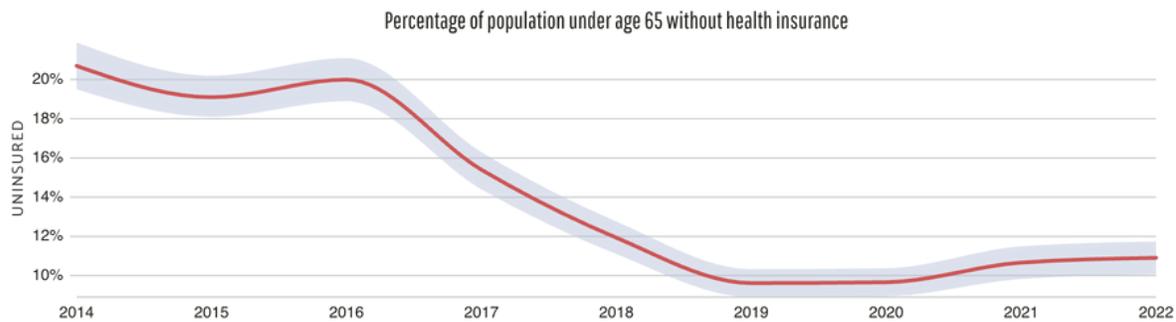
Access to Care: Uninsured Adults

In 2022, the percentage of population under age 65 without health insurance was 10.9% in Bernalillo County. The graphic shows the trend of the indicator in the county.
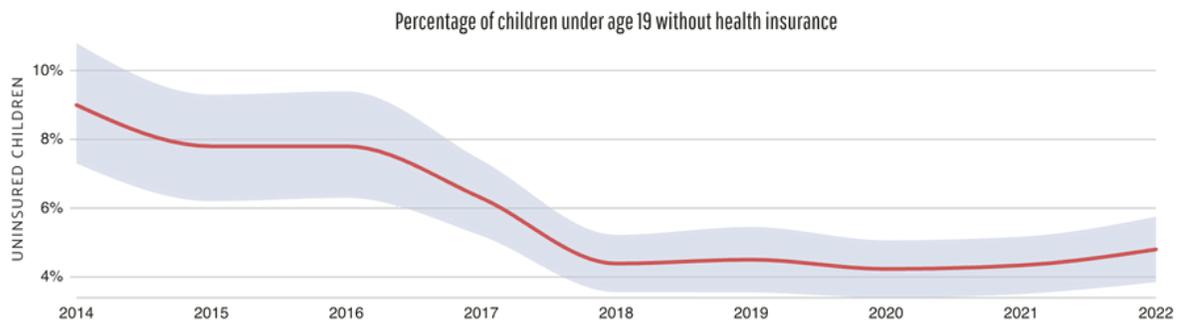
Access to Care: Uninsured Children

In 2022, the percentage of children under age 19 without health insurance was 4.8% in Bernalillo County.
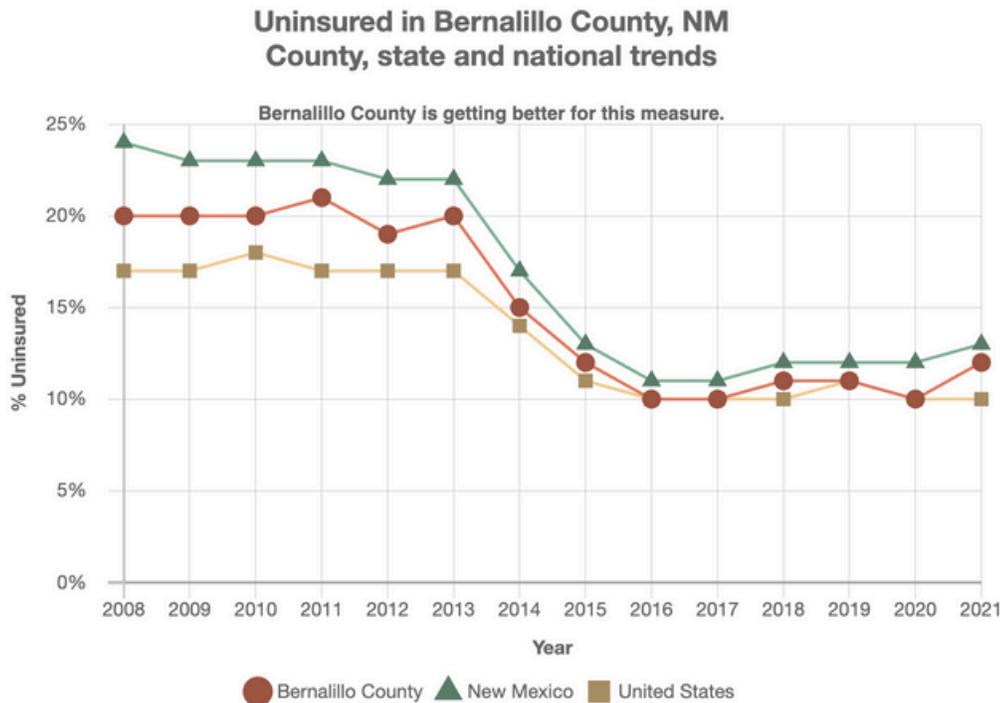
Figure 113. Percent Uninsured in Bernalillo County, NM compared to State and National Trends
Source: County Health Rankings, 2022.

