



2015 New Mexico Regional Mental Health Report

METROPOLITAN HEALTH REGION

Epidemiology & Response Division

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PREFACE: THE IMPORTANCE OF MENTAL HEALTH

According to the World Health Organization (WHO) there is "no health without mental health."¹ Mental health is part of the WHO's definition of health as a state of complete physical, mental and social well-being, and not merely the absence of disease. It is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.² "Mental health [promotion] refers to a broad array of activities directly or indirectly related to the mental well-being component."

Mental health is an integral aspect of well-being and is essential for maintaining healthy family and interpersonal relationships, and helps enable an individual to live a full and productive life. Globally and in the U.S. mental health has the highest burden of all diseases.³ Mental disorders also have a serious impact on physical health and are associated with the prevalence, progression, and outcome of some of today's most pressing chronic diseases, including diabetes, heart disease, and cancer. They have long-lasting effects that not only include high psychosocial and economic costs for people living with the disorder, but also for their families, schools, workplaces, and communities.⁴

Mental health disorders are a concern for people of all ages (children to older adults) and are associated with age, gender, education, income level, race and ethnicity, geographical location and sexual orientation.⁵ The clearest evidence for risk of mental illness has been shown with indicators of poverty and low levels of education.⁶

The purpose of this report is to describe the regional and statewide burden of mental illness and related outcomes in New Mexico. For questions about the information presented, please contact:

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1. WHO. Mental health: facing the challenges, building solutions. Report from the WHO European Ministerial Conference. Copenhagen, Denmark: WHO Regional Office for Europe, 2005.
2. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.
3. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.
4. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, Rahman A. Global Mental Health 1 - No health without mental health. *Lancet*. 2007 September 4. DOI:10.1016/S0140-6736(07)61238-0.
5. Prince M, Patel V, Saxena S, Maj M, Maselko J, Phillips MR, Rahman A. Global Mental Health 1 - No health without mental health. *Lancet*. 2007 September 4. DOI:10.1016/S0140-6736(07)61238-0.
6. Healthy People 2020, accessed on 8/11/2014 from <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>.

MENTAL HEALTH DATA IN NEW MEXICO

Data Sources

Mental health data can be obtained from survey, morbidity, and mortality data sources. The following datasets were used to obtain the information presented in this report, and are available on New Mexico's Indicator-Based Information System (NM-IBIS):

<https://ibis.health.state.nm.us/home/Welcome.html>

Behavioral Risk Factor Surveillance System (BRFSS)

The BRFSS is an ongoing random-digit-dialed telephone survey of adults 18 years and older regarding their health related risk behaviors, chronic health conditions, and use of preventive services. Data are collected in all 50 states, the District of Columbia and U.S. territories. It is conducted annually by the NM Department of Health Survey Section in collaboration with the Centers for Disease Control and Prevention (CDC). Responses are weighted to reflect the general NM adult population by age, sex, ethnicity, geographic region, marital status, education level, home ownership and type of phone. These data exclude institutionalized NM residents, such as those living in nursing homes or prisons. The survey was conducted using only landline phone numbers from 1986 through 2010, and expanded to cellular phone numbers in 2011. For this reason, measurements prior to 2011 should not be directly compared to measurements during and after 2011. The denominator for all of these indicators are all adults who answered the question.

Bureau of Vital Records and Health Statistics (BVRHS) Data

The BVRHS dataset contains information from death certificates for all deaths occurring in NM. Death certificates are usually filed by funeral directors who obtain demographic information from an informant, such as a close family member of the decedent. The denominator is the NM population estimate generated by the University of New Mexico Geospatial and Population Studies (GPS) Program.

Emergency Department (ED) Visit Data

The ED dataset is derived from data provided by individual non-federal EDs in NM. Data are available for 2010 through 2013. Only NM residents are included in this report. The denominator is the NM population estimate generated by the University of New Mexico GPS Program.

Hospital Inpatient Discharge Dataset (HIDD)

The HIDD includes inpatient discharges from non-federal hospitals located in NM. Inpatient discharges are defined as departures from a hospital after overnight stay, regardless of the destination after departure. Only NM residents are included in this report. The denominator is the NM population estimate generated by the University of New Mexico GPS Program.

Youth Risk and Resiliency Survey (YRRS)

The NM YRRS is administered in odd years and is part of the national Youth Risk Behavior Surveillance System (YRBSS) coordinated and designed by CDC. Each state, territorial, tribal, and large urban school district participating in YRBSS employs a two-stage, cluster sample design to produce a representative sample of students in grades 9–12 in its jurisdiction. In the first sampling stage schools are selected with probability proportional to school enrollment size. In the second sampling stage, intact classes of a required subject or intact classes during a required period (e.g., second period) are selected randomly. All students in sampled classes are eligible to participate. A weight is applied to each student record to adjust for student nonresponse and the distribution of students by grade, sex, and race/ethnicity in each jurisdiction. The denominator for each of these indicators is all students who answered the question.

Statistical Stability

The statistical stability of each percentage or rate is indicated in the tables that accompany each measure of mental health status. Statistical stability is based on a statistic called "Relative Standard Error," which is calculated as the standard error of the estimate divided by the estimate. A hyphen (-) indicates that the estimate is stable. "Unstable" is displayed when the RSE=0.30 to 0.50. An unstable count or rate may fluctuate widely across time periods due to random variation (chance). "Very Unstable" is displayed when the RSE is greater than 0.50. A very unstable count or rate should not be used to inform decisions. To achieve a more stable count or rate, the population size may be increased by combining years, for example. "No Variance" is displayed when the rate is zero and the RSE cannot be calculated.

1 MENTAL HEALTH IN THE GENERAL POPULATION

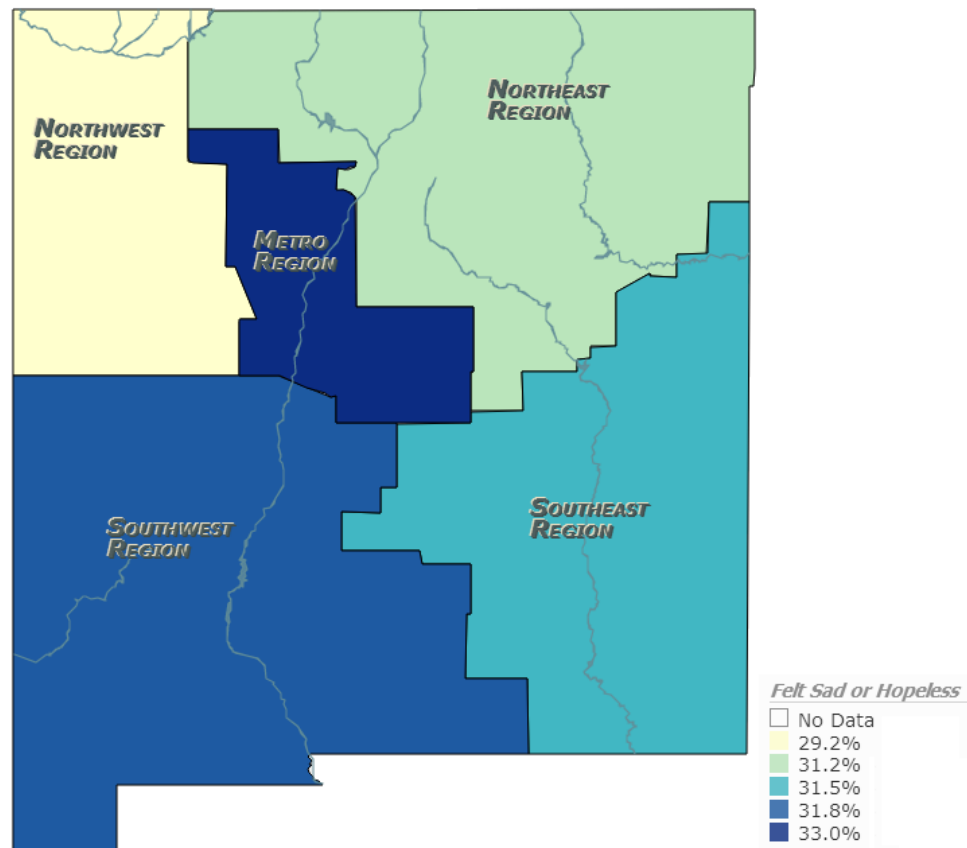
1.1 YOUTH SADNESS OR HOPELESSNESS IN THE PAST YEAR

Persistent feelings of sadness or hopelessness are a risk factor for depression. Students who report persistent feelings of sadness or hopelessness are more likely than other students to report suicide attempts, cigarette smoking, binge drinking and illicit drug use. According to the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention's Division for Adolescent and School Health (DASH), the prevalence of persistent feelings of sadness or hopelessness among youth in NM and the US have remained relatively stable since 2001. In 2013, the NM rate (30.5%) was similar to the US rate (29.9%). In the same year, NM had the fourth highest prevalence of persistent feelings of sadness or hopelessness among youth out of the 42 states that asked this question in the YRBSS. NM has ranked among the top ten states for this indicator since beginning the survey.

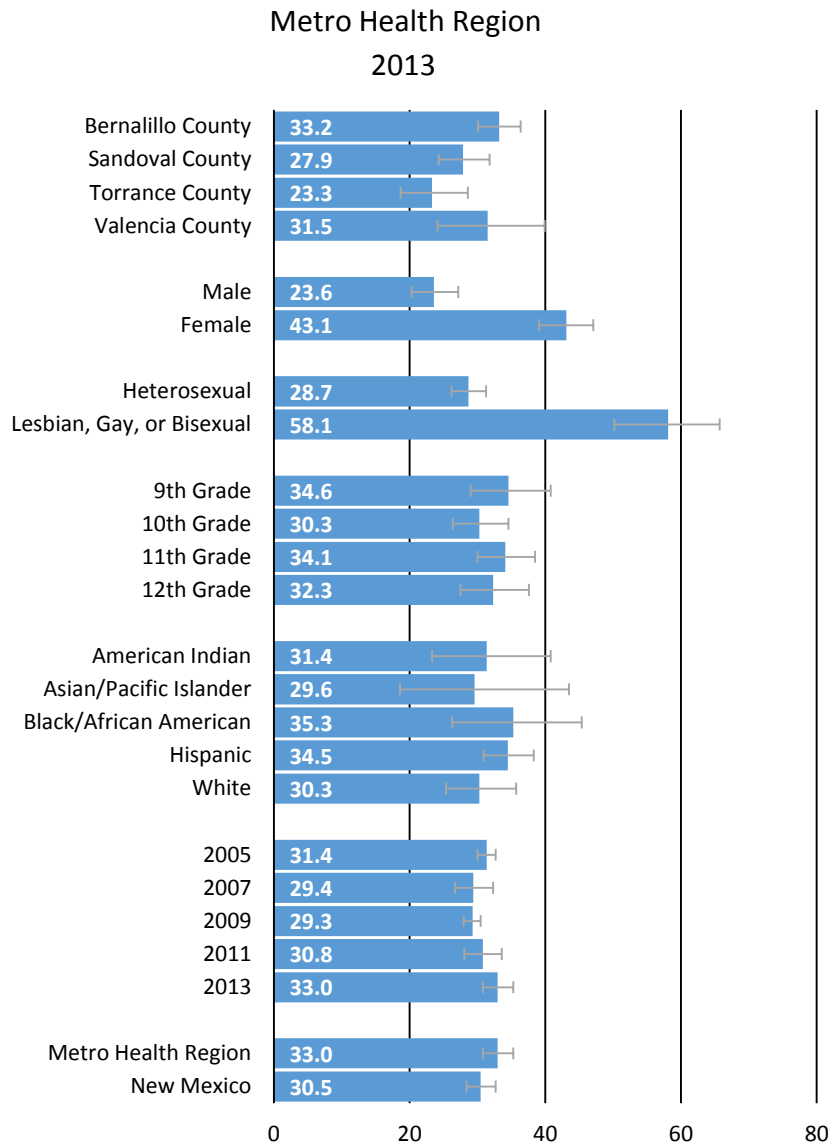
Students with persistent feelings of sadness or hopelessness were identified by answering "Yes", to the question, "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?" More information:

https://ibis.health.state.nm.us/indicator/view/MentHlthYouth.Year.NM_US.html.

Percentage of Students Who Felt Sad or Hopeless by Health Region, New Mexico, 2013



Percentage of Students Who Felt Sad or Hopeless
During the Past 12 Months



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

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Percentage of Students Who Felt Sad or Hopeless During the Past 12 Months**2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	844	2,584	33.2	30.1	36.4	-
Sandoval County	430	1,520	27.9	24.3	31.8	-
Torrance County	81	329	23.3	18.7	28.6	-
Valencia County	151	466	31.5	24.1	39.9	-
Male	544	2,393	23.6	20.3	27.2	-
Female	968	2,351	43.1	39.1	47.1	-
Heterosexual	1069	3848	28.7	26.2	31.3	-
Lesbian, Gay, or Bisexual	275	494	58.1	50.2	65.7	-
9th Grade	415	1,285	34.6	29.0	40.8	-
10th Grade	381	1,178	30.3	26.4	34.6	-
11th Grade	390	1,233	34.1	30.0	38.5	-
12th Grade	316	1,021	32.3	27.5	37.6	-
American Indian	186	618	31.4	23.3	40.8	-
Asian/Pacific Islander	44	128	29.6	18.6	43.5	-
Black/African American	46	125	35.3	26.3	45.4	-
Hispanic	846	2,548	34.5	30.9	38.3	-
White	362	1,262	30.3	25.4	35.7	-
2005	2,844	9,279	31.4	30.0	32.7	-
2007	588	1,997	29.4	26.7	32.3	-
2009	2,934	9,929	29.3	28.0	30.5	-
2011	1,457	4,948	30.8	28.1	33.6	-
2013	1,514	4,754	33.0	30.8	35.3	-
Metro Health Region	1,514	4,754	33.0	30.8	35.3	-
New Mexico	1,655	5,432	30.5	28.4	32.7	-
United States		13,495	29.9	28.3	31.6	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the past 12 months

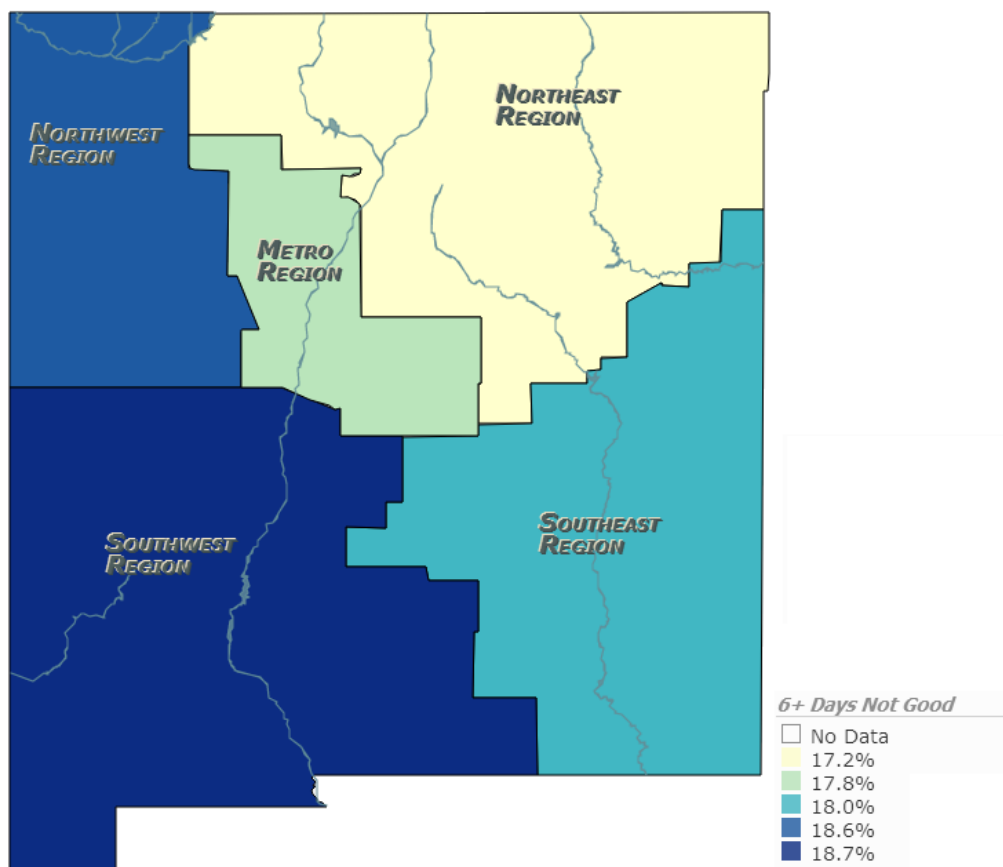
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

1.2 ADULT FREQUENT MENTAL DISTRESS

Mental health and mental disorders can be influenced by numerous factors including biologic and genetic vulnerabilities, acute or chronic physical dysfunction, and environmental conditions and stresses. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately 1 in 5 people in the US population is affected by mental illness in any given year. The BRFSS frequent mental distress question is an attempt to obtain a global measure of recent mental and emotional distress. According to the National Center for Chronic Disease Prevention and Health Promotion’s Division of Population Health, the prevalence of frequent mental distress in NM has consistently been similar to the overall US prevalence from 2011 through 2013. Over this time period, the prevalence in NM has remained relatively stable. In 2013, 17.9% of NM adults reported frequented mental distress, compared to 16.9% of US adults.

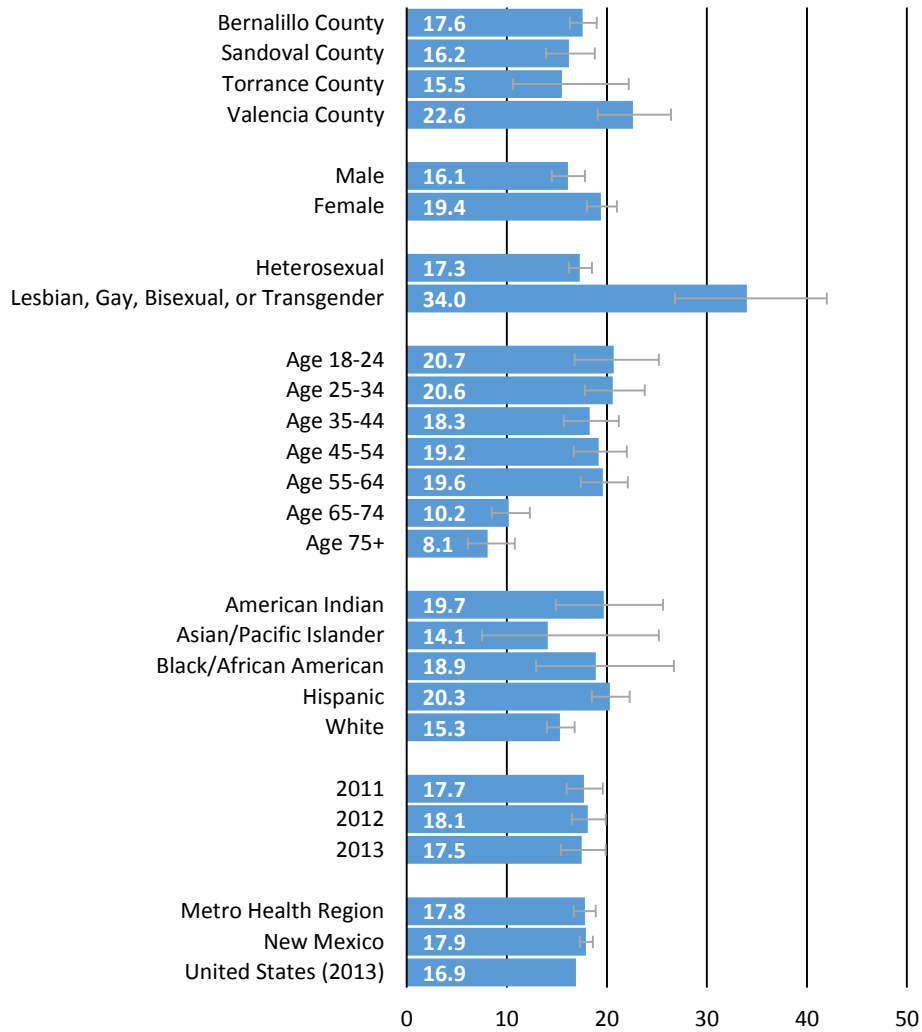
Frequent mental distress was identified by answering six or more to the question “Now, thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?”

Percentage of Adults with Mental Health "Not Good" 6 or More of the Past 30 Days by Health Region, New Mexico, 2011-2013



Percentage of Respondents with Mental Health "Not Good" 6 or More of the Past 30 Days

Metro Health Region
2011-2013



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS) and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health.

