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# **Otero County Community Health Profile FY2009**

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## Executive Summary

The Otero County Community Health Council is pleased to present the following Community Health Profile. This Profile is intended for use by anyone, including public officials, agencies and organizations, and individuals with an interest in the community. It strives to be the most comprehensive statistical document about Otero County that is available. Information in this Profile can be used to help entities obtain funding, programs, or to help leverage change by influencing public policy.

In this Profile you will find information about the Otero County Community, such as general demographics (population information, community assets, and needs). Also, there is information and statistics relating to several health indicators including maternal and child health indicators, mortality (death statistics), chronic and infectious diseases, environmental health information, and risk behaviors (teen pregnancy, violence, and substance abuse).

Data in this Profile come from valid statistical sources such as the US Census Bureau, New Mexico Department of Health, New Mexico Public Education Department, and other local, state, and national sources. Analysis of the data may include discussion of community attitudes and perceptions as a way of helping the reader understand that each community (county) is unique and community norms and attitudes should be considered when discussing community health issues. However, anecdotal information should always be understood for what it is: one part of the overall analysis of our community situation. This Profile has been developing over several years, and it is continually updated as new information becomes available.

This Profile (and its earlier versions) is used to determine what issues the Otero County Community Health Council selects as priorities. The Community Health Council has selected substance abuse and obesity as its priorities. The selection of substance abuse and obesity as priorities was determined by the prevalence of the problem and the effect of these on other health indicators.

Some highlights of the specific data you will find in this profile include the following:

- 2006 population estimate of Otero County is 62,744 (page 10)
- The 2006 Otero County Race/Ethnicity estimate include 33.7% Hispanics (page 14)
- The Per Capita Income in Otero County is approximately \$5000 less than that of New Mexico (page 15)
- In 2004, 15.2% of Otero County residents were living in poverty (page 16)
- In 2000, close to 75% of Otero County adults (age 25 and above) had at least a high school diploma or GED (page 21)
- In 2000, 11.1% of Otero County residents (age 5 and over) reported speaking English less than very well. Also, 70.3% reported speaking English only. (page 22)
- In December 2007, Otero County had an unemployment rate of 3.0% (page 23)
- A list of annual community events is on page 27
- In 2006, 857 live births occurred to Otero County residents (page 27)
- In 2006, 27 births occurred to teen mothers age 15-17 (page 31)

- In 2005 518 deaths occurred in Otero County (page 39)
- The 2 leading causes of death in Otero County are Diseases of the heart and Malignant neoplasms (page 40)
- Diabetes is the 4<sup>th</sup> leading cause of death in Otero County (page 41)
- Over 50% of Otero County adults reported being overweight or obese (page 42)
- 9.5% of Otero County adults have Diabetes (page 45)
- The highest rate of asthma hospital discharges are for children age 0-4 years (page 48)
- Otero County is a dental health professional shortage area (page 49)
- Chlamydia is the most prevalent STD in Otero County (page 53)
- Over 40% of Otero County teens used alcohol recently (page 59)
- 4.7% Otero County teens used Methamphetamine (page 60)
- 21.4% of Otero County teens used Marijuana recently (page 60)

Along with the above, you will find data reported over time to show trends in Otero County. You will also be able to compare Otero County data to that of New Mexico and in some cases the United States.

Also, within this Profile you will find what we hope is the most comprehensive list of local resources related to health and the health indicators discussed. It is always true that such resource lists are outdated as soon as they are published, but again, we will continue to update this list as new information becomes available. You can find this profile as well as other sources of data and information on the Otero County Community Health Council website: [www.oterohealthcouncil.org](http://www.oterohealthcouncil.org).

If you have any questions or comments about this Profile, please feel free to contact:

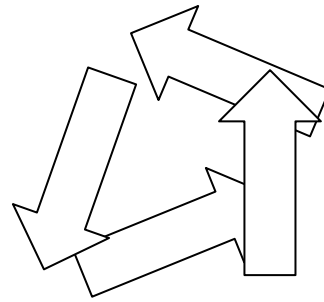
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## 1. Introduction

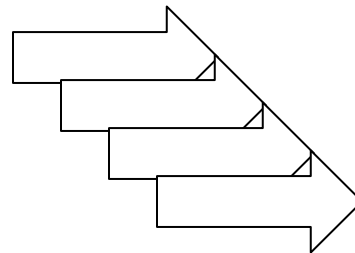
### a. Council description

The Otero County Community Health Council (OCCHC), formerly the Maternal and Child Health Council, formed in 1996 as a collaborative effort by service providers and community members to promote cooperation and networking among agencies providing community services in Otero County. The Community Health Council is sanctioned by the Otero County Board of Commissioners per the New Mexico Department of Health/Maternal and Child Health Plan Act contract. Funding is provided through grants from the Public Health Division, Office of Health Promotion & Community Health Improvement New Mexico Department of Health in an effort to encourage collaboration between groups so that they become more efficient, thus saving time, energy, and ultimately dollars. Below is an example of this concept illustrating how agencies and organizations interact with one another both with and without collaboration.

