

2012-2017 New Mexico Cancer Plan Data Brief



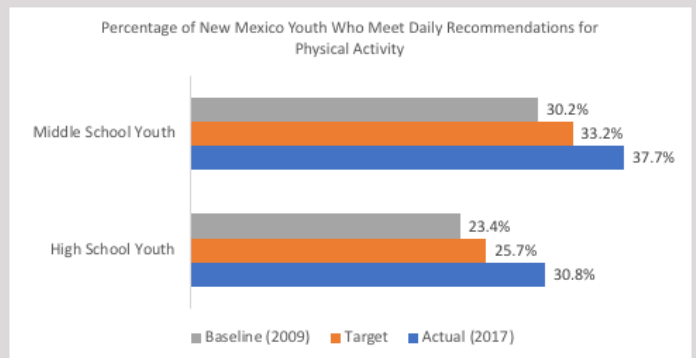
Several data sources, including the New Mexico Behavioral Risk Factor Surveillance System (BRFSS)¹, Youth Risk and Resiliency Survey (YRSS)², and the Tobacco Evaluation Survey (TES)³ were used to help evaluate progress in implementing the 2012-2017 New Mexico Cancer Plan. Targets from the Plan were exceeded for each of the youth lifestyle behavioral indicators below. Additional data from the BRFSS, YRSS and TES that describe progress made towards the Plan are included on the back page. In the future, additional attention may be needed by cancer control stakeholders in certain areas to more effectively meet targets. As a note, BRFSS updated its surveillance methods between 2010 and 2011 and any prevalence changes since this methodology change must be interpreted with caution, as they may be partially due to the change in methods.

Positive Trends in Youth Lifestyle Behavioral Outcomes

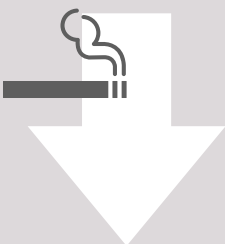
Increased Physical Activity



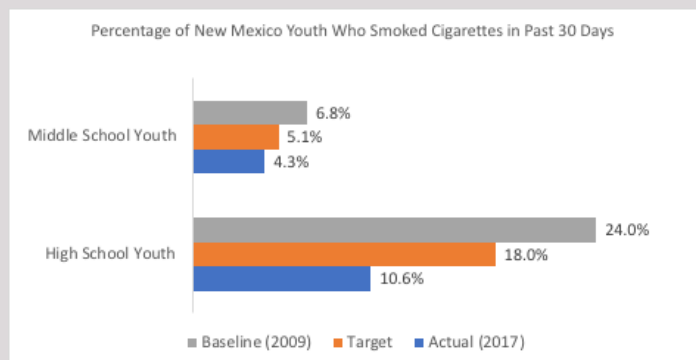
Over 10% increase in the proportion of New Mexico middle and high school youth who meet daily recommendations for physical activity from baseline



Decreased Cigarette Smoking



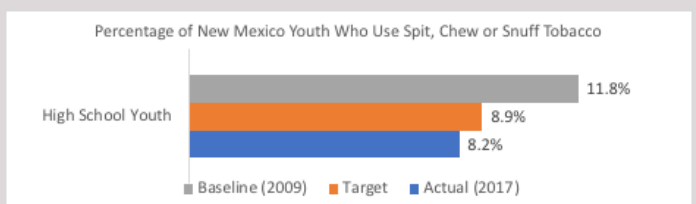
Over 25% decrease in the proportion of New Mexico middle and high school youth who have smoked cigarettes in the past 30 days from baseline



Decreased Use of Spit, Chew or Snuff Tobacco



Over 25% decrease in the proportion of New Mexico high school youth who use spit, chew or snuff tobacco from baseline



Additional Data Points Indicating Potential Areas for Improvement

Area	Objective	Baseline	Target	Actual (2017)
Adult Obesity	Realize a 2017 adult obesity prevalence of 27.4% or lower (i.e., statistically <u>unchanged</u> from 2007-2010 rates), as evidenced by the BRFSS.	27.4%	≤27.4%	28.4%
Adult Physical Activity	By 2017, <u>increase</u> by 10% the proportion of New Mexico adults who meet recommendations for moderate or vigorous physical activity, from a 2009 baseline of 53.3% to 58.6%.	53.3%	58.6%	54.0%
	By 2017, <u>decrease</u> by 10% the proportion of New Mexico adults who report engaging in no leisure time physical activity, from a 2010 baseline of 21.6% to 19.4%.	21.6%	19.4%	24.5%
Adult Tobacco Use	By 2017, <u>increase</u> by 10% the proportion of adult smokers who saw a health care provider in the past year who were advised to quit smoking, from a 2009 baseline of 79.0% to 87.0%.	79.0%	87.0%	71.7%*
	By 2017, <u>decrease</u> by 14% the proportion of New Mexico adults who currently smoke cigarettes, from a 2010 baseline of 18.5% to 16.0%.	18.5%	16.0%	17.5%
	By 2017, <u>increase</u> by 7% the proportion of New Mexico adult smokers who have tried quitting in the past year, from a 2010 baseline of 60.7% to 65.0%.	60.7%	65.0%	58.6%
	By 2017, <u>decrease</u> by 25% the proportion of New Mexico adults who use spit, chew or snuff tobacco, from a 2010 baseline of 4.1% to 3.1%.	4.1%	3.1%	3.7%
Adult & Youth Fruit/Veggie Servings	By 2017, <u>increase</u> by 10% the proportion of New Mexico adults who consume at least 5 servings of fruits and vegetables per day, from a 2009 baseline of 23.2% to 25.5%.	23.2%	25.5%	16.2%
	By 2017, <u>increase</u> by 10% the proportion of New Mexico high school youth who consume at least 5 servings of fruits and vegetables per day, from a 2009 baseline of 20.9% to 23.0%.	20.9%	23.0%	21.0%
Cancer Screening Rates	By 2017, <u>increase</u> – through education and awareness efforts – by 6% the proportion of New Mexico women ages 21 through 65 who have had a Pap test in the past 3 years, from a 2010 baseline of 84.8% to 90.0%.	84.8%	90.0%	78.0%*
	By 2017, <u>increase</u> – through education and awareness efforts – by 15% the proportion of New Mexico men and women ages 50 through 75 who are up-to-date with colorectal cancer screening, from a 2010 baseline of 59.8% to 68.8%.	59.8%	68.8%	60.8%*
	By 2017, <u>increase</u> – through education and awareness efforts – by 15% the proportion of New Mexico women ages 40 and older who have had a mammogram in the past 2 years, from a 2010 baseline of 71.0% to 81.7%.	71.0%	81.7%	63.4%*

*Actual data is from 2016 instead of 2017 due to different data collection intervals for the indicated data points.

¹ New Mexico Behavioral Risk Factor Surveillance System, Injury and Behavioral Epidemiology Bureau, New Mexico Department of Health and U.S. Centers for Disease Control and Prevention (CDC). Retrieved September 2019 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.state.nm.us/>.

² New Mexico Youth Risk and Resiliency Survey, New Mexico Departments of Health and Public Education and U.S. Centers for Disease Control and Prevention (CDC). Retrieved September 2019 from New Mexico Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.state.nm.us/>.

³ Tobacco Evaluation Survey, Tobacco Use and Prevention Program, New Mexico Department of Health. Received September 2019.