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Metro Health Region

**Percentage of Respondents with Mental Health "Not Good" 6 or More of the Past 30 Days
2011-2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	891	5,234	17.6	16.3	19.0	-
Sandoval County	271	1,737	16.2	13.9	18.8	-
Torrance County	38	215	15.5	10.6	22.2	-
Valencia County	233	1,183	22.6	19.1	26.4	-
Male	519	3,557	16.1	14.5	17.8	-
Female	914	4,812	19.4	18.0	21.0	-
Heterosexual	1325	7885	17.3	16.2	18.5	-
Lesbian, Gay, Bisexual, or Transgender	77	249	34.0	26.8	42.0	-
Age 18-24	113	543	20.7	16.8	25.2	-
Age 25-34	212	1,053	20.6	17.8	23.8	-
Age 35-44	201	1,074	18.3	15.7	21.2	-
Age 45-54	303	1,521	19.2	16.7	22.0	-
Age 55-64	351	1,779	19.6	17.4	22.1	-
Age 65-74	160	1,351	10.2	8.5	12.3	-
Age 75+	80	970	8.1	6.1	10.8	-
American Indian	61	346	19.7	14.9	25.6	-
Asian/Pacific Islander	14	108	14.1	7.5	25.2	-
Black/African American	34	170	18.9	12.9	26.7	-
Hispanic	609	3,069	20.3	18.5	22.3	-
White	691	4,522	15.3	14.0	16.8	-
2011	529	3179	17.7	16.0	19.6	-
2012	575	3179	18.1	16.5	19.9	-
2013	329	2011	17.5	15.4	19.9	-
Metro Health Region	1433	8,369	17.8	16.7	18.9	-
New Mexico	4625	26,734	17.9	17.3	18.6	-
United States (2013)	73,024	483,138	16.9	16.7	17.1	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS) and National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health.

Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

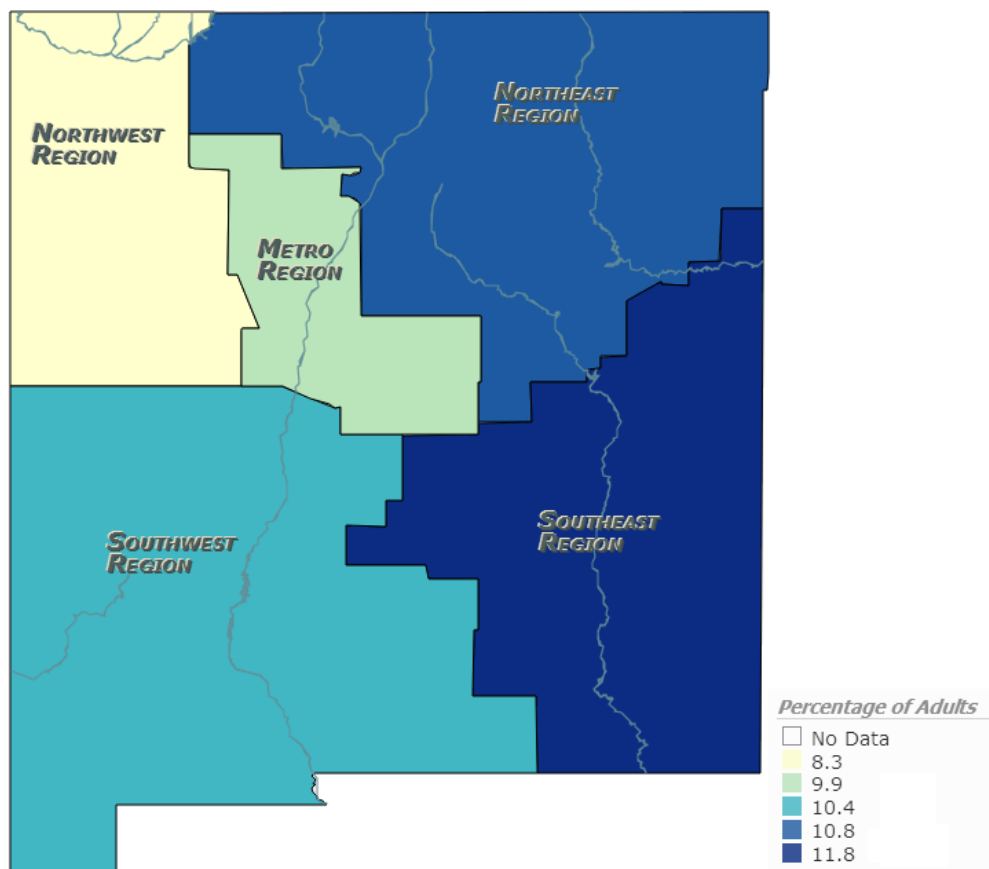
1.3 ADULT DEPRESSION

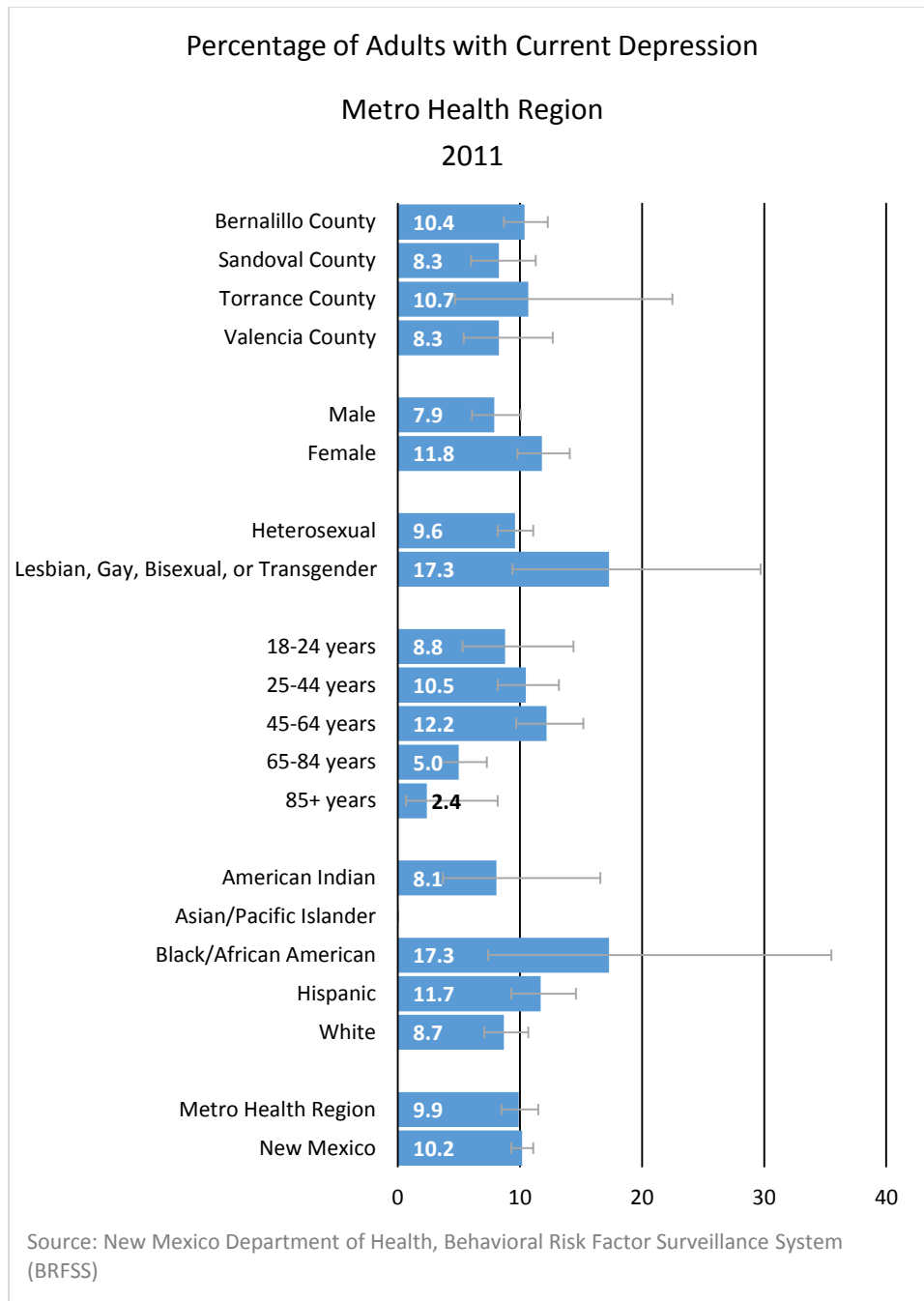
Depression is one of the most prevalent and treatable mental disorders. Major depression is usually associated with co-morbid mental disorders, such as anxiety and substance use disorders, and impairment of a person's ability to function in work, home, relationships, and social roles. Depression is also a risk factor for suicide and attempted suicide. In addition, depressive disorders have been associated with an increased risk of chronic medical conditions, such as heart disease, stroke, asthma, arthritis, cancer, diabetes, and obesity. In 2011, 10.2% of NM adults reported symptoms of current depression.

The Anxiety and Depression Module in the 2011 NM BRFSS included the first eight questions from the Patient Health Questionnaire, an instrument that can establish a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition criteria. Patients were asked about symptoms occurring within the two weeks prior to the survey. For some regions, sexual orientation data are not available due to the low number of respondents. US data are not available because this was an optional module. More Information:

<https://ibis.health.state.nm.us/indicator/view/MentHlthAdultDepression.Age.SexRacEth.html>.

Percentage of Adults with Current Depression by Health Region, New Mexico, 2011





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Metro Health Region
Percentage of Adults with Current Depression
2011

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	154	1,610	10.4	8.7	12.3	-
Sandoval County	57	643	8.3	6.0	11.3	-
Torrance County	8	75	10.7	4.7	22.5	Very Unstable
Valencia County	34	429	8.3	5.4	12.7	-
Male	84	1,128	7.9	6.1	10.1	-
Female	169	1,629	11.8	9.8	14.1	-
Heterosexual	235	2630	9.6	8.2	11.1	-
Lesbian, Gay, Bisexual, or Transgender	14	76	17.3	9.4	29.7	Unstable
18-24 years	16	134	8.8	5.3	14.4	Unstable
25-44 years	78	708	10.5	8.2	13.2	-
45-64 years	120	1,134	12.2	9.7	15.2	-
65-84 years	36	706	5.0	3.4	7.3	-
85+ years	3	57	2.4	0.7	8.2	Very Unstable
American Indian	8	98	8.1	3.7	16.6	Very Unstable
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	7	54	17.3	7.4	35.5	Very Unstable
Hispanic	96	908	11.7	9.3	14.6	-
White	136	1,609	8.7	7.1	10.7	-
Metro Health Region	253	2,757	9.9	8.5	11.5	-
New Mexico	753	7,923	10.2	9.3	11.1	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

Adult depression was assessed using the Patient Health Questionnaire, which establishes a provisional depressive disorder diagnosis using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition criteria.

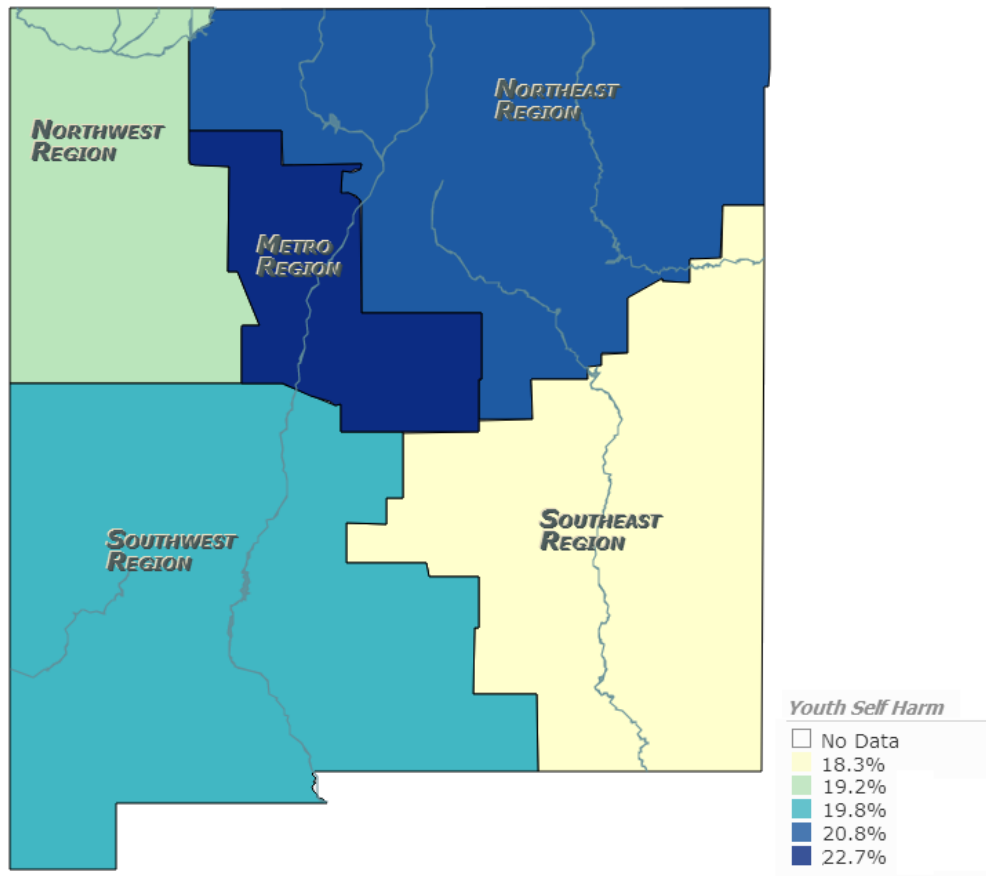
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

2 YOUTH NON-SUICIDAL SELF HARM

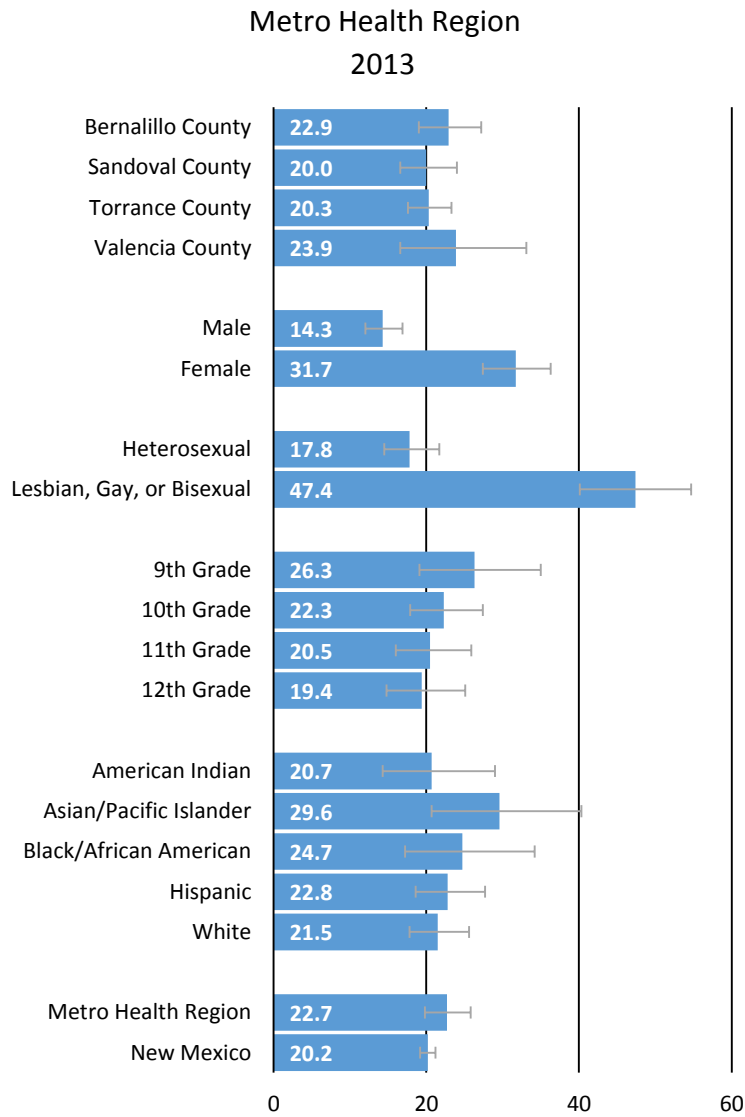
Anxiety and depression, as well as a range of stressful life events, are correlated with non-suicidal self harm. Self harm is a strong predictor of suicide and attempted suicide. In 2013, 20.2% of NM high school students reported non-suicidal self harm in the past year.

Non-suicidal self harm was identified by answering one or more to the question “During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?” Only one year of data is available because this question was added in 2013. US data are not available because this question was not asked by all participating states.

Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department.

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Metro Health Region

**Percentage of Students Who Intentionally Hurt Themselves in the Past 12 Months
2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	578	2,584	22.9	19.0	27.2	-
Sandoval County	309	1,519	20.0	16.6	24.0	-
Torrance County	67	328	20.3	17.6	23.3	-
Valencia County	110	467	23.9	16.6	33.1	-
Male	363	2,400	14.3	12.0	16.9	-
Female	706	2,344	31.7	27.4	36.3	-
Heterosexual	672	3847	17.8	14.5	21.7	-
Lesbian, Gay, or Bisexual	250	493	47.4	40.1	54.7	-
9th Grade	332	1,285	26.3	19.1	35.0	-
10th Grade	286	1,174	22.3	17.9	27.4	-
11th Grade	246	1,236	20.5	16.0	25.9	-
12th Grade	198	1,022	19.4	14.8	25.1	-
American Indian	140	617	20.7	14.3	29.0	-
Asian/Pacific Islander	43	129	29.6	20.7	40.3	-
Black/African American	34	124	24.7	17.2	34.2	-
Hispanic	548	2,552	22.8	18.6	27.7	-
White	283	1,262	21.5	17.8	25.6	-
Metro Health Region	1,071	4,754	22.7	19.8	25.8	-
New Mexico	1,123	5,434	20.2	19.2	21.2	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department.

Percentage of students who actually attempted suicide one or more times during the past 12 months.

** The values in these cells have been suppressed because there were fewer than 50 survey responses.

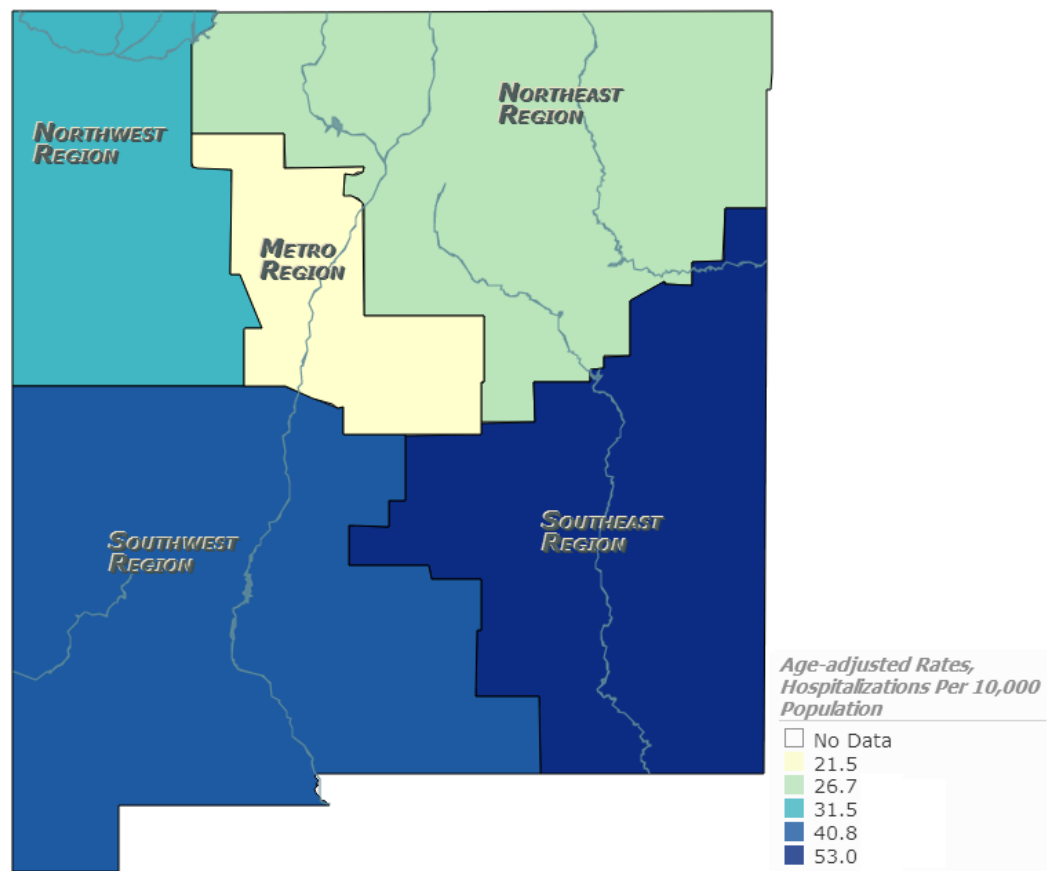
3 ACUTE MENTAL ILLNESS

3.1 HOSPITAL DISCHARGES FOR MOOD DISORDERS

Mental disorders cause changes in thinking, mood, and behavior and can affect decision-making and quality of life. Acute episodes of mental illness often result in hospitalizations. In 2013, mood disorders were the most common reason for psychiatric hospital admission in NM. Approximately 126,000 NM residents 12 years or older have a major depressive disorder each year (SAMHSA). In a 2012-2013 survey of all fifty states and the District of Columbia, NM ranked 23rd for prevalence of major depressive disorder among adults, and 9th for prevalence among adolescents 12-17 years. From 2009-2013, there were 30.1 hospital discharges for mood disorders per 10,000 NM residents.