Without collaboration and networking; agencies, non-profits, and community organizations (shown as arrows) often go in different directions having different goals and programs, but often serving the same *target groups*, thus duplicating the efforts of others, and leaving gaps in services.



However, organizations that collaborate can be more effective, have common goals, and thus avoid gaps and duplication, providing better, more efficient services for the public.



The Council maintains three (3) levels of membership: voting (approved by the Otero County Board of Commission), general, and ex officio. Voting membership consists of 12-30 individuals based on criteria from the OCCHC Bylaws. Bylaws are reviewed and amended as necessary on a yearly basis, and are available upon request.

General membership is open to anyone who participates on some level with the OCCHC. Ex officio membership includes employees of Children In Need of Services (CHINS, the fiscal agent for the OCCHC) and the NM Department of Health, as well as others who may have a conflict of interest. Members are recruited by a variety of methods, including public notice through media articles and Public Service Announcements (PSA), letters of invitation, and word of mouth. Currently, there are over 200 members, including 25 voting members,

representing over 130 agencies and organizations (including primary health service providers, youth organizations, State agencies and local non-profits), and interested individuals.

The OCCHC maintains open lines of communication to the public and members through various means. The OCCHC maintains a mailing list of elected officials (local and state), key community leaders, and interested individuals. This group receives monthly mailings announcing the upcoming meetings, and the OCCHC meeting minutes. There are 2 email distribution lists for communication with members. One list receives emails (currently over 100 emails/month) on a variety of health related topics, grant and training information, and local information of interest. Anyone is able to submit emails containing valid information pertinent to Otero County to be distributed to this list. The other list receives information about upcoming OCCHC related meetings and occasional information about Health Council business (approximately 10 emails/month). At any time, anyone may request removal from either of these email distribution lists.

Children In Need of Services (CHINS), a local non-profit, serves as the fiscal agent for the Health Council funding. Currently, funding provides for one fulltime Coordinator to manage the day to day activities of the Council. The Coordinator (position is currently shared) is housed at the offices of Otero PATH, also a non-profit, that provides services related to youth development and health education. Contact information for the Health Council Coordinator follows.

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Regular Council meetings are held the 1<sup>st</sup> Tuesday of each month from 11:30am – 1:00pm at The Counseling Center (1900 E. 10<sup>th</sup> St., Alamogordo). These meetings are largely information sharing and networking opportunities. The Council has formed working groups, called “Community Action Teams (CAT)” and “Life Cycles”, to address the priorities of the OCCHC.

Community Action Teams currently in process include:

- ✓ Otero County Meth Research Group.
- ✓ Otero County Meth Coalition.
- ✓ Otero County Diabetes Education and Prevention Collaborative.

Life Cycles are currently inactive but may include the following:

- ✓ Perinatal Life Cycle – addressing issues related to babies pre-birth – 1 year, as well as the mothers.
- ✓ Early Childhood Life Cycle – addressing issues related to children ages 2-8.
- ✓ Youth Life Cycle – addressing issues related to youth ages 9-19
- ✓ Adult Life Cycle – addressing issues related to individuals age 20 and older.

Within these groups is where the real “work” of the Health Council occurs, and where the concerns of people of all ages are assessed and addressed.

b. Mission, vision and purpose of Council

The **mission** of the OCCHC is to assess, promote, and enhance the health and well being of county residents by creating a process that encourages broad-based community involvement. Its **vision** is to be the officially recognized agency through which health related issues, programs, and grants are coordinated. This will best be accomplished by providing an environment that fosters countywide involvement and true collaboration.

c. Council Concept of Health

The Otero County Community Health Council’s concept of health is very broad. Our concept of health includes the following:

- ✓ Health is understood to mean both well-being and the absence of illness and other health problems.
- ✓ Health is influenced by many factors, including social, personal, environmental, and economic.
- ✓ Health is inter-related with a wide range of human service issues and needs.
- ✓ Many individuals and entities can and should play a role in maintaining and providing health in the community.

d. Purpose of Profile

This community health profile is a compilation of information about Otero County. It includes primary and secondary data regarding health status, as well as a description of the county and its resources. This profile may include information for parts of Otero County, or for areas outside Otero County, including the region or state, as data is available.

e. Profile development

A major role of the Otero County Community Health Council is to develop and maintain both a Community Health Profile and a Community Health Plan. The Profile identifies the current health status and gaps in services or issues of particular need in Otero County. The Plan then focuses coordinated efforts on these identified needs. Priorities of the Council are identified through the efforts of both the Council staff and its members using a process that assesses both primary and secondary data, and a mapping of local resources; leading to a determination of the area(s) of greatest of need.

