Harding County
Community Health Profile

Introduction

This profile describes the current health status of the county. With this information, the community can complete an assessment and begin to address specific issues and set goals for health improvement.

The data in this report is drawn from standard sources most of which are available from the NM Indicator Based Information System (IBIS) for Public Health operated by the New Mexico Department of Health. Data from the US Census, state birth and death files, Youth Risk and Resiliency Survey, as well as official population estimates are available on this site.

This report provides selected indicators for each county and comparison to the state as a whole. Here we provide only basic indicators. When a county chooses to address an issue or problem, residents and health councils can work with the regional DOH epidemiologists and health promotion team to gather additional data. For example, if a county decides to take on deaths due to motor vehicle crashes, they will want to find out more about the location of crashes, types of vehicles, and involvement of alcohol.

Trends: For many of the indicators, trends are presented. The DOH has been using the Results Based Accountability and Turning the Curve methods for planning and priority setting which are based on trends.

Small Numbers: The population density of many New Mexico counties is quite low. This means that in a single year the number of deaths is small and often quite variable from year to year. The trends in this report (except for counties with large populations) are shown as averages of three years: 2001-2003, 2004-2006, 2007-2009, 2010-2012. Even then, sparsely populated counties will not have enough births or deaths to report or see a trend. For example, Hidalgo county reported only one infant death from 2006-12. Even when events are more common, there may not be enough to break rates down by age, sex, or race/ethnicity.

Rates: Most data included here are shown as rates and/or counts. A count is simply how many events occurred in a given time. A rate is the number of events in the time period divided by the population at risk for the event multiplied by a number like 100, 1000, or 100,000. Rates can be when the multiplier is 100, we have a percentage. For example, a measure of poverty might be the number of households in a county whose income is below the federal poverty line divided by then total number of households multiplied by 100 (392 households in poverty/1824 households =392/1824 * 100 =21.5%).

Rare events, such as deaths for a particular (rare) cause, require multiplying by a larger number to get a whole number. If there were 9 cases of cancer in a population of 4834, 9/4834=.0018622. But when we multiply that by 100,000 we get 186.2 per 100,000 people, an easier number to imagine. Death rates are conventionally reported per 100,000 people in the population, but you will see that Female Breast Cancer is reported per 100,000 women. Births are more common, so they are reported per 1000 people; a fertility rate is even more specific the number of live births per 1000 women of child bearing ages.

Finally, when we compare county death rates, there is an additional issue. The population of a county with a younger population will have a different set of causes of death than an older population. We expect there to be more heart attacks and falls in a county with a large proportion of the population over 60 and more bicycle crashes where the population is under 20. In order to make the counties comparable, we calculate the rates as if they occurred in a standard population. You do not have to know how this is done, just that when you see "Age Adjusted Rates" it means that the rate has been calculated to allow valid comparison across different populations. One more detail: if we compare specific age groups in different counties, no adjustment is required because we are looking at the same age-defined segment of the population in each county.

Purpose of this Profile

This profile is provided to assist county councils and other organizations as well as citizens and policy makers to assess the health of their county population. This information is presented as simply as possible so that people who are not health professionals can see a difference between their community and the state as a whole and begin the process of planning for better health.

Organization of this report

Basic demographic and economic information is provided in *Quick Facts.* Population by age and sex is shown as a table and population pyramid graphic. The NM Dept. of Health commissioned an analysis of the undercount of Hispanics and minorities by UNM Bureau of Business and Economic Research (BBER). The result was a new set of population estimates that have been integrated with the IBIS data bases

Health is related in complex ways to education, so we report on graduation rates in *Education* by gender, race/ethnicity and economic disadvantage. Where a county is served by more than one district, graduation rates are given for each district. Graduation data are from the NM Public Education Department web site.

Risk and Resiliency are measures that either predispose a population to poor health or protect them and promote good health. These measures come from two surveys: the Behavioral Risk Factor Surveillance Survey (BRFSS) managed by the Department of Health and the Youth Risk and Resiliency carried out in schools and managed by the UNM Prevention Research Center.

Chronic Disease The leading causes of death from chronic diseases are shown as trends and where population is sufficient by race/ethnicity. Trends for chronic disease are three year averages beginning in 2001 and ending in 2012. In counties with the lowest population, even combining three years, often does not produce stable rates.

Injury Deaths due to leading types of injuries, motor vehicle, suicide, falls and all injuries are shown Deaths due to poisoning are shown. The main component of poisoning is drug overdose deaths.

Births Total births, births by mother's age and ethnicity are included here. Infant mortality is also shown in this section.

A final section summarizes health resources available in the county.

Because of the very small population, it is not possible to show trend data and some health indicators for Harding County. Adjacent counties to Harding are Colfax, Mora, San Miguel, Quay and Union.

Population

 The population of Harding County in 2013 was estimated at 693. The population has decreased .3 percent since the 2010 census.

The 5% of the population is less than 5 years old, 29.4% is over 65 years old.