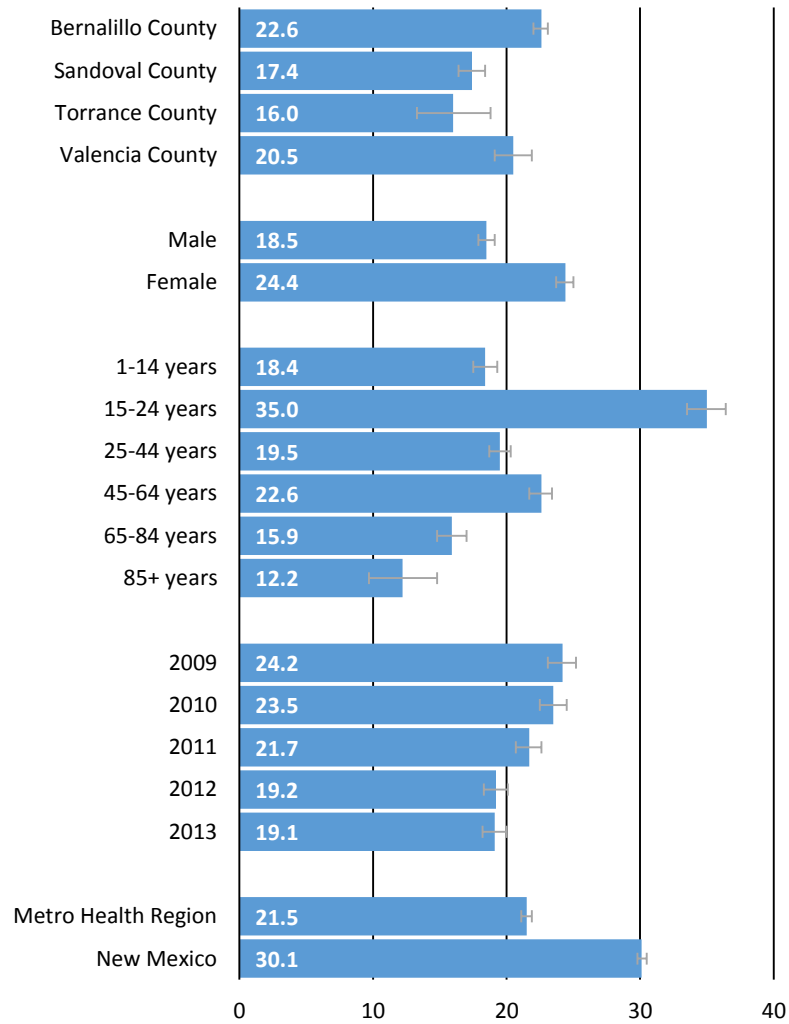
Hospital discharges for mood disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 296 (episodic mood disorders) or 311 (depressive disorder). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

**Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population
by Health Region, New Mexico, 2009-2013**



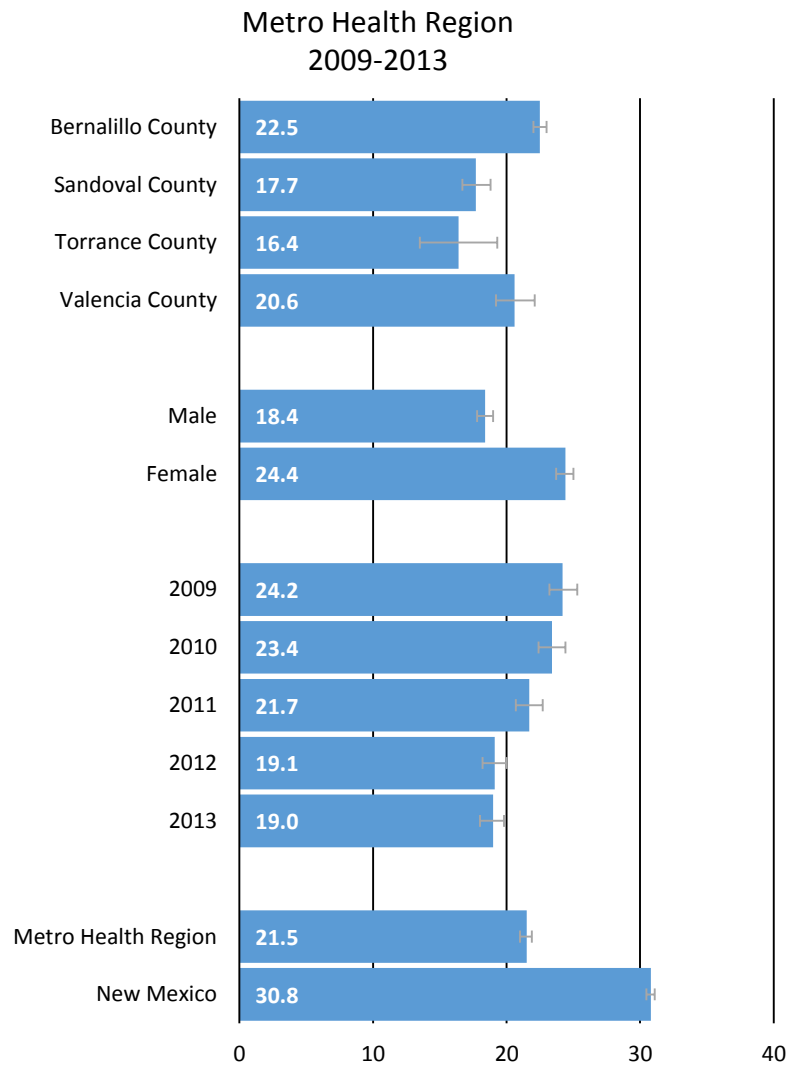
Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population

Metro Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population *



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

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Metro Health Region

**Hospital Discharges for Episodic Mood and Depressive Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Bernalillo County	7537	3,342,655	22.6	22.0	23.1	-	22.5	22.0	23.0	-
Sandoval County	1163	667,569	17.4	16.4	18.4	-	17.7	16.7	18.8	-
Torrance County	130	81,186	16.0	13.3	18.8	-	16.4	13.5	19.3	-
Valencia County	787	384,090	20.5	19.1	21.9	-	20.6	19.2	22.1	-
Male	4064	2,197,528	18.5	17.9	19.1	-	18.4	17.8	19.0	-
Female	5553	2,277,973	24.4	23.7	25.0	-	24.4	23.7	25.0	-
1-14 years	1569	851,294	18.4	17.5	19.3	-				
15-24 years	2176	622,623	35.0	33.5	36.4	-				
25-44 years	2309	1,184,166	19.5	18.7	20.3	-				
45-64 years	2687	1,190,010	22.6	21.7	23.4	-				
65-84 years	790	496,381	15.9	14.8	17.0	-				
85+ years	86	70,205	12.2	9.7	14.8	-				
2009	2106	871721	24.2	23.1	25.2	-	24.2	23.2	25.3	-
2010	2091	891170	23.5	22.5	24.5	-	23.4	22.4	24.4	-
2011	1951	900918	21.7	20.7	22.6	-	21.7	20.7	22.7	-
2012	1735	905047	19.2	18.3	20.1	-	19.1	18.2	20.0	-
2013	1734	906644	19.1	18.2	20.0	-	19.0	18.0	19.8	-
Metro Health Region	9617	4,475,500	21.5	21.1	21.9	-	21.5	21.0	21.9	-
New Mexico	31242	10,371,635	30.1	29.8	30.5	-	30.8	30.5	31.1	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Codes 296 & 311

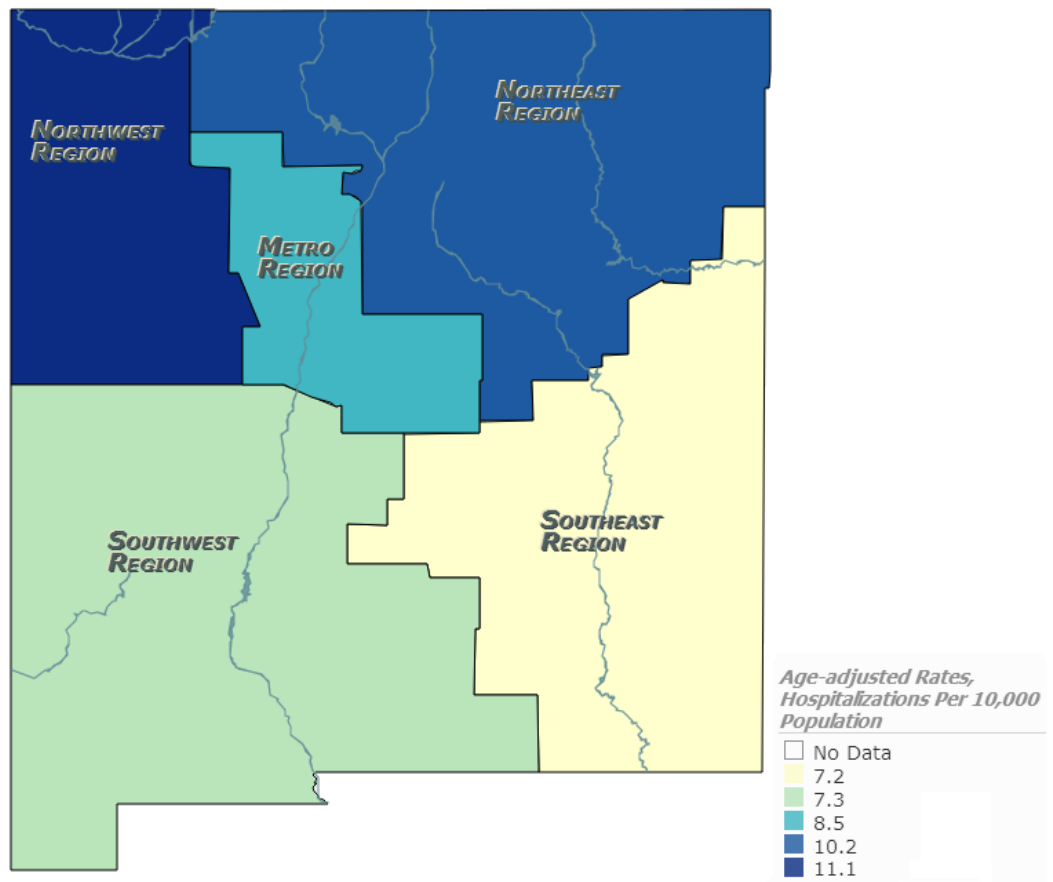
* Age-adjusted to the U.S. 2000 standard population.

3.2 HOSPITAL DISCHARGES FOR ALCOHOL-RELATED MENTAL DISORDERS

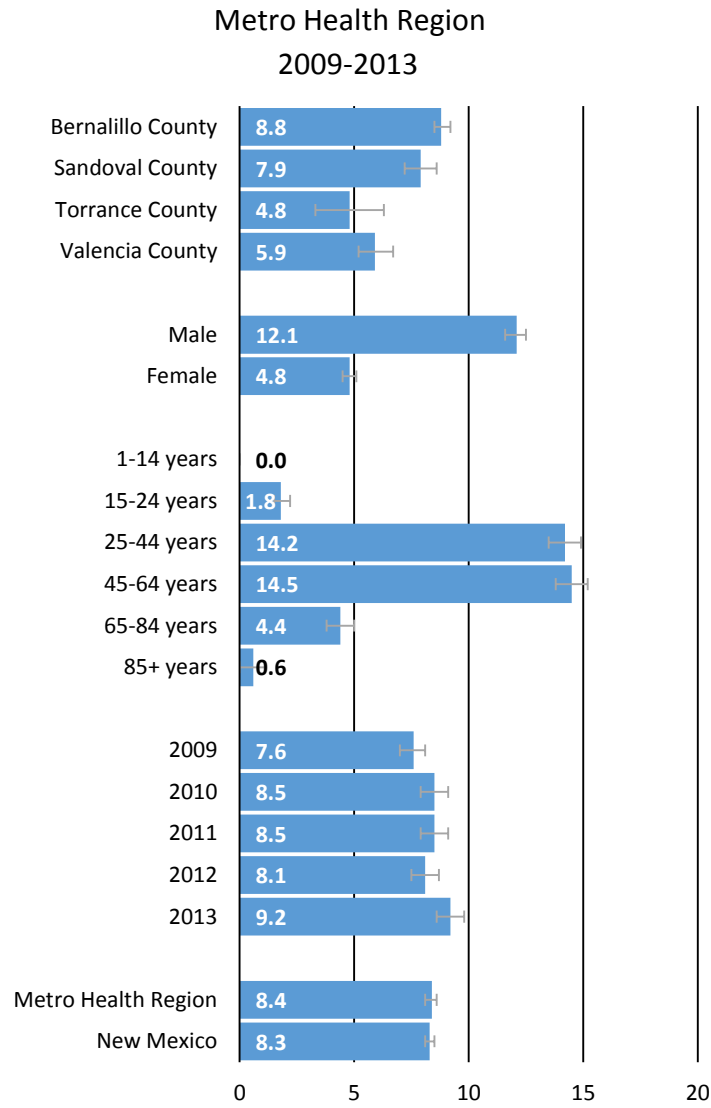
Alcohol-related mental disorders include alcohol-induced mental disorders and alcohol dependence. Acute episodes of alcohol-related mental disorders often result in hospitalizations. In 2013, alcohol-related mental disorders were the second most common reason for psychiatric hospital admission in NM. Approximately 133,000 NM residents 12 years or older experience alcohol abuse or dependence each year (Source: SAMHSA). In a 2012-2013 survey of all fifty states and the District of Columbia, NM ranked 15th for prevalence of alcohol abuse or dependence among adults, and 6th for prevalence among adolescents 12-17 years. From 2009-2013, there were 8.3 hospital discharges for alcohol-related mental disorders per 10,000 NM residents.

Hospital discharges for alcohol-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 291 (alcohol-induced mental disorder) or 303 (alcohol dependence). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013

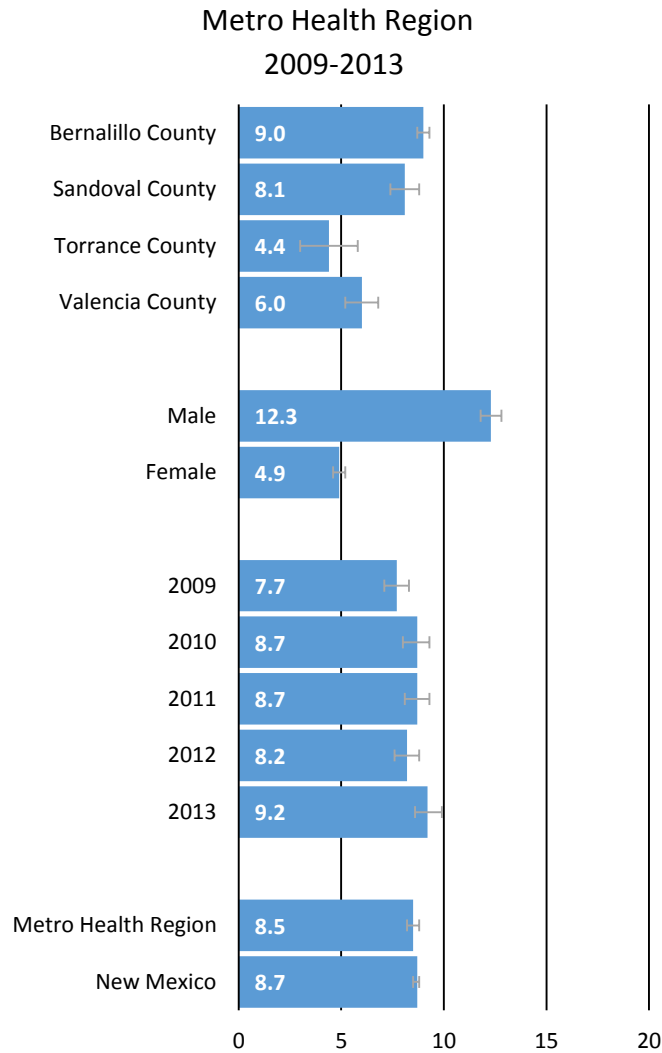


Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population *



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

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Metro Health Region

Hospital Discharges for Alcohol-Related Mental Disorders per 10,000 Population

2009-2013

	Number of Discharges	Person-Years
Bernalillo County	2,952	3,342,655
Sandoval County	528	667,569
Torrance County	39	81,186
Valencia County	228	384,090

Crude Rate	LCL	UCL	Statistical Stability
8.8	8.5	9.2	-
7.9	7.2	8.6	-
4.8	3.3	6.3	-
5.9	5.2	6.7	-

AA Rate	LCL	UCL	Statistical Stability
9.0	8.7	9.3	-
8.1	7.4	8.8	-
4.4	3.0	5.8	-
6.0	5.2	6.8	-

Male	2,655	2,197,528
Female	1,092	2,277,973

12.1	11.6	12.5	-
4.8	4.5	5.1	-

12.3	11.8	12.8	-
4.9	4.6	5.2	-

1-14 years	0	851,294
15-24 years	114	622,623
25-44 years	1,683	1,184,166
45-64 years	1,727	1,190,010
65-84 years	219	496,381
85+ years	4	70,205

0.0	-	-	No Variance
1.8	1.5	2.2	-
14.2	13.5	14.9	-
14.5	13.8	15.2	-
4.4	3.8	5.0	-
0.6	0.0	1.1	Unstable

2009	659	871,721
2010	758	891,170
2011	763	900,918
2012	734	905,047
2013	833	906,644

7.6	7.0	8.1	-
8.5	7.9	9.1	-
8.5	7.9	9.1	-
8.1	7.5	8.7	-
9.2	8.6	9.8	-

7.7	7.1	8.3	-
8.7	8.0	9.3	-
8.7	8.1	9.3	-
8.2	7.6	8.8	-
9.2	8.6	9.9	-

Metro Health Region	3,747	4,475,500
New Mexico	8,614	10,371,635

8.4	8.1	8.6	-
8.3	8.1	8.5	-

8.5	8.2	8.8	-
8.7	8.5	8.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Codes 291 & 303

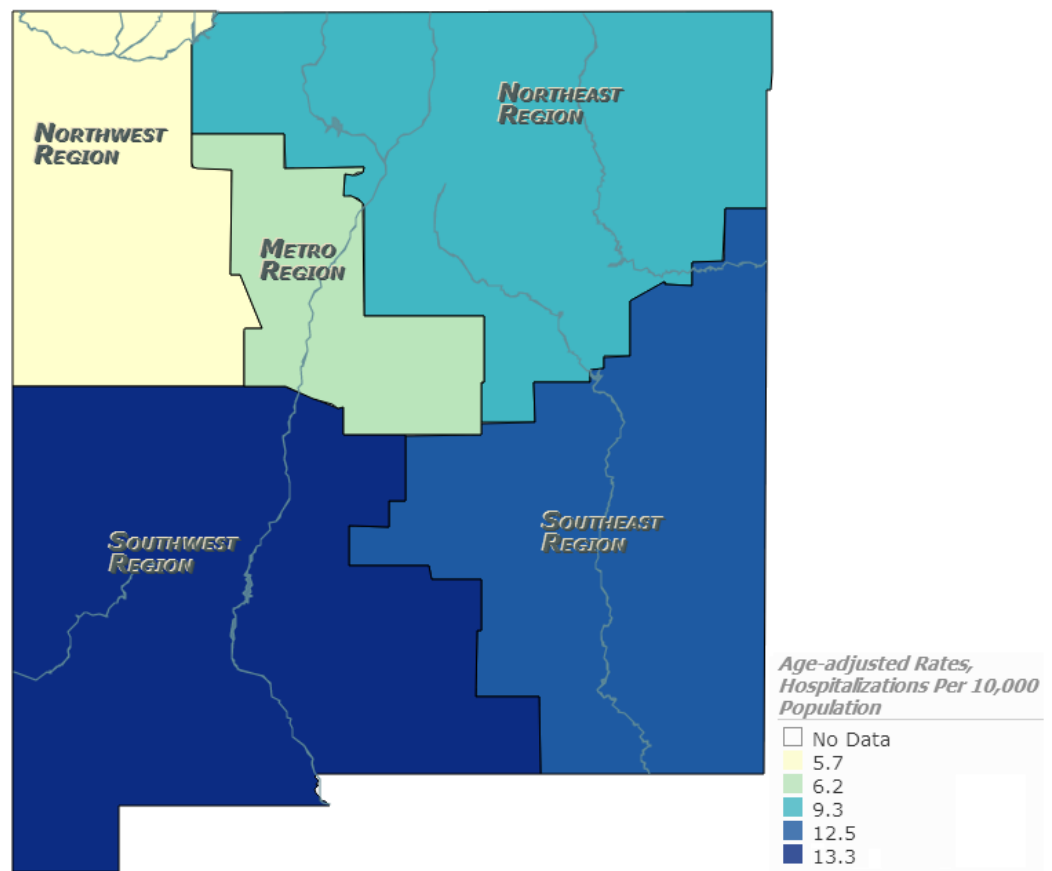
* Age-adjusted to the U.S. 2000 standard population.