The development of the Otero County Community Health Profile is an ongoing effort as data change from year to year. However, the process began by using existing information available from the New Mexico Department of Health, US Census Bureau, and other sources of secondary data. Primary data are used from community needs assessments and surveys



conducted by the OCCHC and/or other council partners, or other local data as available. The Health Council (HC) coordinator is the primary writer, and Council officers, members, advisors, and the Department of Health District Epidemiology staff provide input and proof reading.

In FY07, the Otero County Community Health Council conducted a county wide Community Needs Assessment. The preliminary results are included in this Profile. Preliminary results are from the first 150 surveys received. Surveys included 67 questions relating to health, education, community, safety, and recreation. A total of 2500 surveys were distributed by convenience sampling throughout the county. Mechanisms of distribution included Community Health Council members, businesses, pharmacies, clinics, health fairs, civic organizations, etc. The survey was completed by adults, over the age of 18, the majority of whom (73%) were female. Though many of the demographics of survey respondents largely resembled that of the County, no surveys were completed by residents of Mescalero (although surveys were distributed to that community).

## **2. Community Description**

### **a. Geographic Description**

Otero County, located in south central New Mexico, is bordered by the following five counties: Lincoln, Doña Ana, Sierra, Chaves, and Eddy. Otero County is bordered on the South by Texas, with El Paso being the largest metropolitan area in the region. The 6,626 square miles (9.4 persons per square mile) that constitute Otero County consist primarily of the area known as the Tularosa Basin, lying between the Sacramento Mountains to the East and the San Andres Mountains to the West. Also included within the county boundary is most of the 300 square miles of White Sands National Monument and White Sands Missile Range. Other Federal holdings include Holloman Air Force Base, the Mescalero Apache Indian Reservation, Lincoln National Forest, and a portion of the Fort Bliss Military Reservation.

There are 17 communities in Otero County, most of which are small and unincorporated. (Other small communities exist as well but are really simply named areas of the county, subdivisions, etc.) The largest is Alamogordo (the county seat), and others include Holloman Air Force Base, Tularosa, Mescalero, Cloudcroft, La Luz, Bent, Boles Acres, High Rolls/Mountain Park, Mayhill, Orogrande, Piñon, Sacramento, Sunspot, Timberon, Weed, and Chaparral (a community that sits on the county and state lines with portions in Otero and Doña Ana Counties and Texas). Many residents in the border communities, including Mayhill, Piñon, Timberon, and Chaparral access health services in neighboring counties and Texas. Alamogordo, the County seat, is considered a Micropolitan Statistical Area per the US Census Bureau (<http://www.fedstats.gov/qf/states/35/35035.html>).

The following is an excerpt from the Otero County Economic Development Council website describing the climate of the area (<http://www.ocedc.com/life/index.html>).

“The Sacramento Mountain range is the southernmost tip of the Rocky Mountain chain within the boundary of the United States, and as such is not

subject to the drastically cold temperatures of the upper ranges. The area's climate is more moderate than other desert areas because of its high elevation and proximity to the mountain range, which provides shelter from the wind's cold as well as cooling rain showers in summer's heat. With elevations ranging from 4,300 feet to 9,000 feet, the county has an ideal climate of warm days and cool nights. There are 350 days of sunshine each year. Winter days stay comfortable with temperatures in the 50s and 60s. The basin averages 15 inches of precipitation per year, and 315 days are precipitation free. The months of July-August get approximately 6 inches of moisture, while the mountain areas average 32 inches of precipitation and 92 inches of snow.”

b. Population Description

According to the US Census 2000 estimate, the population of Otero County is 62,298. Table 1 below shows the population estimates for Otero County and New Mexico from 2001 to 2006. It must be noted that these are estimates, and the population of Otero County may vary from year to year due to the transient nature of some of the local population, including military and government personnel.