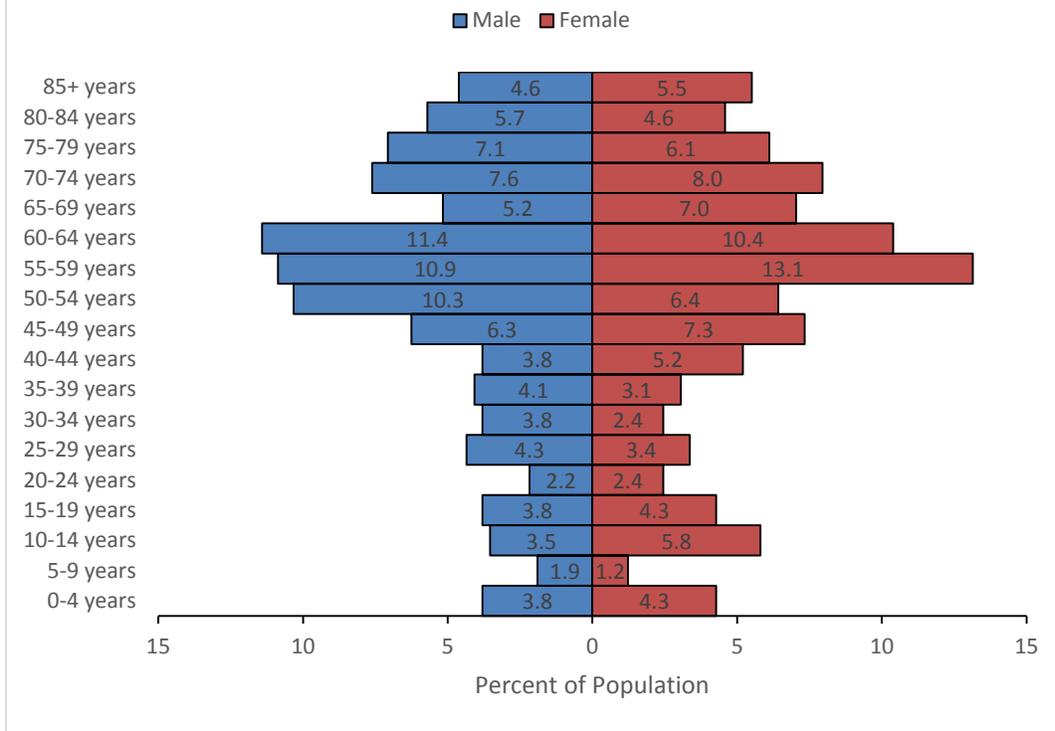42% percent of the population is of Hispanic origin.

3.6% of the population is foreign-born.

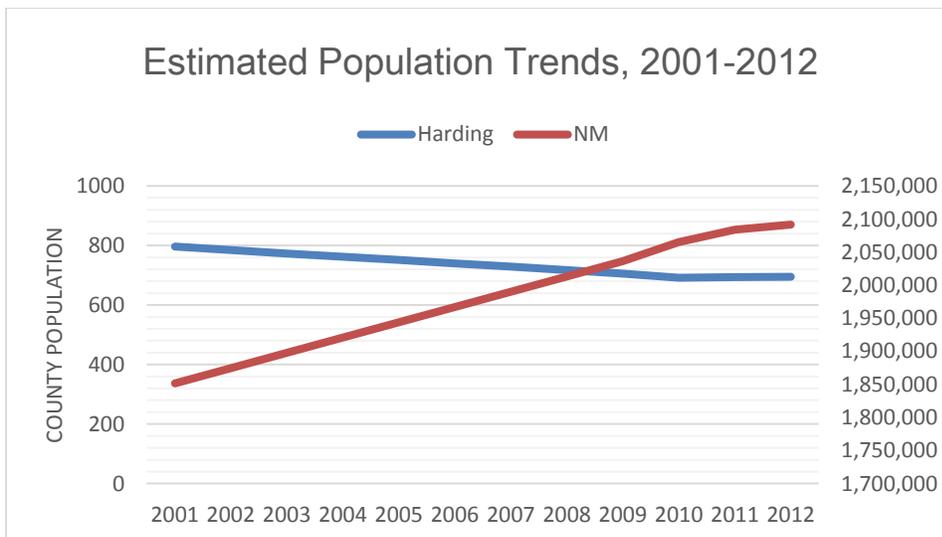These data are from the Census Quick Facts, http://quickfacts.census.gov/qfd/states/35/35021.html

Age	Male Count	Percent	Female Count	Percent
Total	368		327	
0-4 years	14	3.8	14	4.3
5-9 years	7	1.9	4	1.2
10-14 years	13	3.5	19	5.8
15-19 years	14	3.8	14	4.3
20-24 years	8	2.2	8	2.4
25-29 years	16	4.3	11	3.4
30-34 years	14	3.8	8	2.4
35-39 years	15	4.1	10	3.1
40-44 years	14	3.8	17	5.2
45-49 years	23	6.3	24	7.3
50-54 years	38	10.3	21	6.4
55-59 years	40	10.9	43	13.1
60-64 years	42	11.4	34	10.4
65-69 years	19	5.2	23	7.0
70-74 years	28	7.6	26	8.0
75-79 years	26	7.1	20	6.1
80-84 years	21	5.7	15	4.6
85+ years	17	4.6	18	5.5

Source https://ibis.health.state.nm.us/query/result/pop/PopMain/Count.html

Age and Sex Population Pyramid, Harding County, 2012

■ Male   ■ Female

Age	Male	Female
85+ years	4.6	5.5
80-84 years	5.7	4.6
75-79 years	7.1	6.1
70-74 years	7.6	8.0
65-69 years	5.2	7.0
60-64 years	11.4	10.4
55-59 years	10.9	13.1
50-54 years	10.3	6.4
45-49 years	6.3	7.3
40-44 years	3.8	5.2
35-39 years	4.1	3.1
30-34 years	3.8	2.4
25-29 years	4.3	3.4
20-24 years	2.2	2.4
15-19 years	3.8	4.3
10-14 years	3.5	5.8
5-9 years	1.9	1.2
0-4 years	3.8	4.3

Percent of Population

Estimated Population Trends, 2001-2012

Harding ── NM ──

COUNTY POPULATION

2001 2002 2003 2004 2005 2006 2007 2008 2009 2010 2011 2012

Harding County Population, by Race/Ethnicity, 2012

0.4% 0.0% 0.4%

43.0%

56.1%

- American Indian or Alaska Native
- Asian or Pacific Islander
- Black or African American
- Hispanic
- White

Race/Ethnicity	Harding	Percent	NM	Percent
Total	695	100.0%	2091432	100.0%
American Indian or Alaska Native	3	0.4%	183169	8.8%
Asian or Pacific Islander	0	0.0%	31101	1.5%
Black or African American	3	0.4%	42825	2.0%
Hispanic	299	43.0%	969417	46.4%
White	390	56.1%	864919	41.4%

No one lives in group quarters.