3.3 HOSPITAL DISCHARGES FOR SCHIZOPHRENIC DISORDERS

Schizophrenic disorders are a group of disorders that cause a person to have trouble telling the difference between real and unreal experiences, thinking logically, having normal emotional responses, and behaving normally in social situations. Acute episodes of schizophrenia often result in hospitalizations. In 2013, schizophrenic disorders were the third most common reason for psychiatric hospital admission in NM. From 2009-2013, there were 8.4 hospital discharges for schizophrenic disorder per 10,000 NM residents.

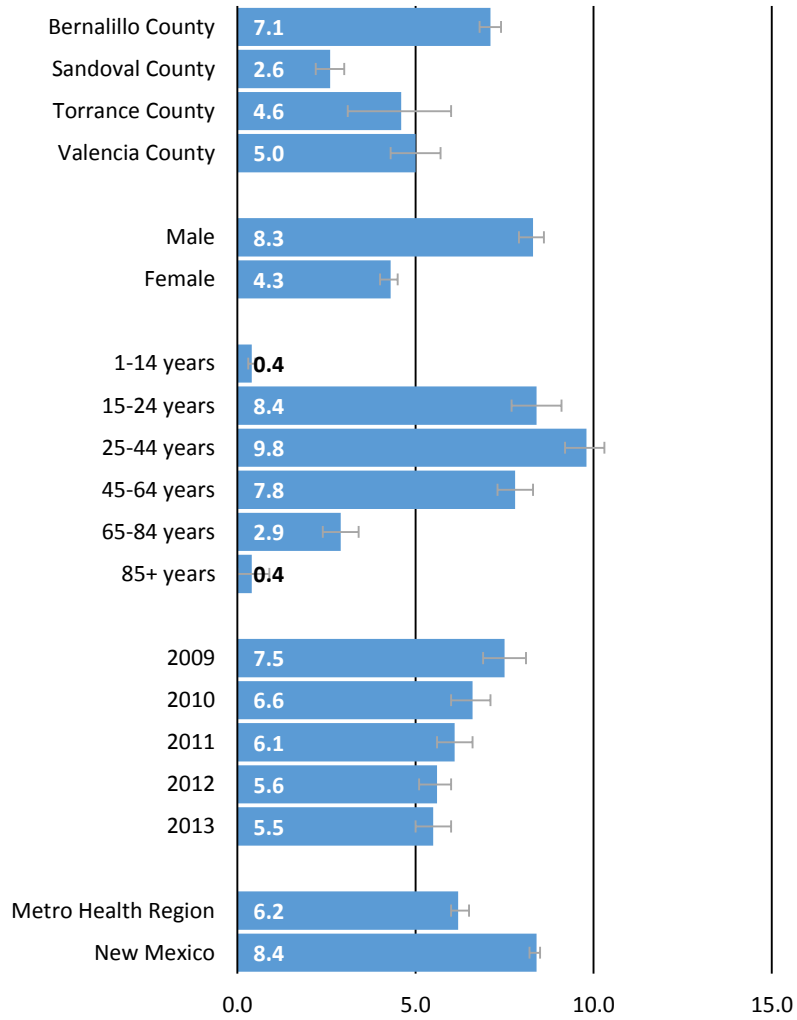
Hospital discharges for schizophrenic disorders include inpatient hospital records with a primary diagnosis of ICD-9 code 295. Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Schizophrenic Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



Hospital Discharges for Schizophrenic Disorders per 10,000 Population

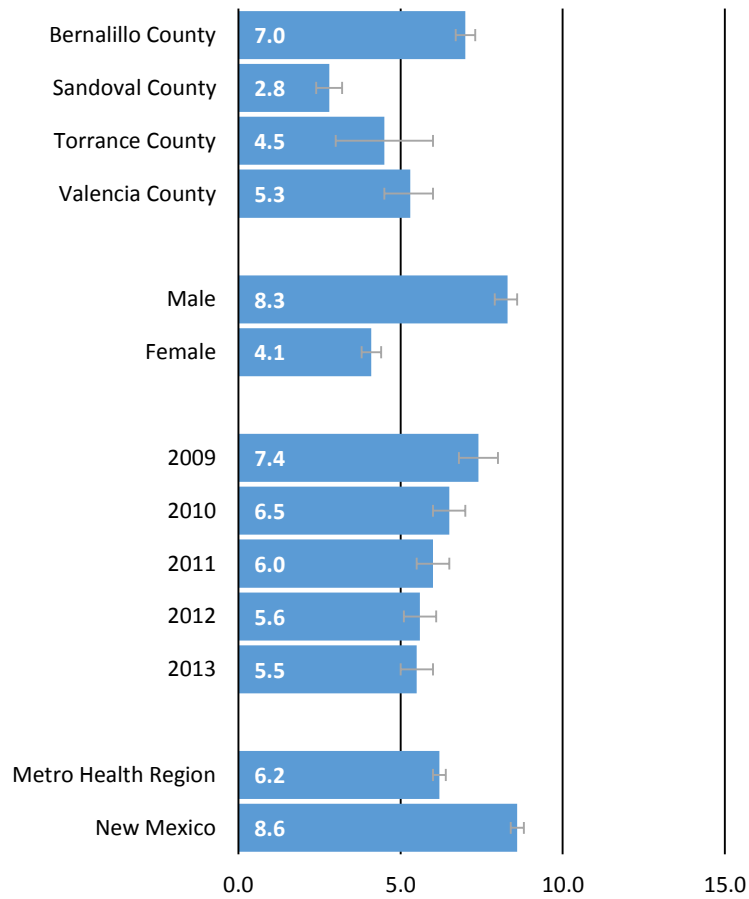
Metro Health Region 2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Schizophrenic Disorders
per 10,000 Population *

Metro Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

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**Metro Health Region
Hospital Discharges for Schizophrenic Disorders
per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years
Bernalillo County	2386	3,342,655
Sandoval County	176	667,569
Torrance County	37	81,186
Valencia County	192	384,090

Crude Rate	LCL	UCL	Statistical Stability
7.1	6.8	7.4	-
2.6	2.2	3.0	-
4.6	3.1	6.0	-
5.0	4.3	5.7	-

AA Rate	LCL	UCL	Statistical Stability
7.0	6.7	7.3	-
2.8	2.4	3.2	-
4.5	3.0	6.0	-
5.3	4.5	6.0	-

Male	1818	2,197,528
Female	973	2,277,973

8.3	7.9	8.6	-
4.3	4.0	4.5	-

8.3	7.9	8.6	-
4.1	3.8	4.4	-

1-14 years	34	851,294
15-24 years	523	622,623
25-44 years	1155	1,184,166
45-64 years	933	1,190,010
65-84 years	143	496,381
85+ years	3	70,205

0.4	0.3	0.5	-
8.4	7.7	9.1	-
9.8	9.2	10.3	-
7.8	7.3	8.3	-
2.9	2.4	3.4	-
0.4	0.0	0.9	Very Unstable

2009	653	871721
2010	584	891170
2011	549	900918
2012	504	905047
2013	501	906644

7.5	6.9	8.1	-
6.6	6.0	7.1	-
6.1	5.6	6.6	-
5.6	5.1	6.0	-
5.5	5.0	6.0	-

7.4	6.8	8.0	-
6.5	6.0	7.0	-
6.0	5.5	6.5	-
5.6	5.1	6.1	-
5.5	5.0	6.0	-

Metro Health Region	2791	4,475,500
New Mexico	8677	10,371,635

6.2	6.0	6.5	-
8.4	8.2	8.5	-

6.2	6.0	6.4	-
8.6	8.4	8.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program
ICD-9 Code 295

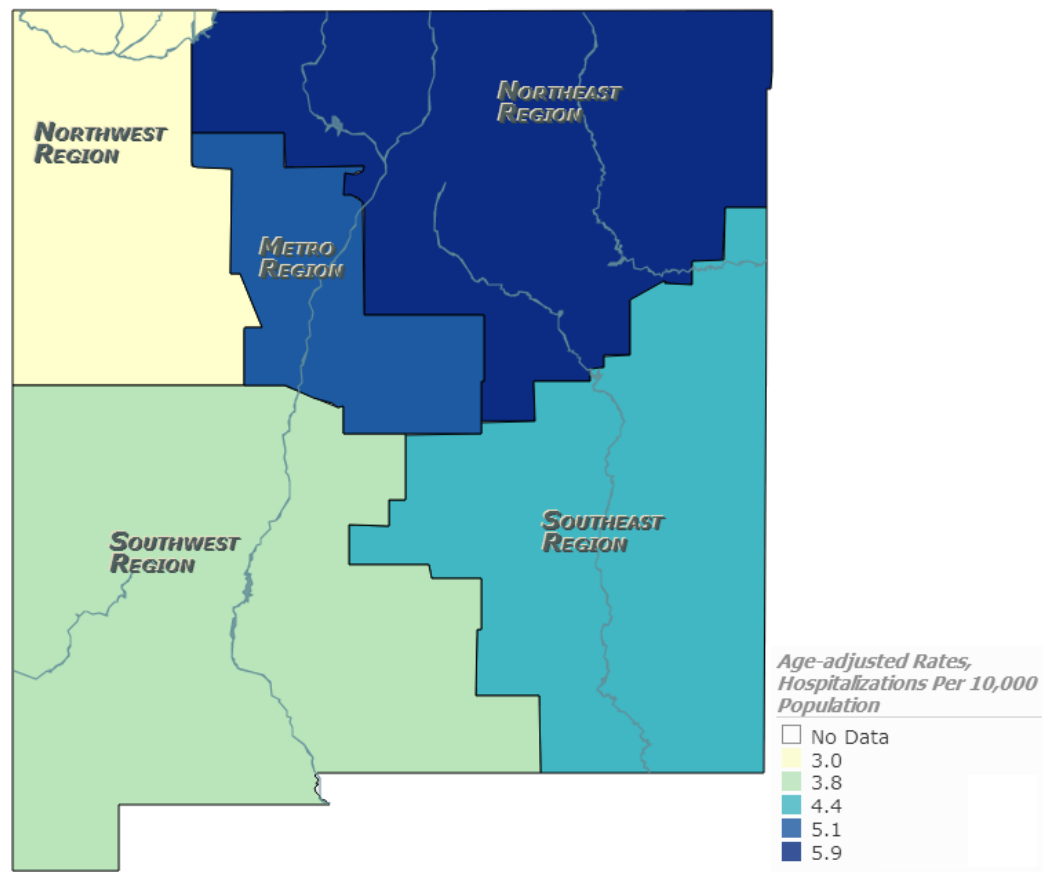
* Age-adjusted to the U.S. 2000 standard population.

3.4 HOSPITAL DISCHARGES FOR DRUG-RELATED MENTAL DISORDERS

Mental disorders cause changes in thinking, mood, and behavior and can affect decision-making and quality of life. Acute episodes of mental illness often result in hospitalizations. In 2013, drug-related mental disorders were the fourth most common reason for psychiatric hospital admission in NM. From 2009-2013, there were 4.5 hospital discharges for drug-related mental disorders per 10,000 NM residents.

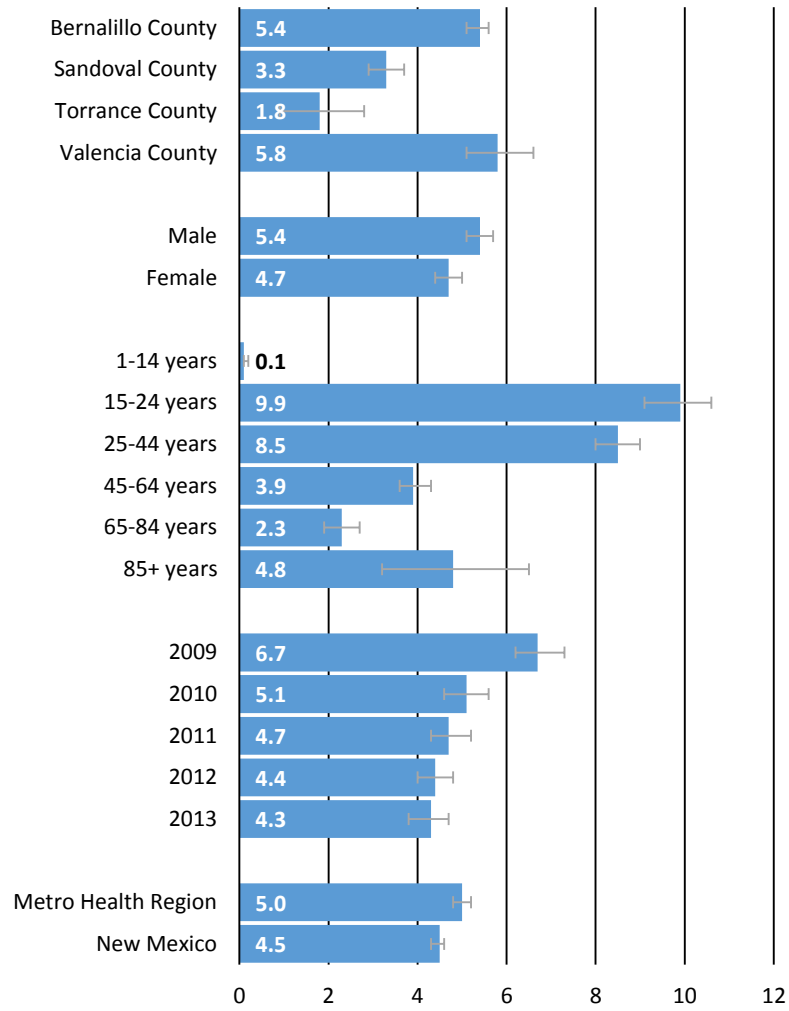
Hospital discharges for drug-related mental disorders include inpatient hospital records with a primary diagnosis of ICD-9 codes 292 (drug-induced mental disorder) or 304 (drug dependence). Sexual orientation data are not submitted to the HIDD dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. US hospital data are not available for this timeframe.

Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population by Health Region, New Mexico, 2009-2013



Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population

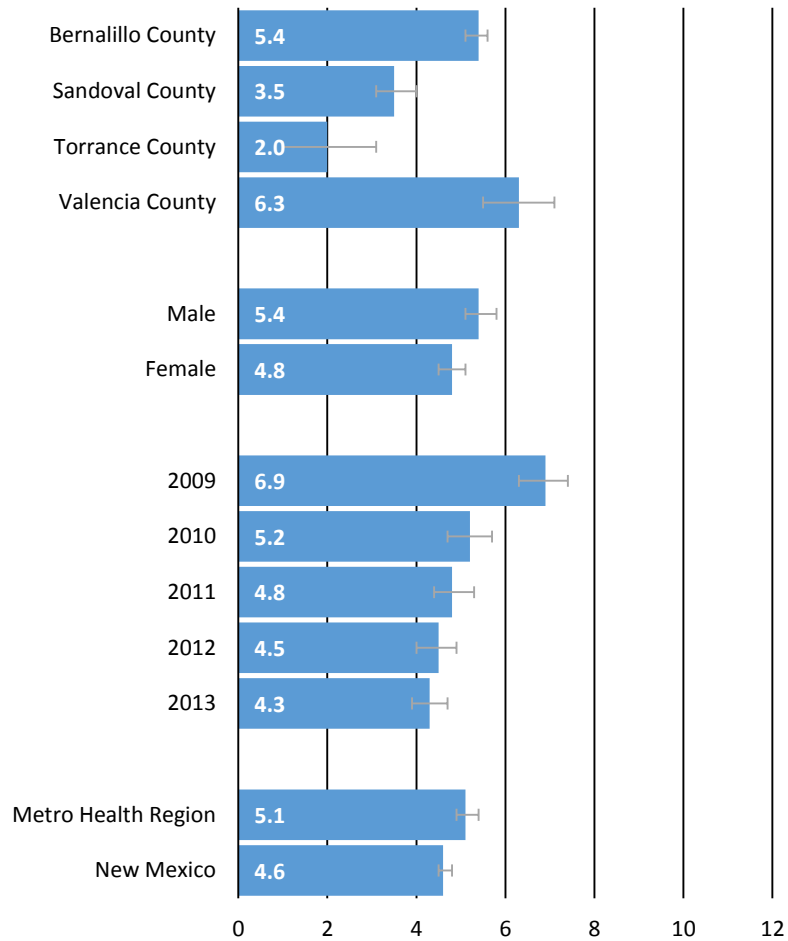
Metro Health Region 2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population *

Metro Health Region
2009-2013



Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

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**Metro Health Region
Hospital Discharges for Drug-Related Mental Disorders per 10,000 Population
2009-2013**

	Number of Discharges	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Bernalillo County	1,792	3,342,655	5.4	5.1	5.6	-	5.4	5.1	5.6	-
Sandoval County	220	667,569	3.3	2.9	3.7	-	3.5	3.1	4.0	-
Torrance County	15	81,186	1.8	0.9	2.8	-	2.0	1.0	3.1	-
Valencia County	224	384,090	5.8	5.1	6.6	-	6.3	5.5	7.1	-
Male	1,186	2,197,528	5.4	5.1	5.7	-	5.4	5.1	5.8	-
Female	1,065	2,277,973	4.7	4.4	5.0	-	4.8	4.5	5.1	-
1-14 years	12	851,294	0.1	0.1	0.2	Very Unstable				
15-24 years	614	622,623	9.9	9.1	10.6	-				
25-44 years	1,009	1,184,166	8.5	8.0	9.0	-				
45-64 years	466	1,190,010	3.9	3.6	4.3	-				
65-84 years	115	496,381	2.3	1.9	2.7	-				
85+ years	34	70,205	4.8	3.2	6.5	-				
2009	587	871,721	6.7	6.2	7.3	-	6.9	6.3	7.4	-
2010	455	891,170	5.1	4.6	5.6	-	5.2	4.7	5.7	-
2011	426	900,918	4.7	4.3	5.2	-	4.8	4.4	5.3	-
2012	397	905,047	4.4	4.0	4.8	-	4.5	4.0	4.9	-
2013	386	906,644	4.3	3.8	4.7	-	4.3	3.9	4.7	-
Metro Health Region	2,251	4,475,500	5.0	4.8	5.2	-	5.1	4.9	5.4	-
New Mexico	4,626	10,371,635	4.5	4.3	4.6	-	4.6	4.5	4.8	-

Source: Hospital Inpatient Discharge Data, New Mexico Department of Health, Health Systems Epidemiology Program

ICD-9 Codes 292 & 304

* Age-adjusted to the U.S. 2000 standard population.