**Table 1**  
**Population Estimates of Otero County and New Mexico**  
**2001-2006**

Geographic Area	Population Estimates					
	July 1, 2001	July 1, 2002	July 1, 2003	July 1, 2004	July 1, 2005	July 1, 2006
Otero County	61,519	61,666	62,495	63,571	63,538	62,744
New Mexico	1,832,608	1,855,400	1,879,252	1,903,006	1,928,384	1,954,599

Source: US Census Bureau, <http://www.census.gov/popest/counties/tables/CO-EST2005-01-35.xls>

Otero County and Alamogordo both rank 8<sup>th</sup> in the state for county and city population, respectively, according to the 2000 Census.

Table 2 below shows population data from 1980 to 2000 for Otero County and various communities within the County.

**Table 2**  
**Population of Otero County and Selected Towns/Villages**  
**1980-2000**

County/City	1980	1990	2000
Otero County	44,665	52,034	62,298
Alamogordo	24,024	27,596	35,582
Holloman AFB	NA	NA	2,076
Boles Acres	NA	NA	1,172
Cloudcroft	521	636	749
Mescalero	NA	NA	3,156
La Luz	NA	NA	1,615
Tularosa	2,600	2,615	2,864
Timberon	NA	NA	309
Chaparral	NA	NA	6,117

Source: US Census Bureau  
 NA – data not available

There was a 20% increase in county population from the 1990 census (52,034). This growth coincides with the growth seen in New Mexico as a whole (20.1%), however, this is higher than the population growth of the United States (13.1%). Many of the Southwestern states have experienced such growth, including Arizona (40% increase), Colorado (30.6% increase), and Nevada (66.3% increase). One possible explanation for growth in these states could be a function of desirable weather and available space compared to other parts of the United States.

There may also be a number of reasons for the 20% increase in population of Otero County in the decade between the 1990 and 2000 Census. Some of this increase may be due to additions at Holloman Air Force Base, including the influx of German Air Force personnel training on base starting in the mid 1990's. According to the Otero County Economic Development Council (<http://www.ocedc.com/profile/military.html>, March 2007), there are currently 680 German service personnel and their families in the Alamogordo area. Beginning in the mid 1990's, with agreements between the United States and Germany, the German Lufthansa (Air Force) established a training facility at Holloman Air Force Base. The reasons for this establishment included the weather and excellent flying conditions in the Tularosa Basin. This program is structured to train German Air Force pilots to fly TORNADO Fighter Aircraft.

Holloman Air Force Base is slated to become the home for the F-22A Raptor in late 2008. The Air Force is retiring the F-117 currently at Holloman, thus changing the Base's mission. This transition to the new mission could add approximately 330 additional jobs. However, Holloman could lose more than 280 Airmen positions during the divestment of the F-117A (Holloman Air Force Base webpage: <http://www.holloman.af.mil/news/story.asp?storyID=123026517&page=2>).

During the 1990's, the Alamogordo Chamber of Commerce was actively involved in promoting this area as a "Sunbird" destination, thus possibly increasing the population by bringing in more retirees. This area is a popular place for retirement, particularly those in the military. Many who have been stationed either at Holloman Air Force Base, White Sands Missile Range, or Ft. Bliss in El Paso return to this area in later life.

Also, many families moved in to the Sacramento Mountains in the late 1990's in preparation for Y2K. Though the number of people coming to the area for Y2K is unknown, it is thought to have been in the hundreds. However, many of these families moved away again after 2000, thus affecting the local population numbers.

The community of Chaparral exists in 2 counties in New Mexico, and possibly Texas. The population listed in Table 2 is for all of Chaparral and does not define populations for the various sections. The actual population for Chaparral, within Otero County, is unknown. Also, the population listed is from the US Census, but anecdotal information from residents and some county employees put the population of Chaparral much higher. Being close to the border, including the border of Mexico, the area is known by residents to be experiencing a huge population increase. Some Key Informants say the population of Chaparral as a whole could be approaching 20,000.