Single Parent Households

Single Parent Households, Harding County 2008-12

Total Households	243	
Single Male Householder	9	3.7%
Single Female Householder	1	0.4%
Number of grandparents responsible for children under 18 years old	6	

Housing

In 2012, there were 526 housing units in Harding County; .4% were multi-unit structures; 84% of housing units were owner-occupied. The median value of an owner-occupied home in 2008-12 was $59,400. There are (an average) of 2.52 persons per household.

Households paying excessive (>30% income) in rent/house payments)

Families that pay more than about one third of their income for housing may be limiting expenditures on other budget items such as food or medicine. Those paying excessive rent may also be at risk for losing their home. A high percentage of people paying excessive rent may also indicate lack of affordable housing. Two measures from the Census address this: Selected Monthly Owner Costs as Percentage of Household Income (SMOCAPI) and Gross Rent as a Percentage of Household Income (GRAPI).

 In Harding County, 24.6% of owners with a mortgage paid 30% or more of their income for housing while 62.5% of renters had excessive housing costs.

Source American Community Survey, 2008-12. Table ACS_12_5Yr_DP04

Homelessness

According to the 2013 NM Point in Time Survey, In Harding County there were no people found experiencing homelessness.

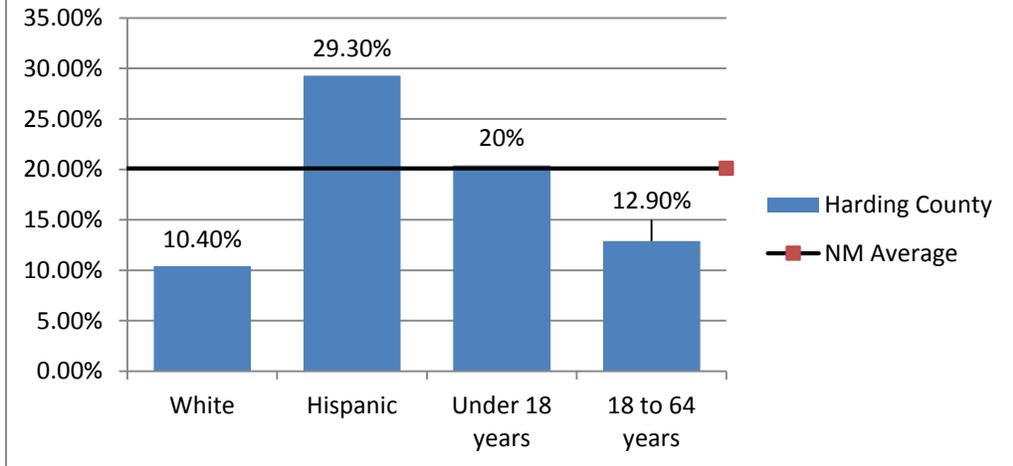Source NM Coalition to End Homelessness. 2013. Point in Time Count Results.
http://nmceh.org/pages/homelessnessReports.html

Income and Poverty

Average per capita money income (2008-12) was $19,401 and median household income was $31,146. According to the Census Bureau in 2012, about a fifth of the population lived below the poverty line. The unemployment rate (2012) was 6.8%. This is the proportion of the work force that is unemployed and looking for work. The Federal Poverty Level varies by family size; for a family of four the rate was $23,050 in 2012.

Sources: Income—These data are from the Census Quick Facts, http://quickfacts.census.gov/qfd/states/35/35021.html   Unemployment: http://www.bls.gov/lau/data.htm

Percent below Poverty Level by Ethnicity and Special Catergories, Harding County

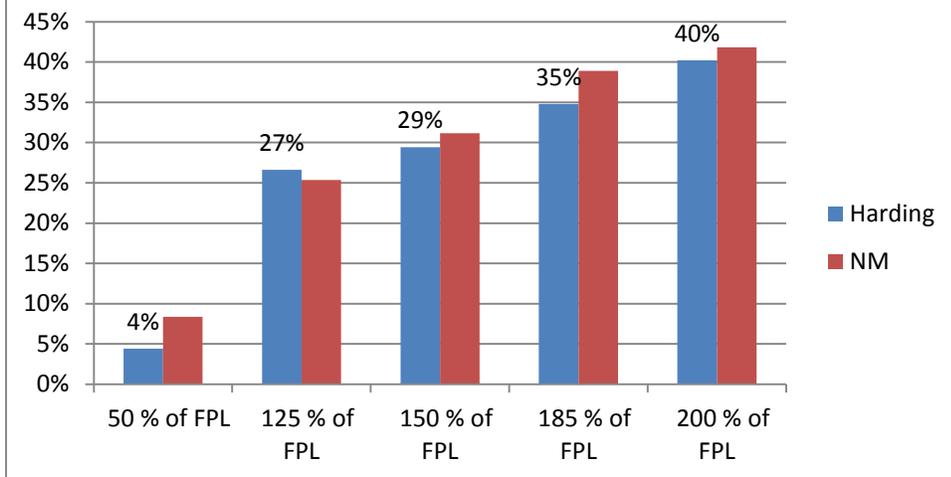| Category	Harding County	NM Average
White	10.40%	
Hispanic	29.30%	
Under 18 years	20%	
18 to 64 years	12.90%	