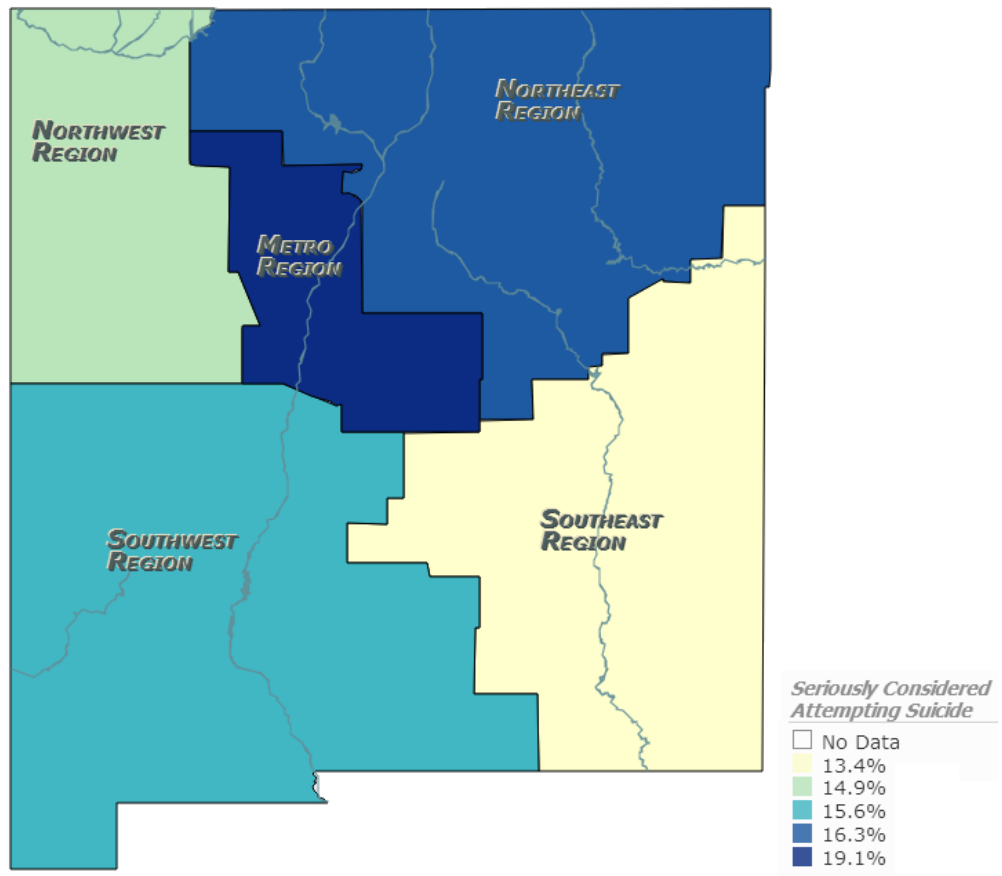
4 YOUTH SUICIDAL BEHAVIOR

4.1 YOUTH WHO SERIOUSLY CONSIDERED SUICIDE

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Seriously considering suicide is a form of suicidal ideation. The percentage of NM high school students seriously considering suicide decreased from 22.0% in 2001 to 15.6% in 2013. 2013 was the first year since the beginning of the YRRS that the NM percentage fell below the US percentage, although the NM rate (15.6%) is statistically similar to the US rate (17.0%) (DASH). In 2013, NM ranked 21st of the 41 states that asked this question in 2013.

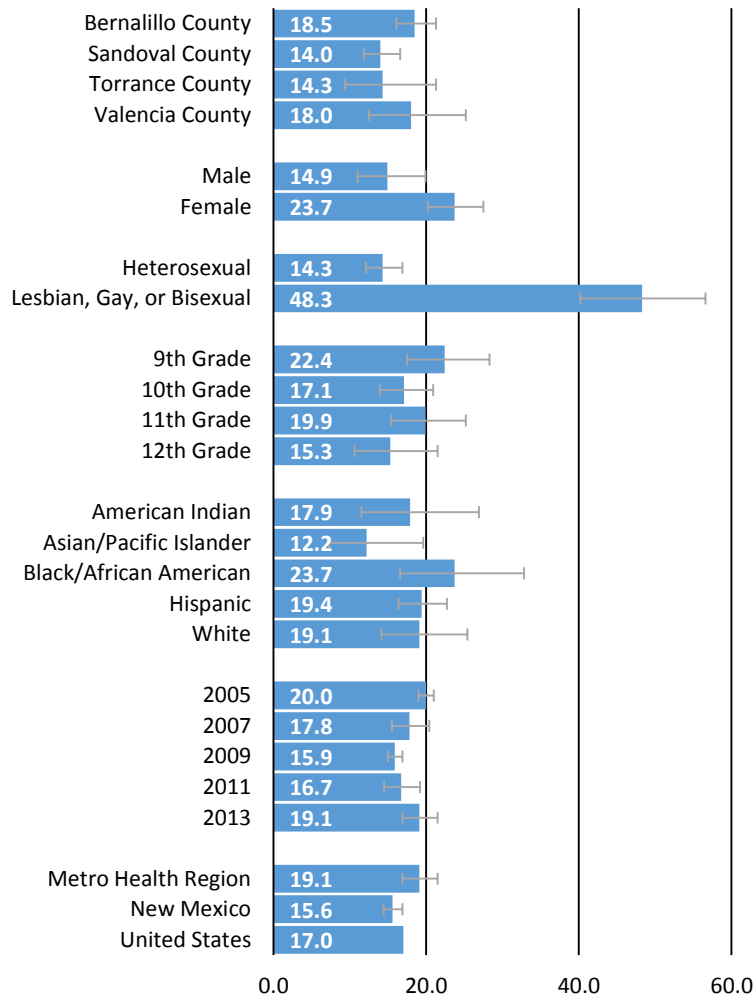
Students who had seriously considered suicide were identified by answering "Yes", to the question, "During the past 12 months, did you ever seriously consider attempting suicide?" More information: https://ibis.health.state.nm.us/indicator/view/MentHlthYouthSuicConsider.Year.NM_US.html.

Percentage of Students Who Considered Suicide in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Considered Suicide in the Past 12 Months

Metro Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

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Metro Health Region
Percentage of Students Who Considered Suicide in the Past 12 Months
2013

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	477	2,578	18.5	16.1	21.3	-
Sandoval County	221	1,519	14.0	11.8	16.6	-
Torrance County	42	329	14.3	9.4	21.3	-
Valencia County	84	465	18.0	12.5	25.2	-
Male	318	2,390	14.9	11.0	19.9	-
Female	526	2,349	23.7	20.2	27.5	-
Heterosexual	531	3843	14.3	12.1	16.9	-
Lesbian, Gay, or Bisexual	209	495	48.3	40.2	56.6	-
9th Grade	242	1,280	22.4	17.5	28.3	-
10th Grade	227	1,178	17.1	13.9	20.9	-
11th Grade	209	1,234	19.9	15.4	25.2	-
12th Grade	159	1,021	15.3	10.6	21.5	-
American Indian	115	618	17.9	11.5	26.9	-
Asian/Pacific Islander	20	129	12.2	7.3	19.6	Unstable
Black/African American	29	124	23.7	16.6	32.8	-
Hispanic	444	2,547	19.4	16.4	22.7	-
White	223	1,259	19.1	14.1	25.4	-
2005	1,827	9,265	20.0	19.0	21.0	-
2007	355	2,025	17.8	15.5	20.4	-
2009	1,608	9,920	15.9	15.0	16.9	-
2011	764	4,938	16.7	14.5	19.2	-
2013	844	4,749	19.1	16.9	21.5	-
Metro Health Region	844	4,749	19.1	16.9	21.5	-
New Mexico	858	5,430	15.6	14.4	16.9	-
United States		13,491	17.0	15.8	18.2	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who seriously considered attempting suicide during the past 12 months.

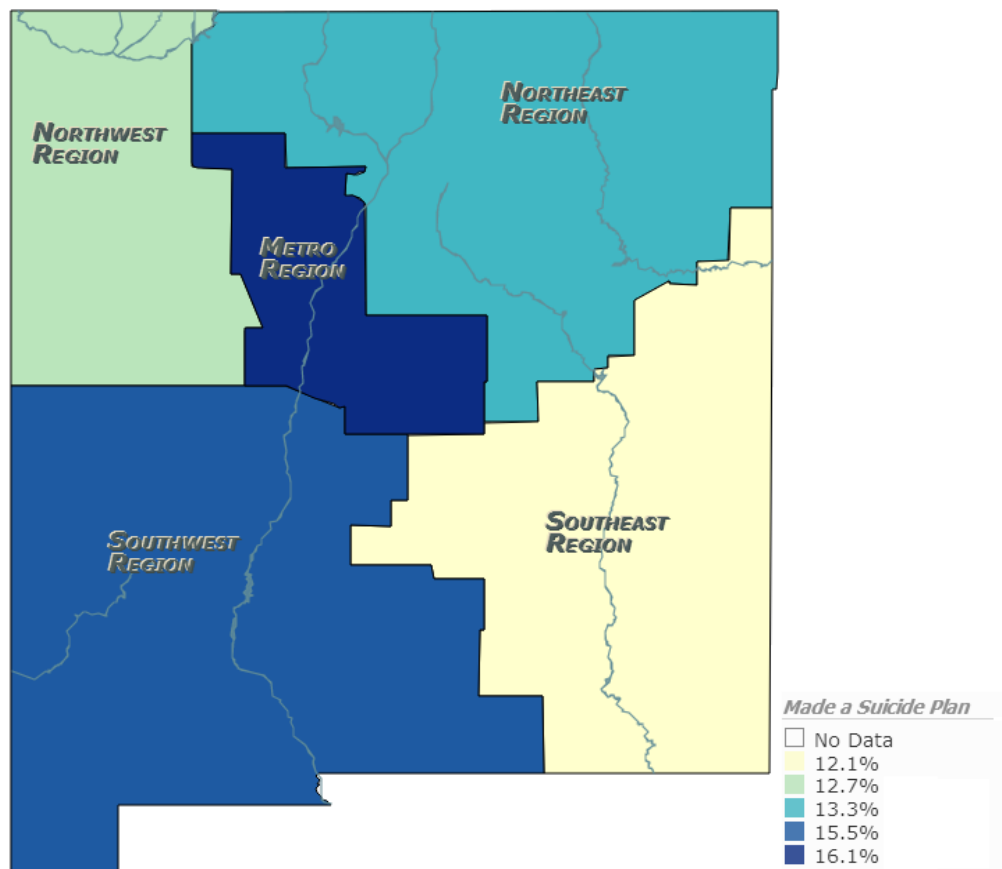
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.2 YOUTH WHO MADE A SUICIDE PLAN

Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Making a suicide plan is a form of suicidal ideation. In 2013, 13.7% of high school students in NM made a suicide plan, similar to the US prevalence (13.6%) (DASH). NM ranked 14th of 39 states that asked this question in 2013.

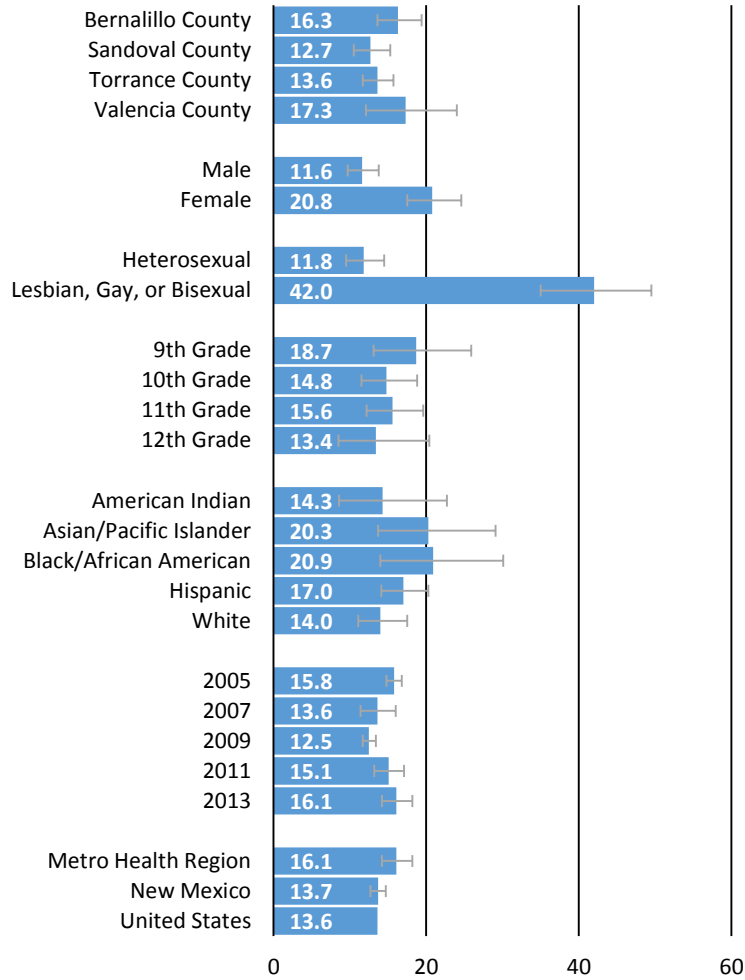
Students who had made plans to attempt suicide were identified by answering “Yes” to the question “During the past 12 months, did you make a plan about how you would attempt suicide?”

Percentage of Students Who Made a Suicide Plan in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Made a Suicide Plan in the Past 12 Months

Metro Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

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Metro Health Region
Percentage of Students Who Made a Suicide Plan in the Past 12 Months
2013

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	397	2,584	16.3	13.6	19.4	-
Sandoval County	200	1,520	12.7	10.5	15.3	-
Torrance County	43	329	13.6	11.7	15.7	-
Valencia County	78	466	17.3	12.1	24.0	-
Male	277	2,392	11.6	9.7	13.8	-
Female	435	2,351	20.8	17.5	24.6	-
Heterosexual	432	3846	11.8	9.5	14.5	-
Lesbian, Gay, or Bisexual	185	494	42.0	35.0	49.5	-
9th Grade	213	1,285	18.7	13.1	25.9	-
10th Grade	201	1,178	14.8	11.5	18.8	-
11th Grade	158	1,233	15.6	12.2	19.6	-
12th Grade	131	1,021	13.4	8.5	20.4	-
American Indian	98	617	14.3	8.6	22.7	-
Asian/Pacific Islander	23	128	20.3	13.7	29.1	-
Black/African American	27	124	20.9	14.0	30.1	-
Hispanic	379	2,551	17.0	14.1	20.3	-
White	174	1,261	14.0	11.1	17.5	-
2005	1,440	9,245	15.8	14.8	16.8	-
2007	270	2,015	13.6	11.4	16.0	-
2009	1,264	9,917	12.5	11.7	13.4	-
2011	672	4,937	15.1	13.2	17.1	-
2013	714	4,753	16.1	14.2	18.2	-
Metro Health Region	714	4,753	16.1	14.2	18.2	-
New Mexico	766	5,433	13.7	12.7	14.7	-
United States		13,485	13.6	12.3	15.0	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who made a plan about how they would attempt suicide during the past 12 months.

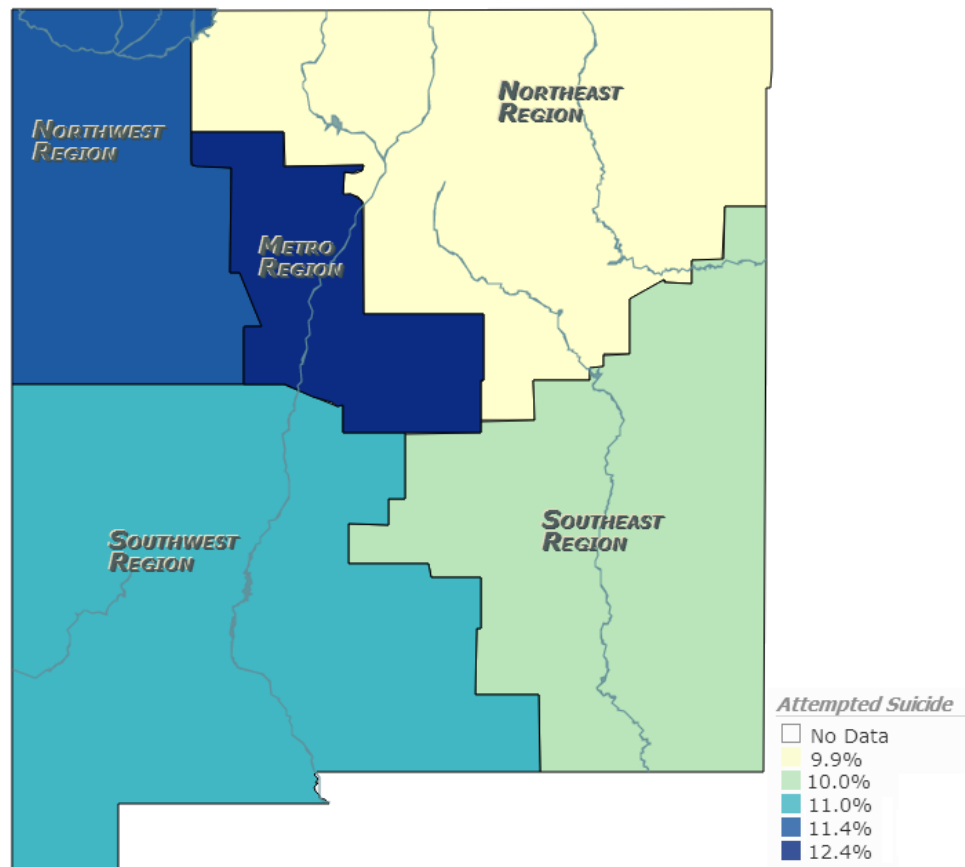
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.3 YOUTH WHO ATTEMPTED SUICIDE

According to the National Center for Health Statistics (NCHS), suicide was the second leading cause of death in NM and in the US for youth between the ages of 10 and 24 in 2013. While girls are more likely than boys to attempt suicide, boys are more likely than girls to die of suicide. A previous suicide attempt is among the strongest risk factors for completed suicide. The percentage of US high school students who attempted suicide has remained relatively stable, while the NM rate has decreased from 12.9% in 2001 to 9.4% in 2013 (DASH). In 2013, the NM rate (9.4%) was similar to the US rate (8.0%), and NM ranked 14th of the 40 states that asked this question in the YRBSS.

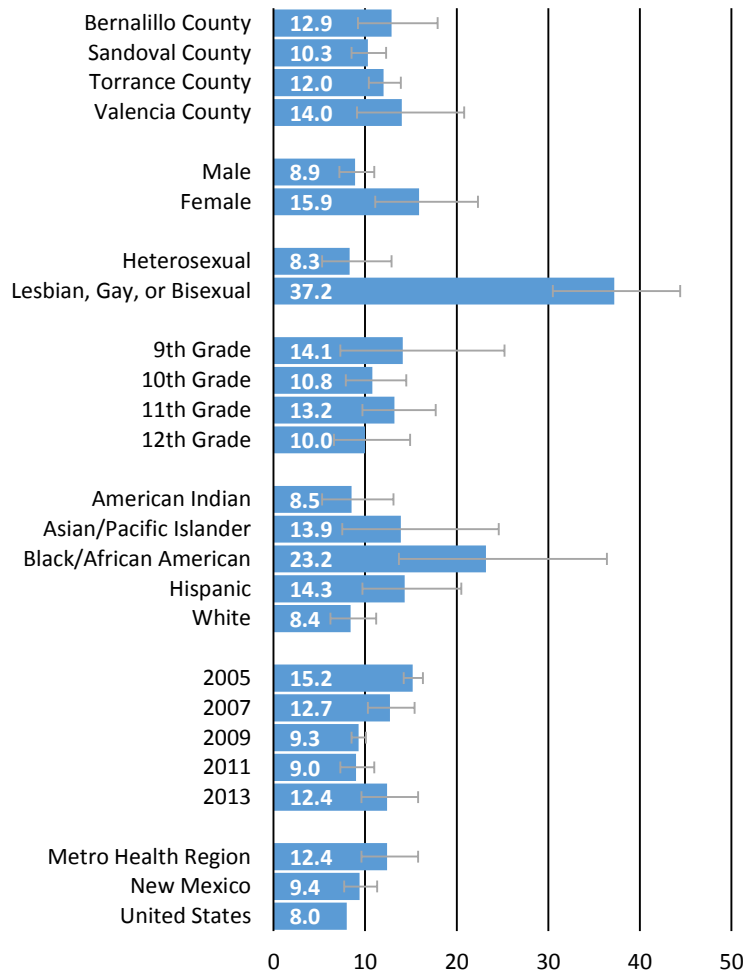
Students who attempted suicide were identified by answering one or more to the question, “During the past 12 months, how many times did you actually attempt suicide?” More information: https://ibis.health.state.nm.us/indicator/view/MentHlthYouthSuicAtt.Year.NM_US.html.