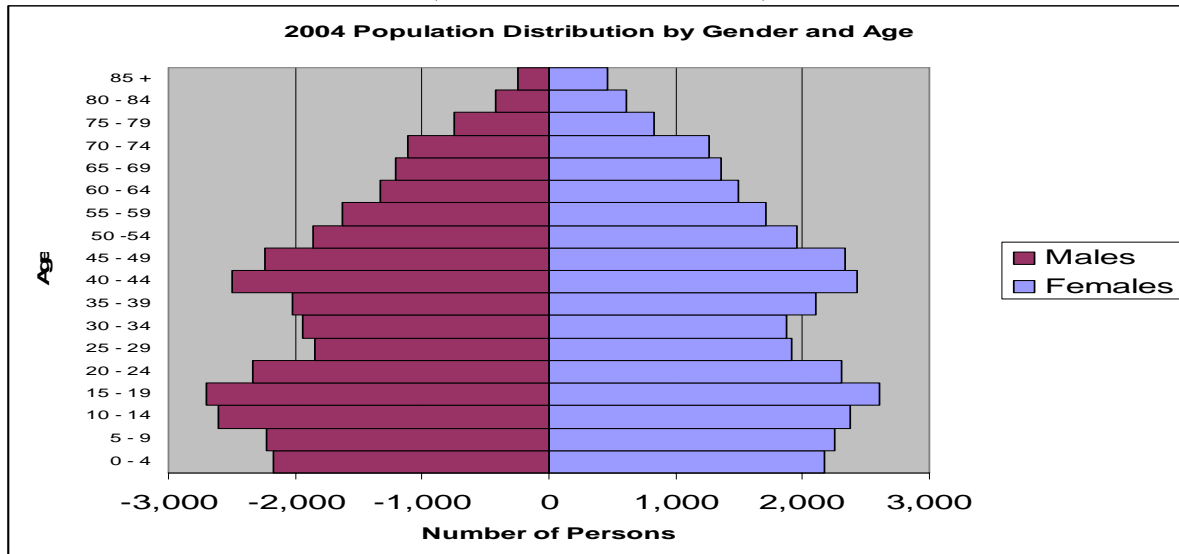
According to the US Housing and Urban Development (HUD), <http://www.hud.gov/local/nm/groups/coloniasnm.cfm>, several communities in Otero County are designated "colonias". According to HUD, "the definition of a colonia is any identifiable community in the U.S.-Mexico border regions of Arizona, California, New Mexico, and Texas that lacks a potable water supply, inadequate sewage systems, and a shortage of decent, safe, and sanitary housing." The following communities, or parts of the communities, in Otero County have been determined by HUD to be colonias.

- Village of Tularosa
- Bent
- Mayhill
- Boles Acres
- Orogrande
- Chaparral
- Piñon
- Cloudcroft
- Sacramento
- Dog Canyon
- Timberon
- Dungan
- Twin Forks
- High Rolls
- Weed
- La Luz

- Gender by age

Figure 1 illustrates the age distribution in Otero County from 2004 estimates. This shows that the largest age groups are those under 20 (particularly ages 10-14 and 15-19) and those in their 40's.

**Figure 1**  
**Otero County**  
(More recent data not available)



Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

The number of children may be attributable to the many young families at Holloman Air Force Base, and to the fact that we have a large population in the 40's; many in this age are considered "baby boomers" whose children would be in this age range. The large senior population may be attributed, as mentioned above, to Otero County's reputation as a "Sun Bird" (retirement) community.

Otero County's population under 20 represents 30.3% of the total population compared to 26.8% for NM. Also, 13% of the population of Otero County is 65 or older compared to 12% for NM. Although this may not be significant, it may indicate a trend. However, the other age groups are generally smaller percentage wise for Otero County than for NM.

Considering the large population of youth, Otero County has a prime opportunity to develop services specifically for teens, and to plan for future growth in the young adult category. Indeed, according to the FY07 Community Needs Assessment, 53% indicated that Otero County needs more after-school programs for youth, and 84% believe Otero County needs a teen center. This future increase in the 20-29 age range could also lead to an increase in the need for child care and Maternal and Child Health services.

According to the Office of New Mexico Vital Records and Health Statistics 2003, "under 20" and "20-64" age categories are declining as a percent of the Otero County population, while the "over 65" age group is increasing as a percent of population. This trend is important since we typically require more health care services, including long term care, as we age.