Source: 2008-12 American Community Survey, 5 year Estimates table S1701

See the following site for information on federal poverty level:
http://aspe.hhs.gov/poverty/12poverty.shtml

Percent Below Poverty Levels

	Harding	NM
50 % of FPL	4%	
125 % of FPL	27%	
150 % of FPL	29%	
185 % of FPL	35%	
200 % of FPL	40%	

Education and Language

Education and Language	Harding	New Mexico
Language other than English spoken at home	32.8%	36%
High School Graduate or Higher	88.2%	83.4%
Bachelor's degree or higher	19.1%	25.6%

These data are from the Census Quick Facts,
http://quickfacts.census.gov/qfd/states/35/35021.html

Harding County School Enrollment

SCHOOL ENROLLMENT	Estimate	Percent
Population 3 years and over enrolled in school	93	
Nursery school, preschool	2	2.2%
Kindergarten	10	10.8%
Elementary school (grades 1-8)	28	30.1%
High school (grades 9-12)	30	32.3%
College or graduate school	23	24.7%

Harding County Educational Attainment

EDUCATIONAL ATTAINMENT	number	percent
Population 25 years and over	467	100%
Less than 9th grade	15	3.2%
9th to 12th grade, no diploma	40	8.6%
High school graduate (includes equivalency)	195	41.8%
Some college, no degree	100	21.4%
Associate's degree	28	6.0%
Bachelor's degree	65	13.9%
Graduate or professional degree	24	5.1%

Source: American Community Survey, 2008-12, Selected Social Indicators, DP02, 5 year estimate

Four Year Graduation Rate, by District,

No graduation data are shown for Mosquero School District on the PED website.
The graduation rate for Roy School District was 62.1% for the 2013 graduation cohort.

NM Public Education Department http://ped.state.nm.us/Graduation/index.html

Child Abuse

Child Abuse Investigations, July 2012-June 2013

County	Accepted Reports	% substantiated	Number of substantiated child victims	Child Victim Rate per 1000 children
Harding	5	0	0	0
NM	18197	25%	7788	13.4

Source: 360 Yearly State Fiscal Year 2013, NM Children Youth and Families Department.

http://cyfd.org/docs/360ANNUAL_FY13_1210.pdf

Risk and Resiliency

Risk and Resiliency is measured by a two surveys, the Behavior Risk Factor Surveillance Survey conducted by the NM Department of Health and the Youth Risk and Resiliency Survey conducted by school districts. The YRRS measures are self-reported by the student. The only report available on IBIS for Harding County is 2003.
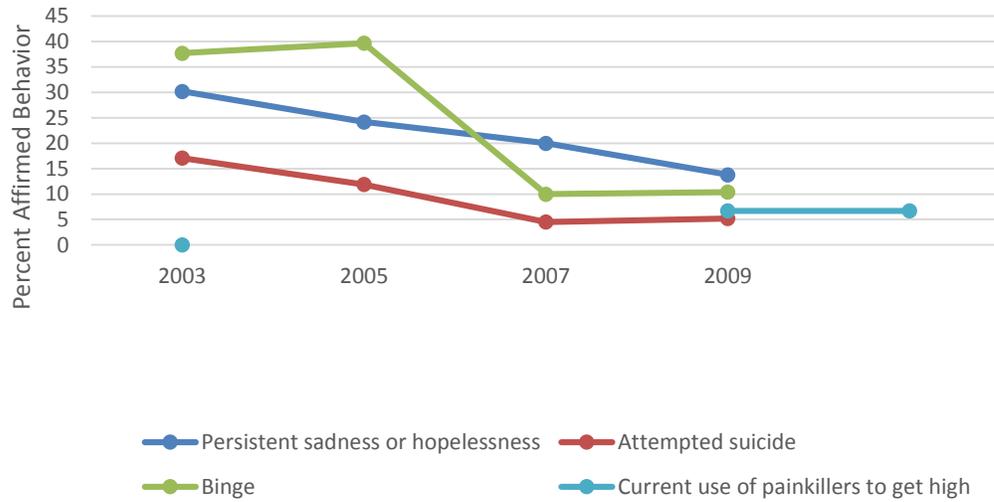
Adolescent Indicators

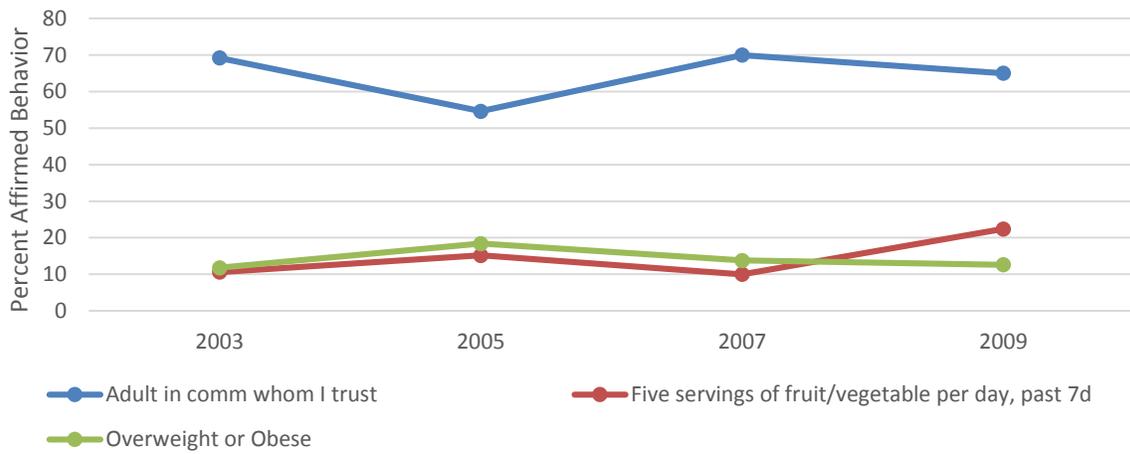| Measure	Harding	NM
Adolescent Risk and Resiliency Measures		
Ate Five or More Servings of Fruit or Vegetables per Day 2009,2010,2011	16.2%	23.8%
Adolescent Obesity, self-reported BMI above 95th percentile for age and sex	11.8%	12.4%
Youth Smoking Prevalence, percentage of students who smoked cigarettes on or more days in the past month	11.6%	22.7%
Youth with Feeling of Sadness or Hopelessness	16.9%	30.8%
Youth with Trusted Adult in Community	67.5 %	55.2.0%
Binge Drinking	10.2%	24.9%