Percentage of Students Who Attempted Suicide in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Who Attempted Suicide in the Past 12 Months

Metro Health Region
2013



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

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Metro Health Region**Percentage of Students Who Attempted Suicide in the Past 12 Months****2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	251	2,282	12.9	9.2	17.9	-
Sandoval County	130	1,344	10.3	8.5	12.3	-
Torrance County	31	290	12.0	10.4	13.9	-
Valencia County	51	395	14.0	9.1	20.8	-
Male	188	2,048	8.9	7.2	11.0	-
Female	285	2,086	15.9	11.1	22.3	-
Heterosexual	259	3385	8.3	5.3	12.9	-
Lesbian, Gay, or Bisexual	145	432	37.2	30.5	44.4	-
9th Grade	135	1,087	14.1	7.3	25.2	Unstable
10th Grade	127	1,041	10.8	7.9	14.5	-
11th Grade	111	1,077	13.2	9.7	17.7	-
12th Grade	90	903	10.0	6.6	14.9	-
American Indian	71	494	8.5	5.3	13.1	-
Asian/Pacific Islander	15	109	13.9	7.5	24.6	Unstable
Black/African American	26	109	23.2	13.7	36.4	-
Hispanic	257	2,200	14.3	9.7	20.5	-
White	93	1,175	8.4	6.2	11.2	-
2005	1062	7646	15.2	14.2	16.3	-
2007	204	1657	12.7	10.3	15.4	-
2009	801	8498	9.3	8.5	10.1	-
2011	385	4232	9.0	7.3	11.0	-
2013	474	4140	12.4	9.6	15.8	-
Metro Health Region	474	4,140	12.4	9.6	15.8	-
New Mexico	447	4,750	9.4	7.7	11.3	-
United States		11,982	8.0	7.2	8.9	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who actually attempted suicide one or more times during the past 12 months.

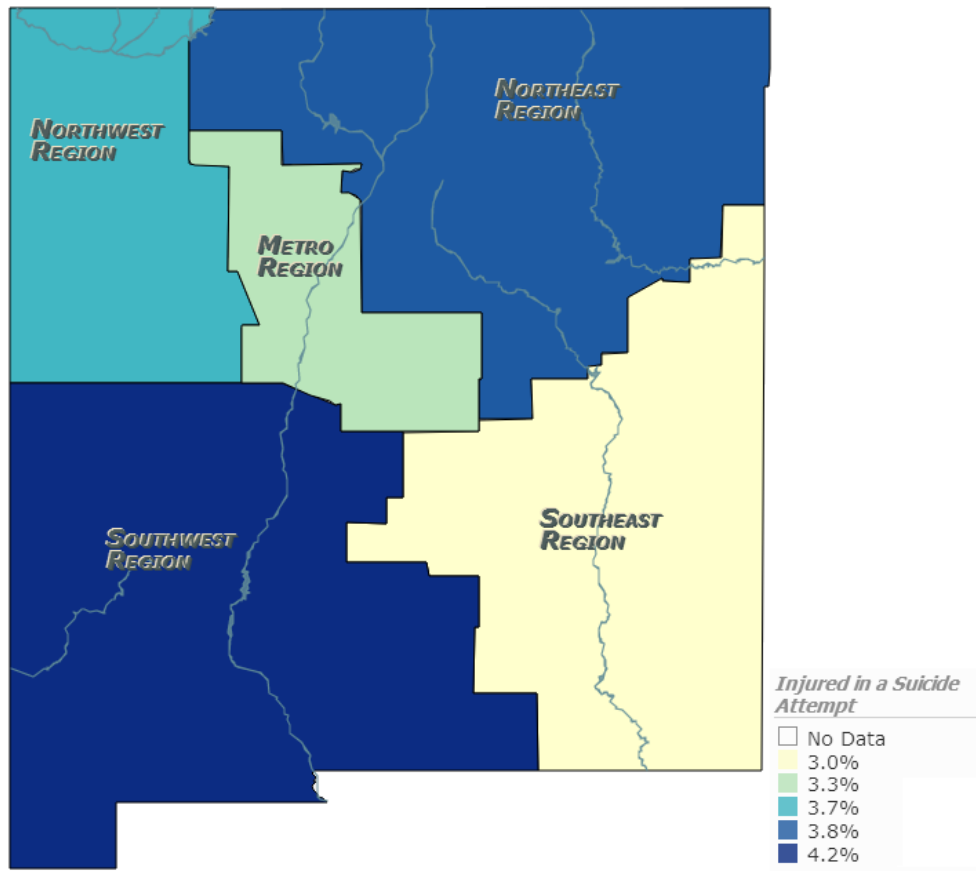
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.4 YOUTH INJURED IN A SUICIDE ATTEMPT

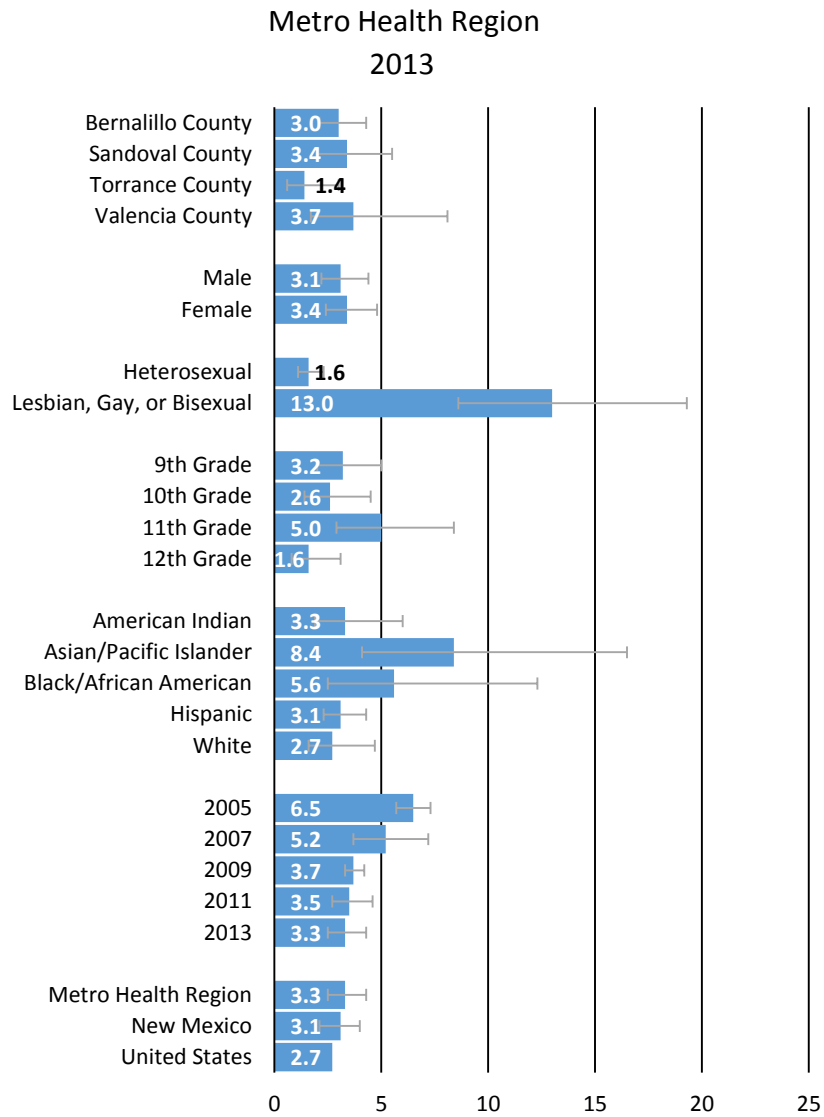
The prevalence of high school students who were injured during a suicide attempt is a Healthy People 2020 Mental Health indicator. In 2013, 3.1% of NM high school students reported being injured in a suicide attempt. This is similar to the 2013 US prevalence of injuries in suicide attempts (2.7%) (DASH). NM ranked 17th of 34 states that asked this question in 2013.

Students who were injured in a suicide attempt were identified by answering “Yes” to the question “If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?”

Percentage of Students Injured in a Suicide Attempt in the Past 12 Months by Health Region, New Mexico, 2013



Percentage of Students Injured in a Suicide Attempt in the Past 12 Months



Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention. Division of Adolescent and School Health.

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Metro Health Region**Percentage of Students Injured in a Suicide Attempt in the Past 12 Months****2013**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	78	2,271	3.0	2.1	4.3	-
Sandoval County	36	1,343	3.4	2.0	5.5	Unstable
Torrance County	5	290	1.4	0.6	3.0	Very Unstable
Valencia County	15	393	3.7	1.7	8.1	Very Unstable
Male	64	2,039	3.1	2.2	4.4	-
Female	81	2,077	3.4	2.4	4.8	-
Heterosexual	67	3375	1.6	1.1	2.3	-
Lesbian, Gay, or Bisexual	49	430	13.0	8.6	19.3	-
9th Grade	44	1,082	3.2	2.0	5.0	-
10th Grade	37	1,038	2.6	1.4	4.5	Unstable
11th Grade	33	1,070	5.0	2.9	8.4	Unstable
12th Grade	26	902	1.6	0.8	3.1	Unstable
American Indian	27	489	3.3	1.9	6.0	Unstable
Asian/Pacific Islander	8	108	8.4	4.1	16.5	Unstable
Black/African American	9	108	5.6	2.5	12.3	Very Unstable
Hispanic	69	2,196	3.1	2.3	4.3	-
White	27	1,168	2.7	1.6	4.7	Unstable
2005	436	7,582	6.5	5.7	7.3	-
2007	78	1,654	5.2	3.7	7.2	-
2009	312	8,347	3.7	3.3	4.2	-
2011	143	4,212	3.5	2.7	4.6	-
2013	146	4,122	3.3	2.5	4.3	-
Metro Health Region	146	4,122	3.3	2.5	4.3	-
New Mexico	151	4,727	3.1	2.1	4.0	-
United States		11,750	2.7	2.3	3.1	-

Source: New Mexico Youth Risk and Resiliency Survey, New Mexico Department of Health and Public Education Department and National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, Division of Adolescent and School Health.

Percentage of students who actually attempted suicide one or more times during the past 12 months.

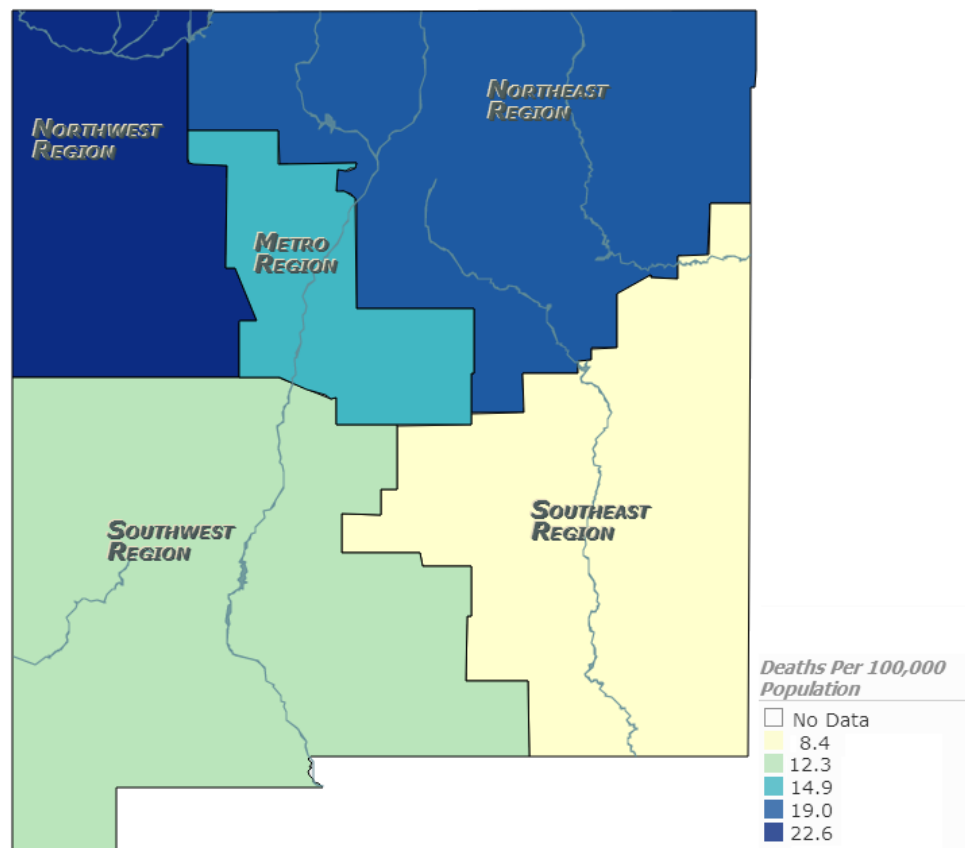
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

4.5 YOUTH SUICIDE

Adolescent suicide is a public health problem of considerable magnitude in New Mexico. Suicide was the second leading cause of death in NM youth 10-24 years of age in 2013, with 62 deaths reported that year (NCHS). Mental disorders increase the risk for both attempted and completed suicide. American Indian/Alaskan Native youth have higher rates of suicide-related fatalities than Hispanic or White youth in NM. Other risk factors for completed suicide among youth include substance abuse, a family history of suicidal behavior, parental psychiatric disorders, stressful life events, and access to firearms. From 1999 to 2013, the youth suicide rate in NM has remained stable while the US rate has increased slightly (NCHS). From 2009 to 2013, the youth suicide rate in NM (14.9 per 100,000) was 91% higher than the US rate (7.8 per 100,000). In 2013, NM ranked sixth among the 50 states for suicides among adolescents (10-24 years), and has ranked among the top 10 states since 1995.

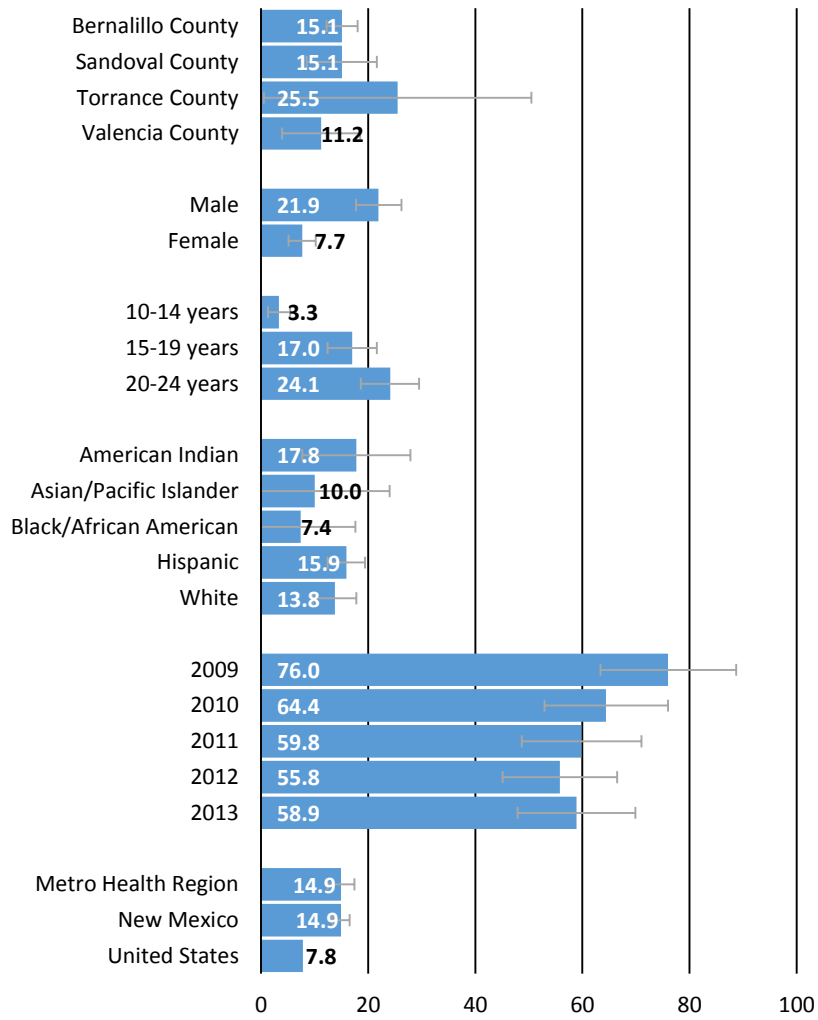
Suicides are recorded in the BVRHS dataset with the International Classification of Diseases, version 10 (ICD-10) codes X60-X84, Y87.0, and *U03. Suicides between the ages of 10 and 24 years were included in the youth suicide indicator. Sexual orientation data are not reported on death certificates. More information: https://ibis.health.state.nm.us/indicator/view/SuicDeathYouth.Year.NM_US.html.

**Suicides per 100,000 Population, Youth Age 10-24 Years
by Health Region, New Mexico, 2013**



Suicides per 100,000 Population,
Youth Age 10-24 Years

Metro Health Region
2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

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Metro Health Region
Suicides per 100,000 Population, Youth Age 10-24 Years
2009-2013

	Number of Deaths	Person-Years	Crude Rate	LCL	UCL	Statistical Stability
Bernalillo County	105	695,730	15.1	12.2	18.0	-
Sandoval County	20	132,833	15.1	8.5	21.6	-
Torrance County	4	15,680	25.5	0.5	50.5	Unstable
Valencia County	9	80,594	11.2	3.9	18.5	Unstable
Male	103	469,770	21.9	17.7	26.2	-
Female	35	455,068	7.7	5.1	10.2	-
10-14 years	10	302,215	3.3	1.3	5.4	Unstable
15-19 years	53	310,986	17.0	12.4	21.6	-
20-24 years	75	311,637	24.1	18.6	29.5	-
American Indian	12	67,435	17.8	7.7	27.9	-
Asian/Pacific Islander	2	19,892	10.0	0.0	24.0	Very Unstable
Black/African American	2	27,185	7.4	0.0	17.6	Very Unstable
Hispanic	78	490,216	15.9	12.4	19.4	-
White	44	320,109	13.8	9.7	17.8	-
2009	138	181,486	76.0	63.4	88.7	-
2010	119	184,676	64.4	52.9	76.0	-
2011	111	185,522	59.8	48.7	71.0	-
2012	104	186,364	55.8	45.1	66.5	-
2013	110	186,790	58.9	47.9	69.9	-
Metro Health Region	138	924,837	14.9	12.4	17.4	-
New Mexico	324	2,172,323	14.9	13.3	16.5	-
United States	25,043	322,261,738	7.8	7.7	7.9	-

Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics and Centers for Disease Control and Prevention, National Center for Health Statistics.