- Race, ethnicity

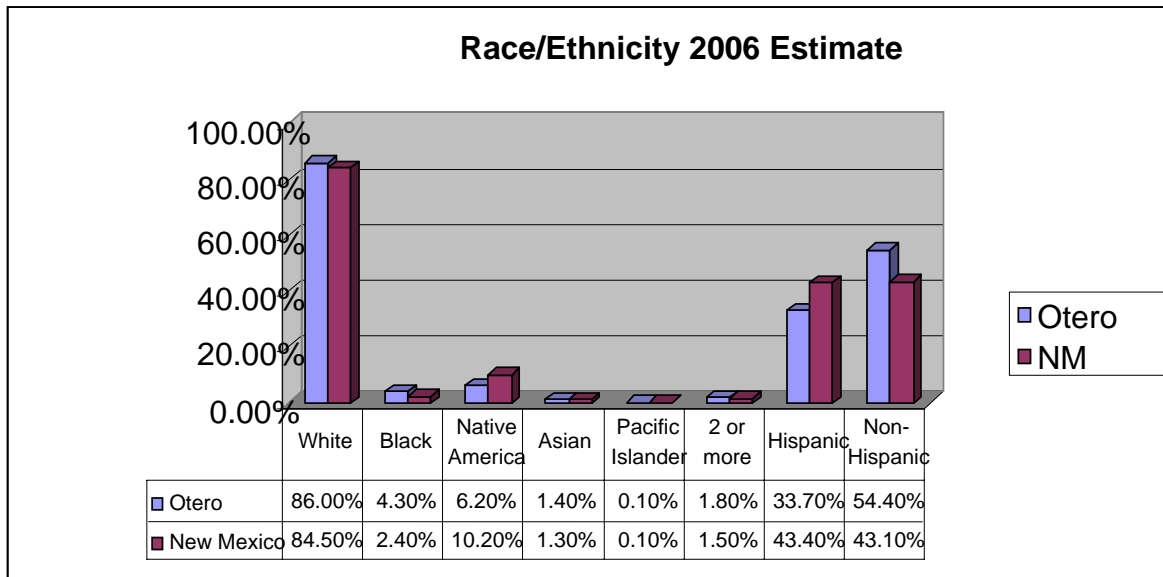
The following is a quote from the “Community Health Assessment and Planning Guidebook” (New Mexico Dept. of Health, 2006).

The following Race groups are used by the US Census and defined for official use by the US Office of Management and Budget: White, Black/African American, American Indian and Alaska Native, Asian, Native Hawaiian & Other Pacific Islander, and Some Other Race. Ethnicity is a term that describes a group of people with a common tradition and a sense of identity that functions as a subgroup within the larger society. Ethnicity is a term that describes, for example, the cultural practices, language, cuisine and traditions used to distinguish groups of persons—it is not a term used to describe biological or physical differences. In New Mexico, the most common (and officially used) ethnicity designations are Hispanic and Non-Hispanic (popular term-Anglo).

Figure 2 shows the Otero County population by Race/Ethnicity for the year 2004 compared to New Mexico. Otero County has a slightly higher population reporting “White” as their race, though this may not be significant. Over 4% (4.3%) of Otero County residents report their race as Black, which is nearly double that of New Mexico (2.4%). Otero reports fewer Hispanics than does the state as a whole.

**Figure 2**  
**Otero County Race/Ethnicity**  
**2006**

(More recent data not available)

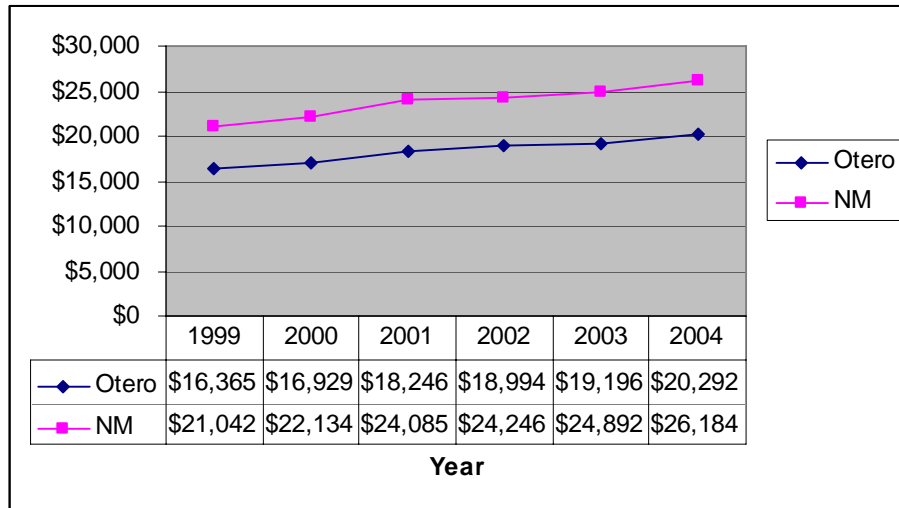


Source: Otero County QuickFacts from the US Census Bureau

- Income

The Otero County Per Capital Personal Income is shown in Figure 3 below along with that of the State for the years 1999-2004. This figure shows that the Per Capita Personal Income for Otero County is lower than that of New Mexico, but has increased at around the same rate.