The above graph illustrates the percentage of uninsured individuals in Bernalillo County compared to state and national trends from 2008 to 2021. Bernalillo County's uninsured rate was around 20%-21% until 2014, then significantly declined to about 10% by 2016, following the implementation of the Affordable Care Act. The county's rate has since stabilized around 10%, showing substantial improvement. While New Mexico followed a similar trend, the state's initial uninsured rate was higher, but the gap narrowed significantly post-2014. Nationally, the uninsured rate also declined post-2014, but the U.S. average remained consistently lower than both Bernalillo County and New Mexico.

Ongoing Initiatives and Future Directions

Several initiatives are underway to improve healthcare access and outcomes in Bernalillo County. These include expanding Medicaid under the Affordable Care Act, enhancing telehealth services, and increasing funding for community health centers . Collaborative efforts between healthcare providers, government agencies, and community organizations aim to create a more inclusive and effective healthcare system.

Key Programs:
UNM Health Extension Rural Offices (HEROs): Expands healthcare access in rural areas
Bernalillo County Community Health Council: Focuses on public health initiatives and community engagement

Project ECHO: Connects primary care providers with specialists through telehealth to improve chronic disease management

While Bernalillo County faces several challenges in healthcare access, ongoing efforts and initiatives are making strides towards a more equitable and comprehensive healthcare system. By addressing socioeconomic barriers, enhancing healthcare infrastructure, and promoting health equity, the county aims to improve health outcomes for all its residents.

Improving access to healthcare in Bernalillo County requires addressing both systemic and socioeconomic barriers. Policy interventions should focus on expanding insurance coverage, improving public transportation, increasing the number of healthcare providers in underserved areas, and addressing social determinants of health. Enhanced access to healthcare services will contribute to better health outcomes and reduce health disparities in the county.

Public Health Initiative

X.CONCLUSION

The 2024 Bernalillo County Community Health Profile provides a comprehensive overview of the health status, challenges, and opportunities within the county. The findings highlight significant strides in public health while also revealing persistent disparities in health outcomes among different demographic groups. The data underscores the importance of a multifaceted approach to public health that addresses not only immediate health needs but also the underlying social determinants of health.

Central to this approach is the concept of "Health in All Policies" (HiAP), which integrates health considerations into policymaking across various sectors. The HiAP framework recognizes that health outcomes are influenced by a broad array of factors including housing, education, transportation, and economic stability. For example, the higher prevalence of chronic diseases among minority and low-income populations in Bernalillo County points to the need for policies that ensure equitable access to healthcare and preventive services. By embedding health considerations into all areas of governance, the county can create environments that promote health equity and improve overall health outcomes.

Implementing the HiAP framework requires robust data collection and analysis to inform targeted interventions. The continuous monitoring and evaluation of health programs are essential to ensure they remain effective and responsive to the community's needs. Additionally, strengthening partnerships with community organizations and engaging local stakeholders are crucial steps in understanding and addressing the unique health challenges faced by different population groups. These collaborative efforts can foster community-led initiatives that are more likely to succeed in improving health outcomes.

By integrating health considerations into all aspects of policymaking, focusing on equitable resource distribution, and fostering strong community partnerships, the county can enhance its public health infrastructure and achieve a healthier, more equitable future for all residents. This sustained, collective action will not only address the root causes of health disparities but also ensure lasting improvements in the health and well-being of the community.

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