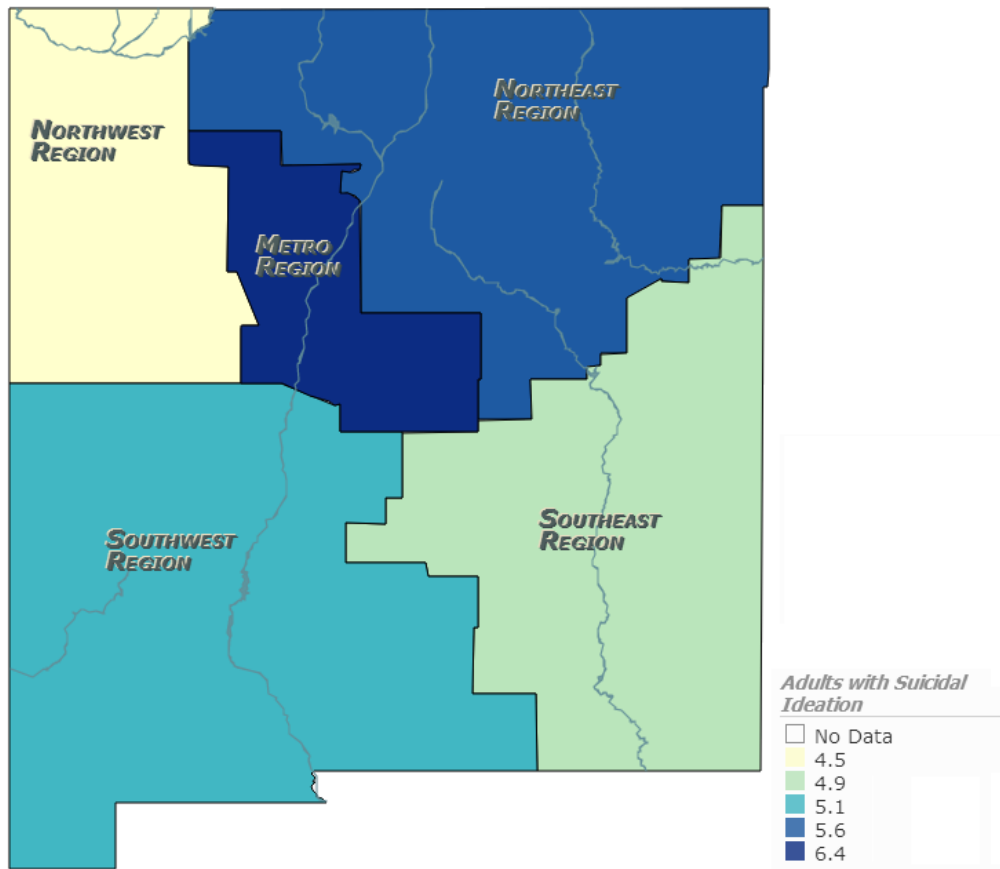
5 SUICIDAL BEHAVIOR

5.1 ADULT SUICIDAL IDEATION

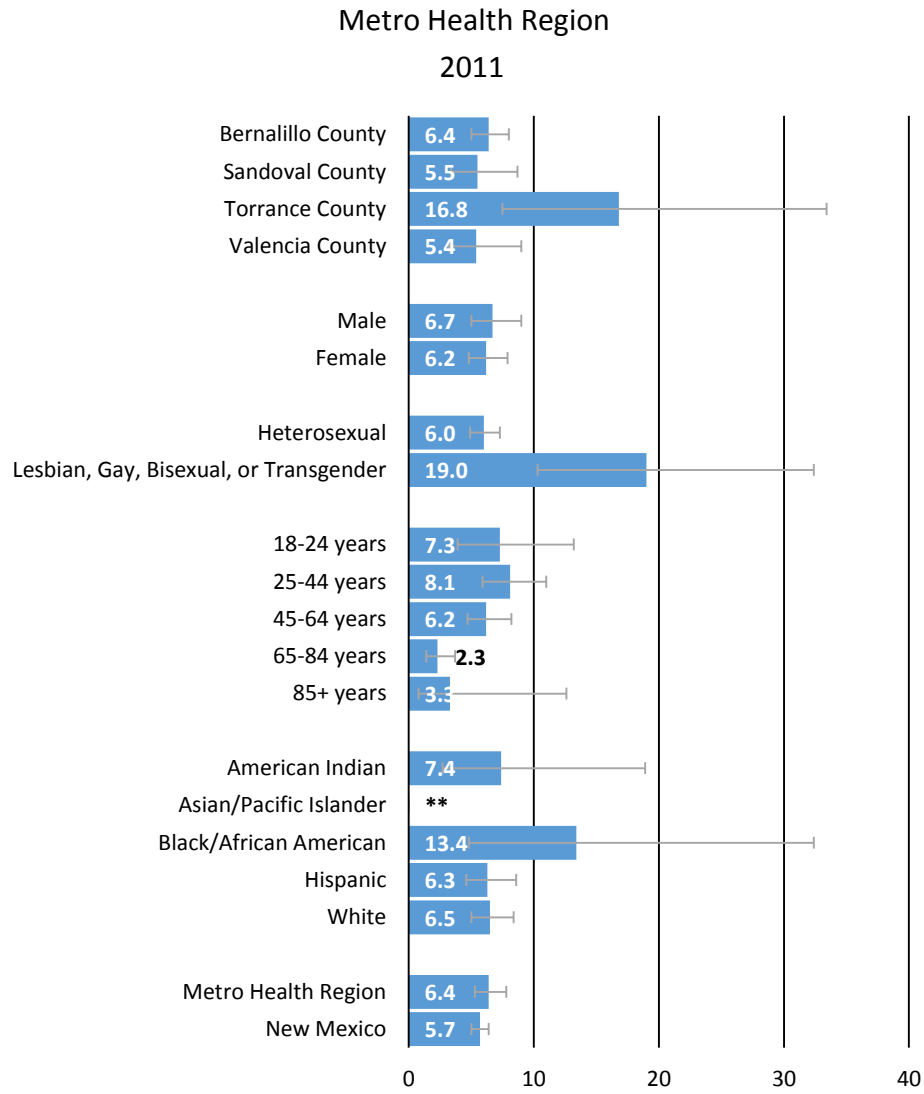
Suicidal ideation refers to thoughts of suicide or wanting to take one's own life, and is a risk factor for suicide or attempted suicide. Thinking about committing suicide is a form of suicidal ideation. Each year, approximately 58,000 adults in NM (3.8%) and 9,196,000 adults in the US (3.9%) seriously consider suicide (SAMHSA). New Mexico was one of the ten states with the lowest prevalence for serious suicide consideration among adults 2012-2013. According to the 2011 BRFSS, the prevalence of thinking about suicide among adults was 5.7% in 2011.

The suicidal behavior module was added to the 2011 BRFSS. Adults with suicidal ideation were identified by answering “Yes” to the question “In the past year, have you felt so low at times that you thought about committing suicide?” US data are not available because this BRFSS module was optional. For some regions, sexual orientation data are not available due to the low number of respondents.

Percentage of Adults with Suicidal Ideation in Last 12 Months by Health Region, New Mexico, 2011



Percentage of Adults with Suicidal Ideation in Last 12 Months



Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

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Metro Health Region**Percentage of Adults with Suicidal Ideation in Last 12 Months
2011**

	Number of Deaths	Sample Size	Crude Rate	LCL	UCL	Statistical Stability
Bernalillo County	97	1,692	6.4	5.0	8.0	-
Sandoval County	30	680	5.5	3.4	8.7	-
Torrance County	8	78	16.8	7.5	33.4	Very Unstable
Valencia County	24	451	5.4	3.2	9.0	Unstable
Male	69	1,182	6.7	5.0	9.0	-
Female	90	1,719	6.2	4.8	7.9	-
Heterosexual	142	2764	6.0	4.9	7.3	-
Lesbian, Gay, Bisexual, or Transgender	13	76	19.0	10.3	32.4	Unstable
18-24 years	11	139	7.3	3.9	13.2	Unstable
25-44 years	53	728	8.1	5.9	11.0	-
45-64 years	72	1,181	6.2	4.7	8.2	-
65-84 years	20	766	2.3	1.4	3.7	Unstable
85+ years	2	67	3.3	0.8	12.6	Very Unstable
American Indian	4	114	7.4	2.7	18.9	Very Unstable
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	4	55	13.4	4.8	32.4	Very Unstable
Hispanic	53	961	6.3	4.6	8.6	-
White	94	1,670	6.5	5.0	8.4	-
Metro Health Region	159	2,901	6.4	5.3	7.8	-
New Mexico	413	8,422	5.7	5.0	6.4	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

Has there been a time in the past 12 months when you thought of taking your own life?

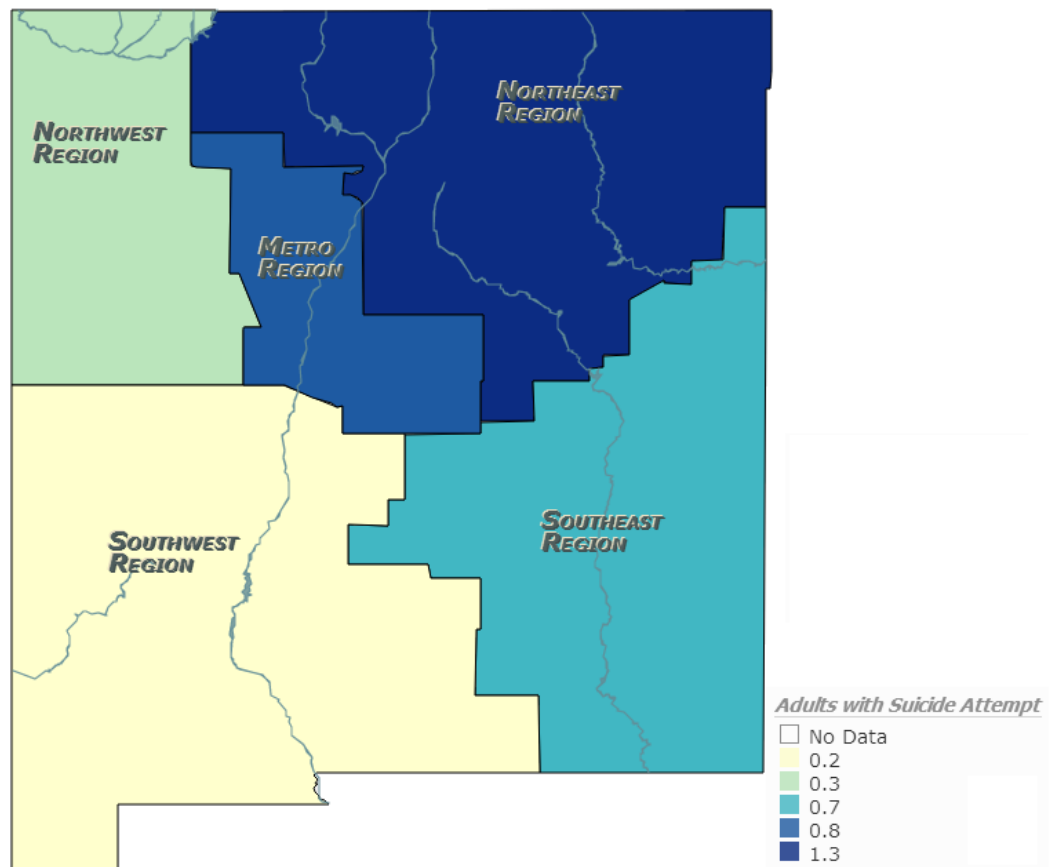
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

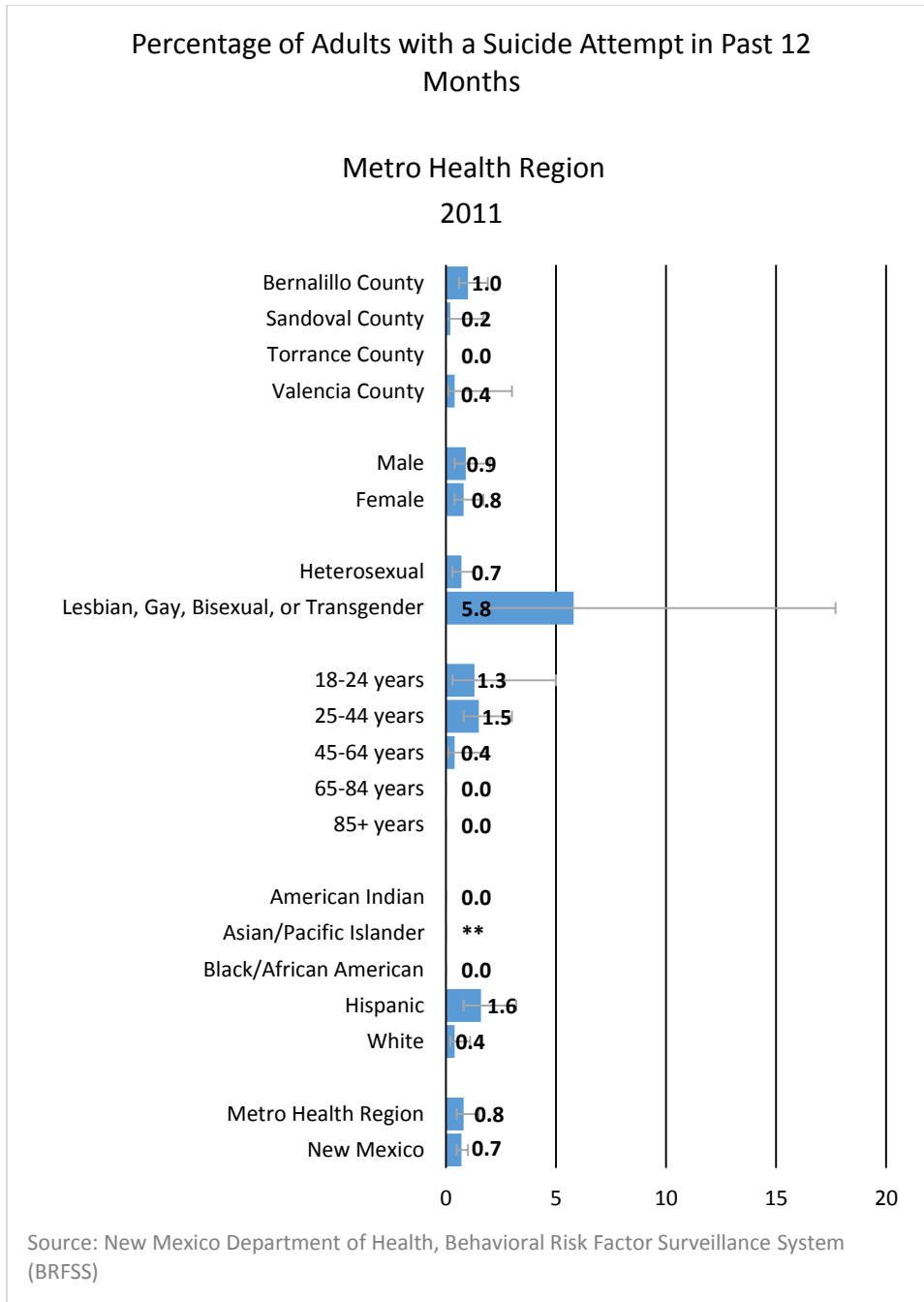
5.2 ADULT SUICIDE ATTEMPTS

A previous suicide attempt is among the strongest risk factors for completed suicide. In 2011, 0.7% of NM adults reported that they had attempted suicide in the past 12 months.

The suicidal behavior module was added to the 2011 BRFSS. Adults with a history of suicide attempt were identified by answering “Yes” to the question “In the past year, have you attempted suicide?” US data are not available because this BRFSS module was optional. For some regions, sexual orientation data are not available due to the low number of respondents.

Percentage of Adults with a Suicide Attempt in Past 12 Months by Health Region, New Mexico, 2011





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Metro Health Region**Percentage of Adults with a Suicide Attempt in Past 12 Months****2011**

	Count	Sample Size	Percentage	LCL	UCL	Statistical Stability
Bernalillo County	12	1,695	1.0	0.6	1.9	Unstable
Sandoval County	1	679	0.2	0.0	1.7	Very Unstable
Torrance County	0	78	0.0	-	-	No Variance
Valencia County	1	451	0.4	0.1	3.0	Very Unstable
Male	6	1,186	0.9	0.4	2.0	Very Unstable
Female	8	1,717	0.8	0.4	1.7	Very Unstable
Heterosexual	11	2767	0.7	0.3	1.3	Unstable
Lesbian, Gay, Bisexual, or Transgender	3	75	5.8	1.7	17.7	Very Unstable
18-24 years	2	140	1.3	0.3	5.0	Very Unstable
25-44 years	10	726	1.5	0.8	3.0	Very Unstable
45-64 years	2	1,183	0.4	0.1	1.9	Very Unstable
65-84 years	0	767	0.0	-	-	No Variance
85+ years	0	67	0.0	-	-	No Variance
American Indian	0	114	0.0	-	-	No Variance
Asian/Pacific Islander	**	**	**	**	**	n/a
Black/African American	0	55	0.0	-	-	No Variance
Hispanic	9	960	1.6	0.8	3.2	Very Unstable
White	5	1,673	0.4	0.2	1.1	Very Unstable
Metro Health Region	14	2,903	0.8	0.5	1.5	Unstable
New Mexico	40	8,423	0.7	0.5	1.0	-

Source: New Mexico Department of Health, Behavioral Risk Factor Surveillance System (BRFSS)

During the past 12 months, did you attempt to commit suicide?

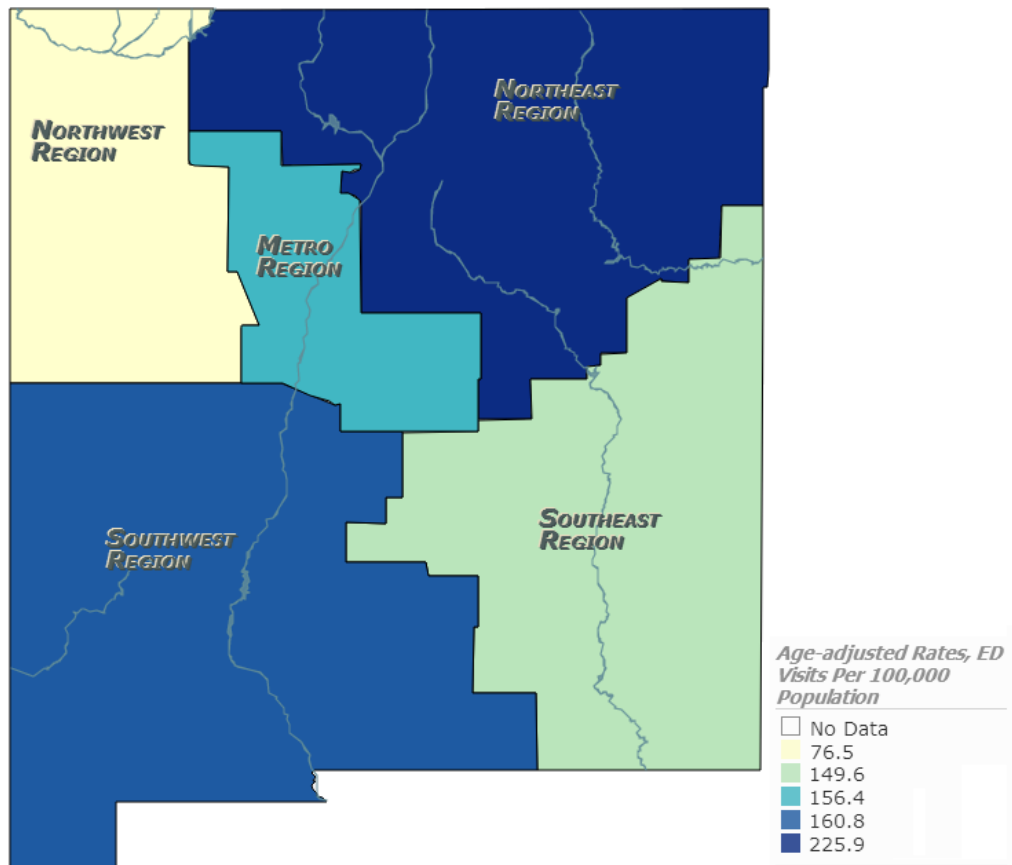
** The values in these cells have been suppressed because there were fewer than 50 survey responses.

5.3 EMERGENCY DEPARTMENT ENCOUNTERS FOR SELF INJURY

In New Mexico, suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality. In 2013, suicide was the eighth leading cause of all death in New Mexico, and the second leading cause of death among youth and adults 15-44 years (NCHS). In 2013 suicide accounted for 9.8% of the total Years of Potential Life Lost (YPLL) in NM among those under 65 years of age. In a survey of the fifty states and the District of Columbia 2012-2013, NM ranked fifth of 51 for suicide deaths, and has ranked among the top 10 since 1997. The age-adjusted rate of suicide attempts resulting in emergency room visits has remained relatively stable from 2010 to 2013. From 2010 to 2013, there were 150 visits to the emergency room following self injury for every 100,000 New Mexico residents.

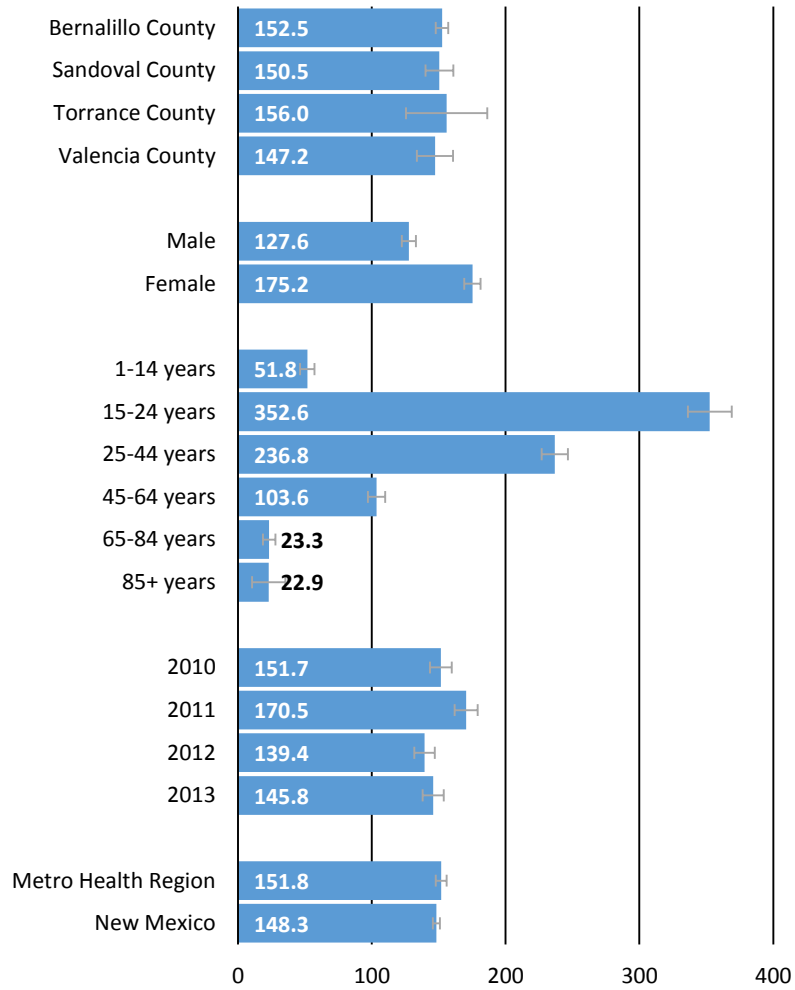
Emergency department visits for intentional self injury include primary diagnoses of ICD-9 codes E950-E959. Hospital discharges for mood disorders include inpatient hospital records with a primary diagnosis of Sexual orientation data are not submitted to the ED dataset. Race/ethnicity data are not reported due to the high prevalence of missing entries. Comparable US ED data are not available for this timeframe.