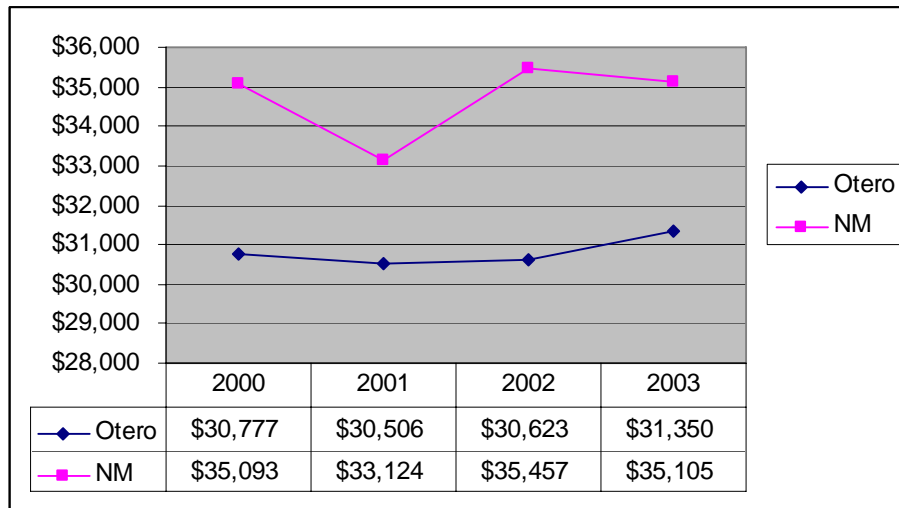
**Figure 3**  
**Personal Per Capita Income for Otero County and New Mexico**  
**1999-2004**



Source: Labor Analysis Statistics and Economic Research, NM Dept. of Labor  
<http://laser.state.nm.us/analyzer/INCOMEchoice.asp?cat=INC&session=income&time=&geo=>

Figure 4 shows the median household income from 2000-2003 compared to New Mexico.

**Figure 4**  
**Annual Median Household Income (Census) in Otero County and NM**  
**2000-2003**



Source: Labor Analysis Statistics and Economic Research, NM Dept. of Labor  
<http://laser.state.nm.us/analyzer/INCOMEchoice.asp?cat=INC&session=income&time=&geo=>

Income in Otero County is, in general, lower than that of New Mexico. This may be due to the types of jobs available and the cost of living here compared to larger urban communities. Though new jobs have come to Otero County in recent years, such as call centers, home improvement centers, and restaurants, these are not generally high paying jobs, though many are above minimum wage. However, recruitment of new business is continuing through the Otero County Economic Development Council, some of which may include the desired higher paying positions.

- Poverty

Table 3 below shows the percent of persons (Otero County and NM respectively) living in poverty from 1999 to 2004. This includes adults and children. Otero County has fewer overall persons and children living in poverty compared to New Mexico, though the difference may not be significant. This is interesting considering that the Per Capita Income and Median Family Income, as addressed above, are lower overall for Otero County than New Mexico. This could be because the cost of living is lower in Otero County than the State. The percent of persons living in poverty is also declining for Otero County and New Mexico.

**Table 3  
Persons Living In Poverty  
By Year**

	1999*	2003**	2004***
<b>Otero (Total Persons, adult and youth)</b>	16.3%	16.5%	15.2%
<b>NM (Total Persons, adult and youth)</b>	18.2%	17.7%	16.7%

Source:

\* Office of New Mexico Vital Records and Health Statistics 2003

\*\* 2003 Census Estimate (<http://quickfacts.census.gov/qfd/states/35/35035.html>)

\*\*\* 2004 Census Estimate (<http://quickfacts.census.gov/qfd/states/35/35035.html>)

Recent data on children living in poverty are difficult to find. However, the Border KIDS COUNT 2007 A Special Report on Child Well-Being in New Mexico's Border Districts found at <http://www.nmvoices.org/kidscount.htm> includes discussion of children's poverty issues. Those Legislative Districts covering Otero County include Districts 51, 53, 54, 56, 57, and 59. District 51 includes the largest population base of Otero County (including Alamogordo) and is the only district entirely within the Otero County borders.



Table 4 below is from the Border Kids report mentioned above and shows poverty information for District 51.