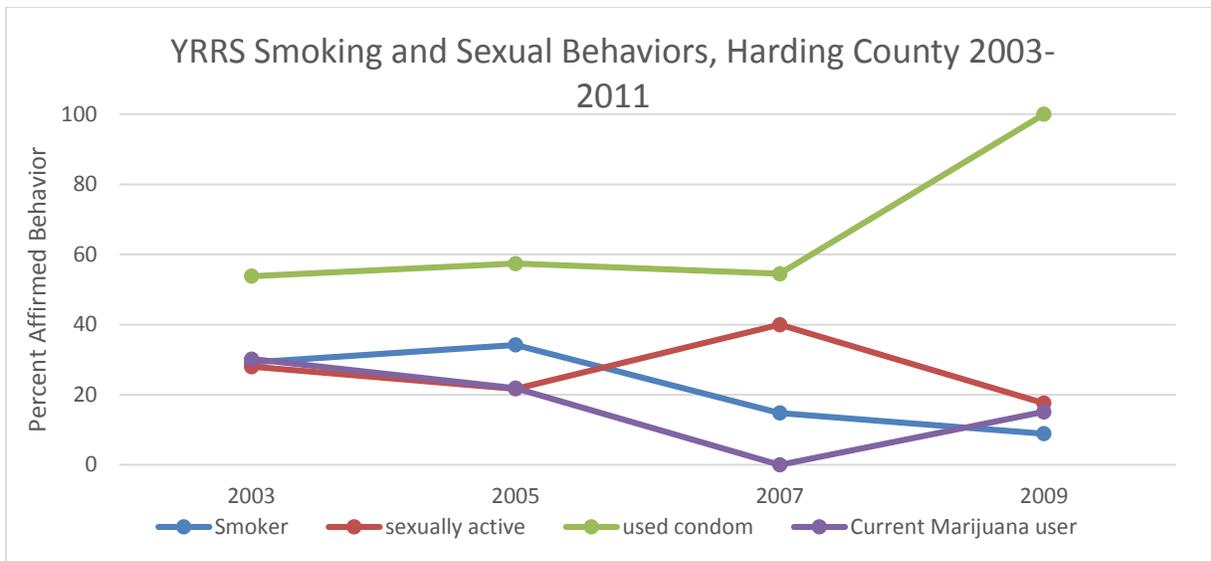Youth Risk and Resiliency Survey (YRRS) 2007-9 survey grades 9-12

https://ibis.health.state.nm.us/query/selection/yrrs/YRRSSelection.html

YRRS Behavioral Health Indicators, Harding County, Trend 2003-2011

Legend:
- Persistent sadness or hopelessness
- Attempted suicide
- Binge
- Current use of painkillers to get high

YRRS Trust, Food, Obesity Indicators, Harding County, 2003-2011

Legend:
- Adult in comm whom I trust
- Five servings of fruit/vegetable per day, past 7d
- Overweight or Obese

YRRS Smoking and Sexual Behaviors, Harding County 2003-2011

	2003	2005	2007	2009	Avg. 2007-9
Persistent sadness or hopelessness	30.2	24.2	20	13.8	16.9
Attempted suicide	17.1	11.9	4.5	5.2	4.85
Binge Drinking	37.7	39.7	10	10.4	10.2
Current Marijuana user	30.2	21.9	0	15.1	7.55
Current use of painkillers to get high				6.7	6.7
Ever used illegal injection drugs	5.8	0	3.3	0	1.65
Smoker	29.2	34.2	14.8	8.9	11.85
Sexually active	28	21.7	40	17.6	28.8
Used condom	53.8	57.4	54.5	100	77.25
Trusted Adult in Community	69.2	54.6	70	65	67.5
Five servings of fruit/vegetable per day, past week	10.6	15.2	10	22.4	16.2
Overweight or Obese	11.8	18.4	13.8	12.6	13.2
Obese	7.4				

Adult Risk Indicators

Obesity and Smoking constitute risk factors for many chronic diseases and early death.

Physical Activity and a diet with many fruits and vegetables are protective. These data are self-reported via the Behavioral Risk Factor Surveillance System (BRFSS).

BRFSS data is not reported for Harding County because of small numbers.

Measure	Harding Co	NM
General Self-Reported Health Status, percentage of adults reporting fair or poor health		17.5%
Adult Physical Activity, 2005,2007, 2009		52.5%
Adults Consuming 5 or more servings of fruits and vegetable per day, 2007, 2009		22.4%
Obesity Among Adults bmi >25, 2011, 2012		62.7%
Adult Smoking Prevalence current smoker, 2011, 2012		21.0%

Smoking varies by race, ethnicity and other demographic factors. Smoking prevalence tends to be higher among the poor, mentally ill, and LGBT populations. For example in NM, among households with income less than $15,000, 34% smoke; with income of $50,000 or more, the rate is 12%, almost a threefold difference. In 2011, 48% of adults who characterized themselves as bisexual smoked.