Emergency Department Encounters for Intentional Self Harm per 100,000 Population by Health Region, New Mexico, 2010-2013



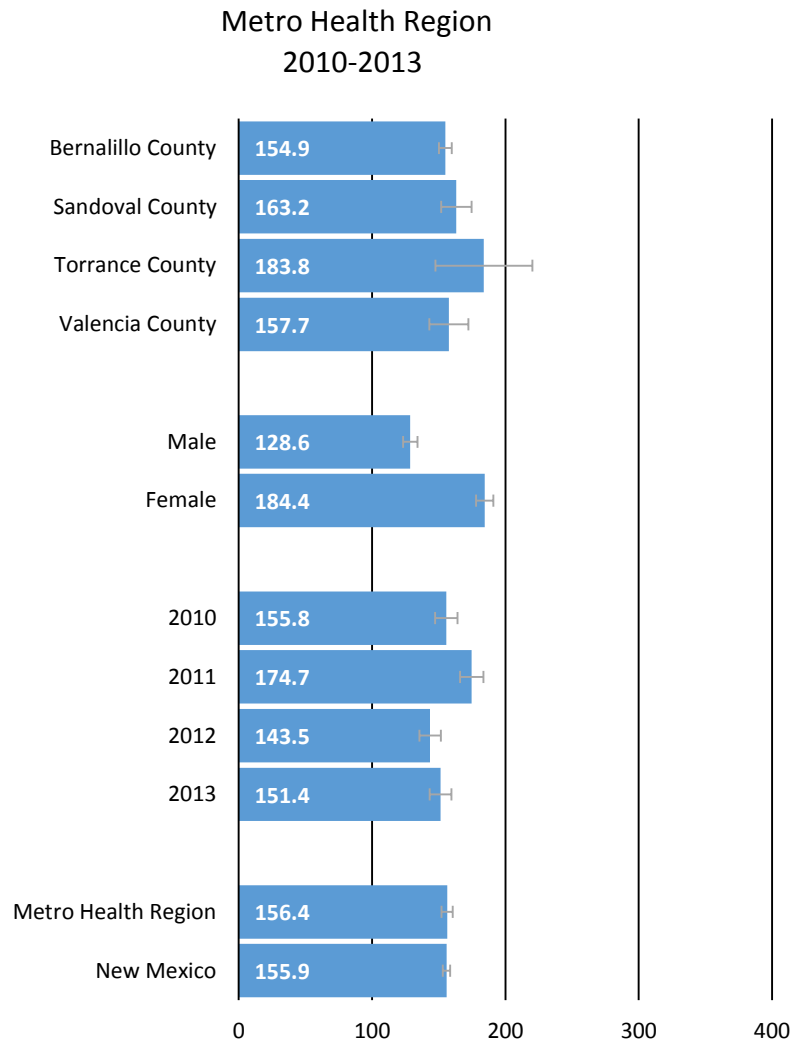
Emergency Department Encounters for Intentional Self Harm per 100,000 Population

Metro Health Region
2010-2013



Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program

Emergency Department Encounters for Intentional Self Harm per 100,000 Population *



Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program

* Age-adjusted to the U.S. 2000 standard population.

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**Metro Health Region
Emergency Department Encounters for Intentional Self Harm per 100,000 Population
2010-2013**

	Number of Encounters	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Bernalillo County	4,104	2,690,503	152.5	147.9	157.2	-	154.9	150.1	159.7	-
Sandoval County	813	540,055	150.5	140.2	160.9	-	163.2	151.9	174.6	-
Torrance County	101	64,741	156.0	125.6	186.4	-	183.8	147.5	220.2	-
Valencia County	454	308,480	147.2	133.6	160.7	-	157.7	143.0	172.3	-
Male	2,258	1,769,193	127.6	122.4	132.9	-	128.6	123.3	134.0	-
Female	3,214	1,834,586	175.2	169.1	181.2	-	184.4	178.0	190.9	-
1-14 years	354	683,672	51.8	46.4	57.2	-				
15-24 years	1,766	500,813	352.6	336.2	369.0	-				
25-44 years	2,250	950,099	236.8	227.0	246.6	-				
45-64 years	995	960,285	103.6	97.2	110.0	-				
65-84 years	94	403,341	23.3	18.6	28.0	-				
85+ years	13	56,682	22.9	10.5	35.4	-				
2010	1,352	891,170	151.7	143.6	159.8	-	155.8	147.4	164.2	-
2011	1,536	900,918	170.5	162.0	179.0	-	174.7	165.9	183.5	-
2012	1,262	905,047	139.4	131.8	147.1	-	143.5	135.5	151.5	-
2013	1,322	906,644	145.8	138.0	153.7	-	151.4	143.1	159.6	-
Metro Health Region	5,472	3,603,779	151.8	147.8	155.9	-	156.4	152.2	160.5	-
New Mexico	12,359	8,335,512	148.3	145.7	150.9	-	155.9	153.1	158.6	-

Source: Emergency Department Data, New Mexico Department of Health, Health Systems Epidemiology Program

ICD-9 Codes E950-E959

* Age-adjusted to the U.S. 2000 standard population.

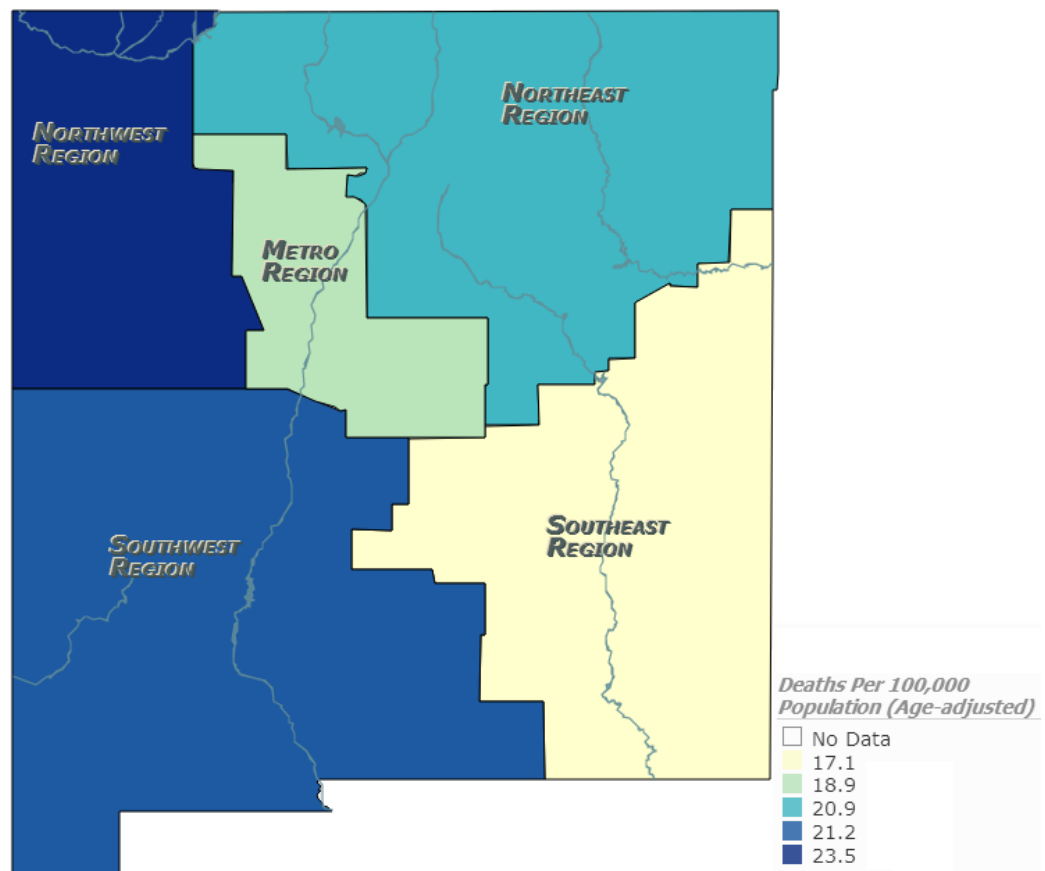
5.4 SUICIDE

In NM, suicidal behaviors are a serious public health problem and a major cause of morbidity and mortality. In 2013, suicide was the eighth leading cause of all death in NM, and the second leading cause of death for all age groups 15-44 years (NCHS). From 2009 to 2013, suicide accounted for an average of 8,898 YPLL per year in NM. Over the last 15 years, suicide rates have increased slightly in NM and the US (NCHS). The suicide rate in NM has consistently been 1.5-2 times the US rate. In 2013, the age-adjusted suicide rate in NM was 59% higher than the US age-adjusted rate. In a 2012-2013 survey of the fifty states and the District of Columbia, NM ranked fifth for suicides, and has ranked among the top 10 states since 1997.

Suicides are recorded in the BVRHS dataset with the International Classification of Diseases, version 10 (ICD-10) codes X60-X84, Y87.0, and *U03. Sexual orientation data are not reported on death certificates. More information:

https://ibis.health.state.nm.us/indicator/view/SuicDeath.Year.NM_US.html.

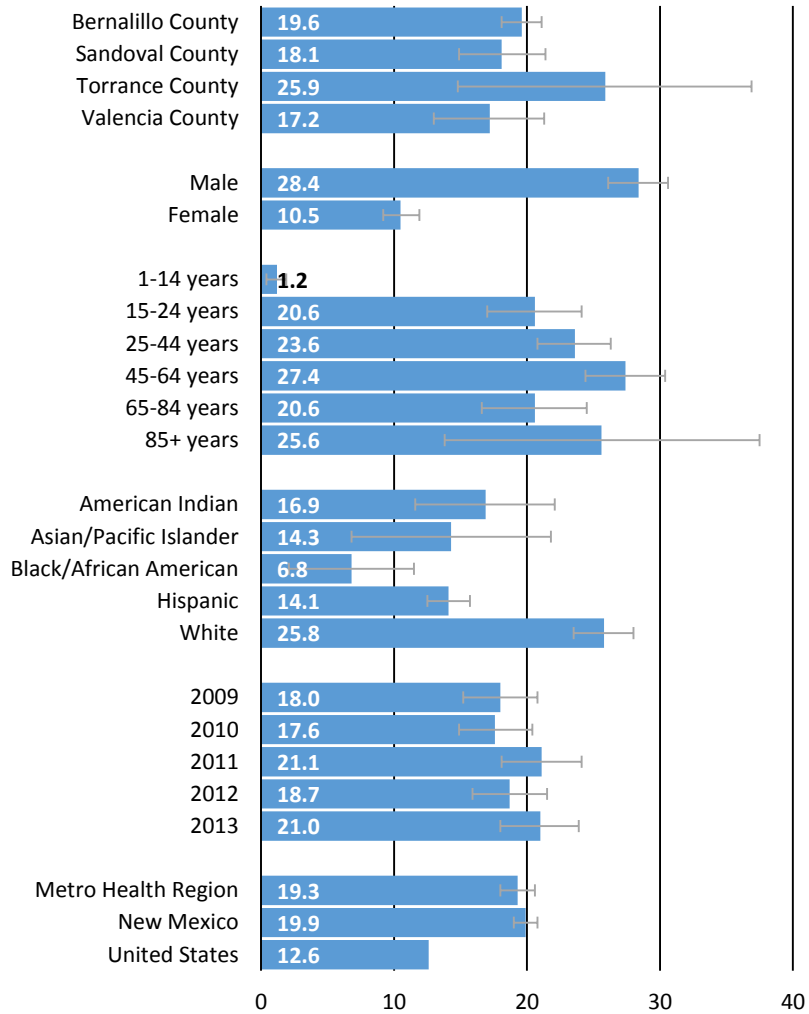
Suicides per 100,000 Population by Health Region, New Mexico, 2009-2013



Suicides per 100,000 Population

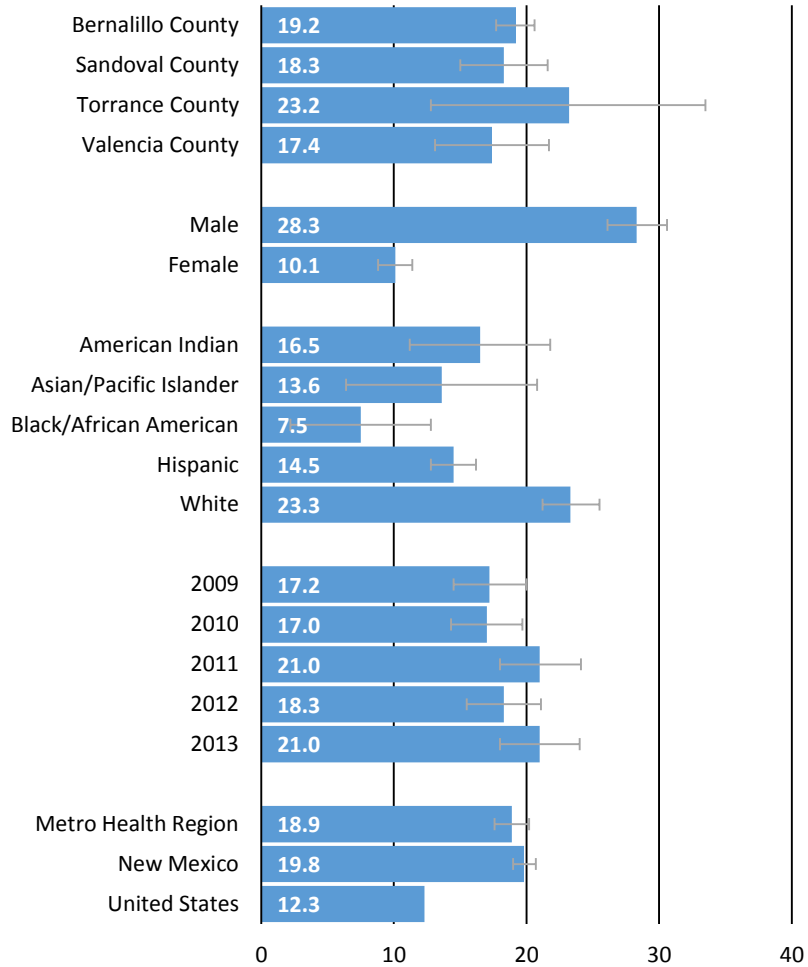
Metro Health Region

2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

Suicides per 100,000 Population Metro Health Region * 2009-2013



Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics.

* Age-adjusted to the U.S. 2000 standard population.

**Metro Health Region
Suicides per 100,000 Population
2009-2013**

	Number of Deaths	Person-Years	Crude Rate	LCL	UCL	Statistical Stability	AA Rate*	LCL	UCL	Statistical Stability
Bernalillo County	655	3,342,655	19.6	18.1	21.1	-	19.2	17.7	20.6	-
Sandoval County	121	667,569	18.1	14.9	21.4	-	18.3	15.0	21.6	-
Torrance County	21	81,186	25.9	14.8	36.9	-	23.2	12.8	33.5	-
Valencia County	66	384,090	17.2	13.0	21.3	-	17.4	13.1	21.7	-
Male	623	2,197,528	28.4	26.1	30.6	-	28.3	26.1	30.6	-
Female	240	2,277,973	10.5	9.2	11.9	-	10.1	8.8	11.4	-
1-14 years	10	851,294	1.2	0.4	1.9	Unstable				
15-24 years	128	622,623	20.6	17.0	24.1	-				
25-44 years	279	1,184,166	23.6	20.8	26.3	-				
45-64 years	326	1,190,010	27.4	24.4	30.4	-				
65-84 years	102	496,381	20.6	16.6	24.5	-				
85+ years	18	70,205	25.6	13.8	37.5	-				
American Indian	40	236,916	16.9	11.6	22.1	-	16.5	11.2	21.8	-
Asian/Pacific Islander	14	97,782	14.3	6.8	21.8	-	13.6	6.4	20.8	-
Black/African American	8	117,471	6.8	2.1	11.5	Unstable	7.5	2.2	12.8	Unstable
Hispanic	295	2,093,097	14.1	12.5	15.7	-	14.5	12.8	16.2	-
White	497	1,930,234	25.8	23.5	28.0	-	23.3	21.2	25.5	-
2009	157	871,721	18.0	15.2	20.8	-	17.2	14.5	20.0	-
2010	157	891,170	17.6	14.9	20.4	-	17.0	14.3	19.7	-
2011	190	900,918	21.1	18.1	24.1	-	21.0	18.0	24.1	-
2012	169	905,047	18.7	15.9	21.5	-	18.3	15.5	21.1	-
2013	190	906,644	21.0	18.0	23.9	-	21.0	18.0	24.0	-
Metro Health Region	863	4,475,500	19.3	18.0	20.6	-	18.9	17.6	20.2	-
New Mexico	2063	10,371,635	19.9	19.0	20.8	-	19.8	19.0	20.7	-
United States	196,540	1,557,151,863	12.6	12.6	12.7	-	12.3	12.2	12.3	-

Source: New Mexico Department of Health, Bureau of Vital Records and Health Statistics and Centers for Disease Control and Prevention, National Center for Health Statistics.

* Age-adjusted to the U.S. 2000 standard population.

6 PUBLIC RESOURCES FOR MENTAL HEALTH PROMOTION

Crisis and Referral Lines:

- National Suicide Prevention Lifeline (<http://www.suicidepreventionlifeline.org/>): 1-800-273-TALK (8255). En Español: 1-800-SUICIDA (784-2432)
- New Mexico Crisis and Access Line: 1-855-NMCRISIS (662-7474)
- Teen to Teen Peer Counseling Hotline: 1-877-YOUTHLINE (1-877-968-8454)
- Native Youth Crisis Hotline: 1-877-209-1266
- Veterans Peer Support Line: 1-877-Vet2Vet (1-800-877-838-2838)
- University of New Mexico Agora Crisis Line (<http://www.unm.edu/~agora/>): 505-277-3013 or 1-866-HELP-1-NM
- New Mexico State University Crisis Assistance Listening Line: 1-575-646-2255 or 1-866-314-6841
- Graduate Student Hotline: 1-800-GRADHLP (1-800-472-3457)
- Postpartum Depression Hotline: 1-800-PPD-MOMS (1-800-773-6667)

Treatment Referral Services:

- OptumHealth NM (<https://stage.optumhealthnewmexico.com/index.html>) for a complete listing of behavioral health treatment services statewide at 1-866-660-7185
- SAMHSA Treatment Referral Helpline: 1-877-SAMHSA7 (1-877-726-4727)
- The SKY Center (<http://nmsip.org/services/sky-center/>): 1-505-473-6191

Resources for veterans and their families: <http://www.mentalhealth.gov/get-help/veterans/index.html>

Community Suicide Prevention Organizations:

- New Mexico Suicide Intervention Project (<http://nmsip.org/>): 505-820-1066
- New Mexico Suicide Prevention Coalition (<http://www.nmsuicideprevention.org/>): 505-401-9382
- Southern New Mexico Suicide Prevention and Survivors Support Coalition (<http://endsuicide.net>). Free peer-led groups open to any adult survivor of suicide held twice monthly.

References and Resources:

- CDC Suicide Prevention Facts and Resources: <http://www.cdc.gov/ViolencePrevention/suicide/index.html>
- SAMHSA Suicide Prevention Facts and Resources: <http://www.samhsa.gov/suicide-prevention>
- SAMHSA Tribal Training and Technical Assistance Center: <http://www.samhsa.gov/prevention/suicide.aspx>
- World Health Organization Suicide Prevention Facts and Resources: <http://www.who.int/topics/suicide/en/>
- National Strategy for Suicide Prevention: <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/index.html>
- Suicide Prevention Resource Center: <http://www.sprc.org/>

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