Smoking prevalence cannot be calculated.

Mortality

Leading Causes of Death

Age adjusted rates per 100,000 people

Causes	Harding	NM
Total	357.2	616.3
Circulatory, Heart disease (ICD10: I00-I09, I11, I13, I20-I51)	102.6	150
Neoplasm, malignant (ICD10: C00-C97)	83.4	147.9
Injury, Unintentional injuries (ICD10: V01-X59, Y85-Y86)	20.6	62.4
Circulatory, Cerebrovascular diseases (ICD10: I60-I69)	56.7	34.2
Respiratory, Chronic lower respiratory diseases (ICD10: J40-J47)	11.3	45.9
Diabetes mellitus (ICD10: E10-E14)	25.2	27.8
Nephritis, Nephrotic syndrome and Nephrosis (ICD10: N00-N07, N17-N19, N25-N27)	11.1	12.8
Injury, Intentional self-harm (suicide) (ICD10: X60-X84, Y87.0, *U03)	20.6	19.9
Circulatory, Essential (primary) hypertension and hypertensive renal disease (ICD10: I10, I12)	9.3	5.9
Chronic liver disease and cirrhosis (ICD10: K70, K73-K74)	11.3	18.1

Green Indicates the county rate is better, lower, than the New Mexico rate. These rates are based on 33 deaths of county residents 2008-12.

Life Expectancy
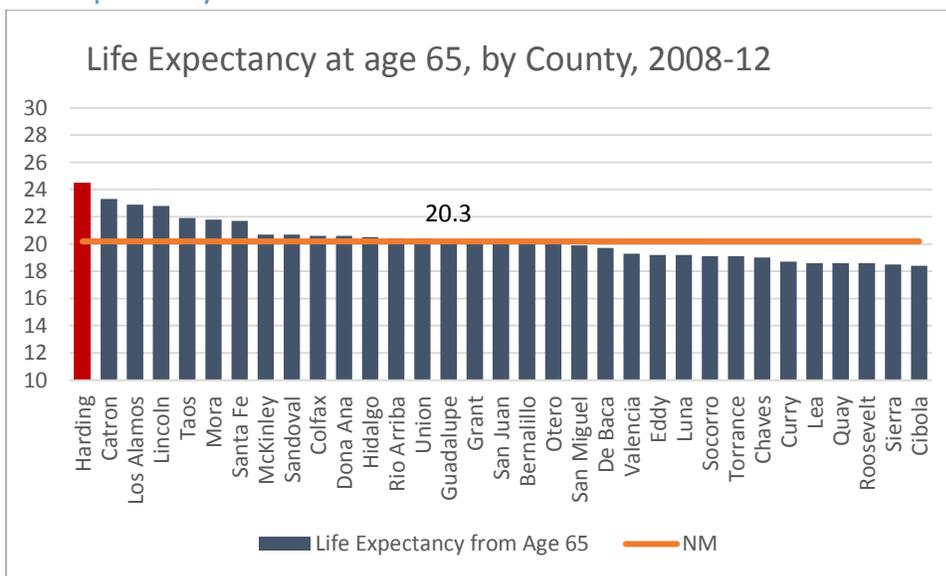
The number of years a person is expected to live after age 65 varies from 24.5 to 18.4

Chronic Diseases

Chronic diseases are conditions that develop slowly, often inconspicuously, and even with treatment affect a person throughout his or her lifetime. Chronic diseases are often the result of lifestyle choices (such as smoking), exposure to environmental pollution or toxins, and genetics (some cancers). Increasingly, overeating and resulting obesity have been cited as causes of many chronic diseases, including diabetes, heart disease, stroke, and some cancers. Chronic diseases do not have a single cause. The effects of multiple factors are often cumulative, that is, they combine over time to increase a person's risk.

There is not enough data to show cause-specific trends for Harding County.

Births

Number of Births   2008-12

Births and Birth Rate, 2008-2012
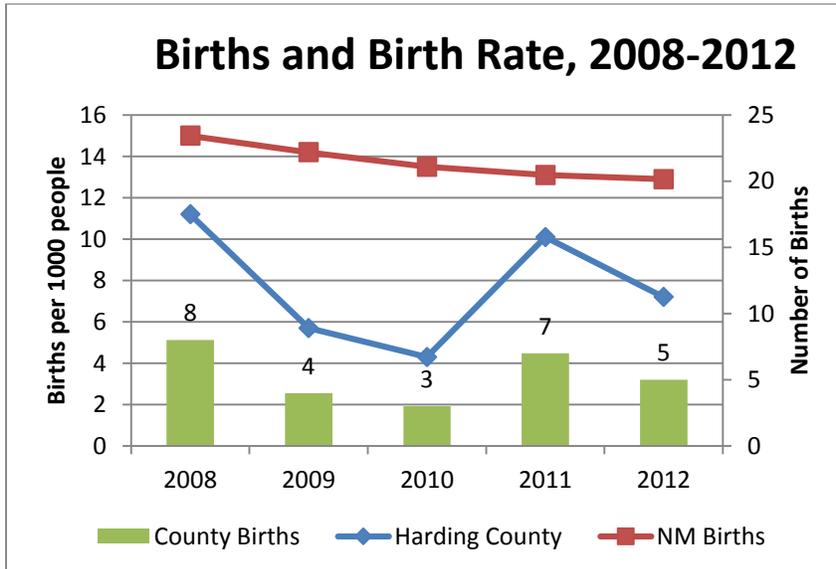
| Harding County	2008	2009	2010	2011	2012
Births	8	4	3	7	5
Population	717	706	692	694	695
Rate per 1000 people	11.2	5.7	4.3	10.1	7.2
NM Births	30,154	28,872	27,793	27,251	26,990
Population	2,013,064	2,036,124	2,065,195	2,083,725	2,091,432
Rate per 1000 people	15	14.2	13.5	13.1	12.9

Infant Mortality Rate

In Harding County, 2008-2012, there were no infant deaths for 27 births. Infant mortality, often cited as a general indicator of well-being of a population, has increased in NM since 2010 after decreasing slightly from 2008-2009. There is insufficient data to show infant mortality trends for Harding County.

Prenatal Care

Percentage Prenatal Care First Trimester, 2012

Chart showing percentage prenatal care in first trimester by county, 2012. Counties from left to right: Harding (100%, red bar), De Baca (83%), Los Alamos (79%), Santa Fe (79%), Grant (77%), San Miguel (73%), Colfax (72%), Rio Arriba (71%), Sandoval (70%), Chaves (68%), Luna (66%), Taos (65%), San Juan (65%), Union (64%), Mora (64%), Bernalillo (64%), NM (63%, yellow bar), Otero (63%), Valencia (62%), Dona Ana (61%), Lincoln (59%), Hidalgo (58%), Eddy (57%), Quay (57%), Curry (56%), Sierra (56%), McKinley (55%), Lea (55%), Torrance (54%), Guadalupe (53%), Roosevelt (52%), Cibola (50%), Socorro (49%).

Prenatal care in the first three months helps catch problems early and affords opportunity for education of mothers. It also indicates access to health care services since prenatal care is available through Medicaid.

In the above chart, Harding and De Baca Counties had 5 and 12 births respectively, so their percentages may not be stable.

Percentage of Mothers with Adequate Prenatal Care, 2005-2012
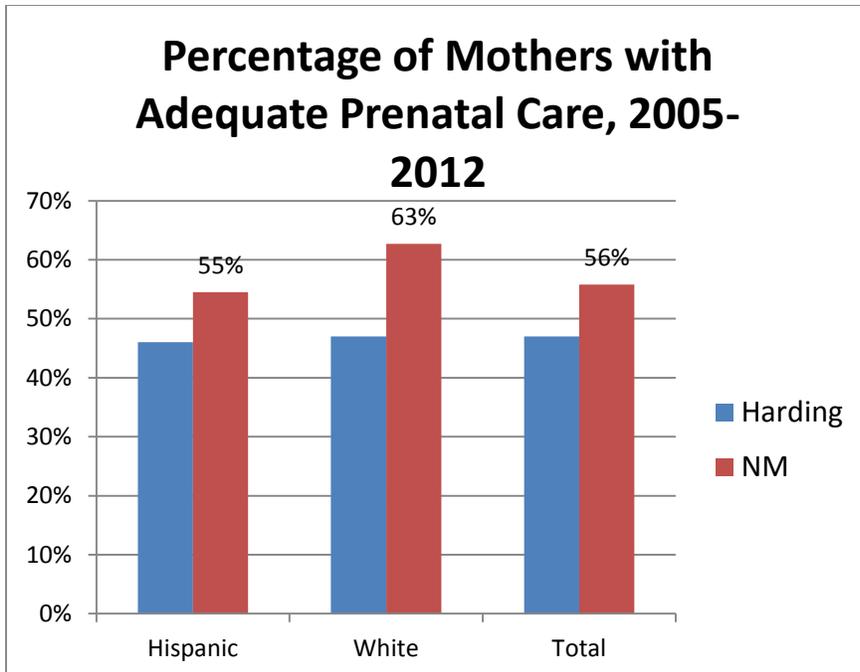

In this chart higher is better.

Doctors recommend that mothers-to-be see their health care provider before the 13th week of pregnancy and to go back for at least 13 visits before birth.

The Kotelchukc Index combines when prenatal care began and the number of visits. Adequate indicates the mother received at least 80% of the indicated number of visits for when her prenatal care began.

Access to SNAP and Health Insurance

Households Receiving SNAP/Food Stamp Benefit			
Harding County		NM	
Number	Percent	Number	Percent
24	9.9%	97,304	12.7%

Source: American Community Survey, 2008-12, Table DP03

Health Insurance Coverage, 2008-12
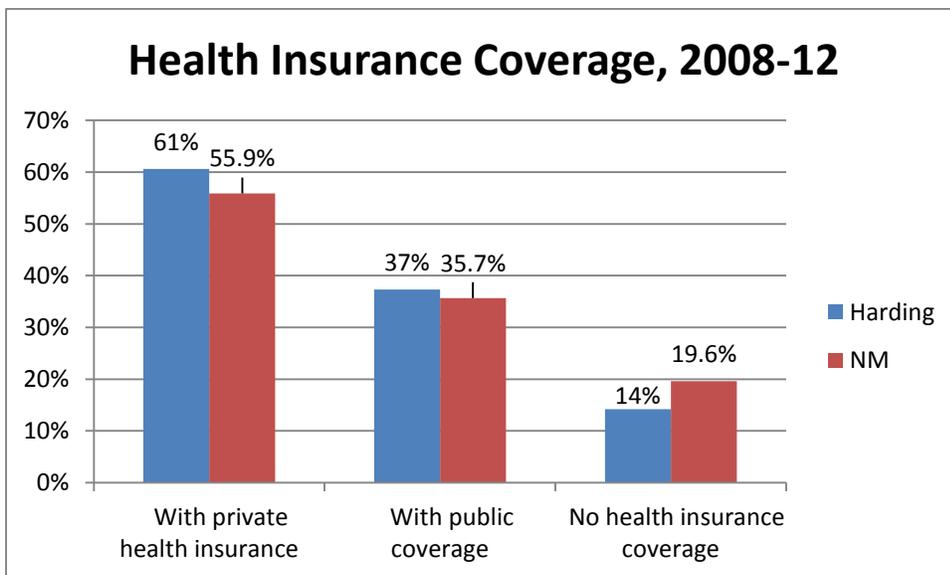
Health Resources

Health Resources, 2011

	Harding County	NM
Population 2011	725	
Primary Care Physicians	0	1535
PCP per 100.000 people		73.7
Pediatricians	0	291
Pediatricians per 100,000		50.3
people under age 20		
Obstetrician/Gynecologists	0	181
OB/GYM per 100,000 women		17.2
Psychiatrists	0	197
Psychiatrists per 100,000 people		9.5
Dentists	0	974
Dentists per 100,000 people		47.3
Short Term General Hospitals	0	41
STGH Beds		4,130
Federally Qualified Health Centers	1	100
Community Health Centers	1	152
School Based Health Centers	1	74
Medicare Beneficiaries	196	326,559
Percent of Population	27.8	15.7
Medicaid Beneficiaries	76	561,762
Percent of population	10.8	27

Area Health Resource File, HRSA.
http://arf.hrsa.gov/arfdashboard/HRCT.aspx

ECONOMIC WELL-BEING	**Children in Poverty** 2010 25% **NM Rate: 27%**	**Families in which Parents Lack Secure Employment** 2010 43% **NM Rate: 39%**	**Families with a High Housing Cost Burden** 2010 Rent: 29% Own: 33% **NM Rate:** Rent: 43% Own: 25%	**Teens (16-19) Not in School and Not Working** 2010 17% **NM Rate: 10%**
EDUCATION	**Children Attending Preschool** 2010 10% **NM Rate: 40%**	**Fourth Graders Proficient in Reading** 2013 *Mosquero: NA* *Roy: NA* **NM Rate: 46%**	**Eighth Graders Proficient in Math** 2013 *Mosquero: NA* *Roy: NA* **NM Rate: 42%**	**High School Students Graduating on Time** 2013 *Mosquero: 98%* *Roy: 98%* **NM Rate: 70%**
HEALTH	**Low Birth Weight Babies** 2012 0% **NM Rate: 7.6%**	**Children without Health Insurance** 2011 14% **NM Rate: 10%**	**Child and Teen Deaths per 100,000** 2012 Child (1-14): 0 Teen (15-19): 0 **NM Rate:** Child: 19 Teen: 69	**Teens who Binge Drink** 2011 NA **NM Rate: 24%**
FAMILY AND COMMUNITY	**Children in Single Parent Families** 2011 9% **NM Rate: 36%**	**Families where Household Head Lacks a High School Diploma** 2011 16% **NM Rate: 16%**	**Children Living in High Poverty Areas** 2011 0% **NM Rate: 21%**	**Teen Births per 1,000** 2012 NA **NM Rate: 45**

Note: NA means data "not available"
Data provided by NM KIDS COUNT/NM Voices for Children for the NM Department of Health, 2014

VOICES **kids**
FOR CHILDREN **count**

Sources:

Children in Poverty: American Community Survey, 2006-2010, Table B17006.

Children Whose Parents Lack Secure Employment: American Community Survey, 2006-2010, Table B17016.

Families with a High Housing (Rent) Cost Burden: American Community Survey, 2006-2010, Table B25070.

Families with a High Housing (Ownership) Cost Burden: American Community Survey, 2006-2010, Table B25091.

Teens Not in School and Not Working: American Community Survey, 2007-2011, Table 14005.

Children ages 3 to 4 Attending Preschool: American Community Survey, 2006-2010, Table B14003.

Fourth Graders Proficient in Reading and *8th Graders Proficient in Math*: NM Public Education Department. Retrieved from: http://www.ped.state.nm.us/Assessment/Accountability/AcademicGrowth/NMSBA.html.

High School Students Graduating on Time: NM Public Education Department, 2013 4-Year Cohort Graduation Rates at: http://ped.state.nm.us/Graduation/index.html

Low Birth-Weight Babies: NM Department of Health, IBIS Database, Query Results for Percentage of Low Birth Weight Infants at: https://ibis.health.state.nm.us/query/result/birth/BirthWtCnty/BirthWtLow.html

Children without Health Insurance: U.S. Census, Small Area Health Insurance Estimates (SAHIE), 2011.

Child Death Rate per 100,000: NM Department of Health, IBIS Database, Query Results for Crude Rates, Ages 1-14, deaths per 100,000 Measure at: https://ibis.health.state.nm.us/query/result/mort/MortCntyICD10/CrudeRate.html

Teen Death Rate per 100,000: NM Department of Health, IBIS Database, Query Results for Crude Rates, Ages 15-19, deaths per 100,000 Measure at: https://ibis.health.state.nm.us/query/result/mort/MortCntyICD10/CrudeRate.html

Teens Who Binge Drink: NM Youth Risk and Resiliency Survey, 2011, NM Department of Health and NM Public Education Department at: https://ibis.health.state.nm.us/indicator/view_numbers/BingeDrinkYouth.Cnty.html.

Children in Single Parent Families: American Community Survey, 2006-2010, Table B09002.

Families where Household Head Lacks a High School Diploma: American Community Survey, 2007-2011, Table B17018.

Children Living in High Poverty Areas: 2011 data from the American Community Survey prepared by Population Reference Bureau for NM KIDS COUNT.

Teen (ages 15-19) Births per 1,000: NM Department of Health, IBIS Database, Query Criteria for the Adolescent Births, Girls Age 15-19 Measure (per 1,000) at:

https://ibis.health.state.nm.us/query/result/birth/AdolBirthCnty/AdolBirth15_19.html