**Table 4**  
**Children Living Below Poverty in NM District 51 Compared to New Mexico**  
**2000 US Census**

	District 51		New Mexico	
	Number	Percentage	Number	Percentage
<b>Population under age 18 for whom poverty is determined</b>	<b>7,099</b>	<b>100</b>	<b>500,345</b>	<b>100</b>
<b>Below poverty</b>	<b>1,756</b>	<b>24.7</b>	<b>125,218</b>	<b>25</b>
<b>Below 50% poverty</b>	<b>735</b>	<b>10.4</b>	<b>53,542</b>	<b>10.7</b>
<b>Below 200% poverty</b>	<b>4,375</b>	<b>61.6</b>	<b>264,684</b>	<b>52.9</b>

Source: *Border KIDS COUNT 2007 A Special Report on Child Well-Being in New Mexico's Border Districts*

Table 5 below lists children in poverty by school district. There are fewer children in Cloudcroft Municipal Schools living in poverty than those in Alamogordo Public Schools and Tularosa Municipal Schools. There was a small drop in poverty levels for all 3 districts from 03-04 to 05-06. This could correspond with the continuous drop in total persons living in poverty as seen in Table 3.

**Table 5**  
**Percent of Children Living in Poverty by School District**  
**Otero County**  
**School Years 2003-2004\* and 2005-2006\*\***

District	School Year	
	2003-2004*	2005-2006**
<b>Alamogordo</b>	25.99%	22.82%
<b>Cloudcroft</b>	14.37%	13.23%
<b>Tularosa</b>	34.28%	29.83%

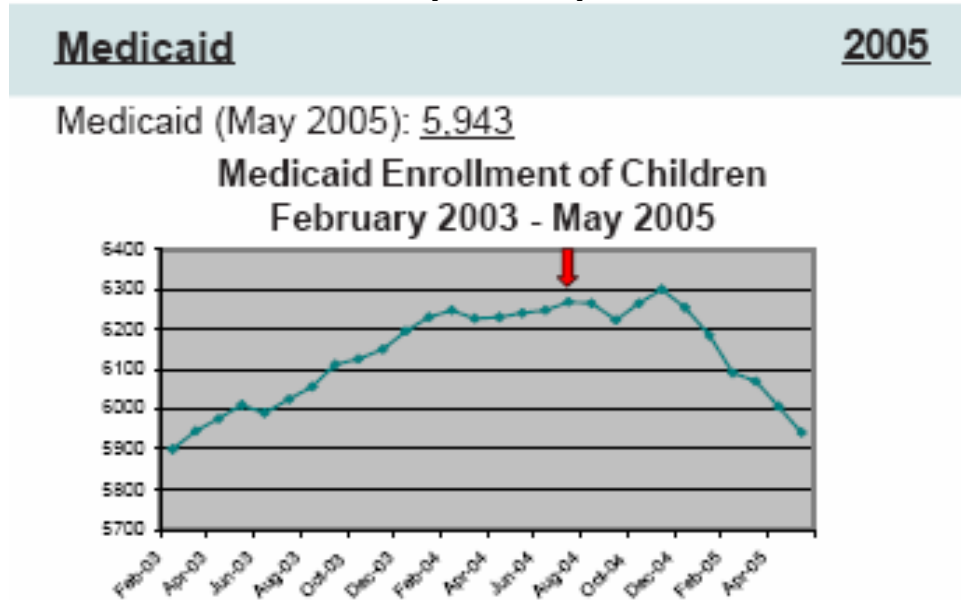
Source: New Mexico Public Education Department School Fact Sheets  
 (<http://www.ped.state.nm.us/div/ais/data/dcrfactsheets.html>)

\* Children ages 5-17

\*\* Children ages 4-17

Medicaid enrollment for children in Otero County (Figure 5) increased by about 400 between February 2003 and December 2004, and then declined by about the same number by April 2005.

**Figure 5**  
**Medicaid Enrollment of Children in Otero County**  
**February 2003-May 2005**



Source: New Mexico Kids Count Data Book, 2005, pages 47

Table 6, below, shows the Free and Reduced Lunch percentages for 3 of the School Districts in Otero County for school years 2002 to 2007. Data for Mescalero were unavailable. Though Alamogordo Public Schools and Cloudcroft Municipal Schools free and reduced lunch percentages stayed relatively level during this time period. The drop seen in the Tularosa Municipal School percentages is based on the baseline data collected in 2000. Since then, until 2006-07, the Tularosa Municipal School District has not collected these data, so as students graduate, the number naturally declines. Therefore, this is not an accurate representation of the students in Tularosa that are eligible for free or reduced lunch. Per a school representative, the numbers of eligible students in Tularosa is considered high, and all students in the district are provided with free lunches (if they eat at school) as indicated in the 06-07 column. Also, in the 2006-07 year, the New Mexico Public Education Dept. reported “free and reduced Lunch %” together rather than as separate percentages.

**Table 6**  
**Free and Reduced Lunch**  
**Otero County School Districts 2000-2006**

School District		School Year					
		01-02	02-03	03-04	04-05	05-06	06-07
Alamogordo	Free Lunch %	32.3	31.1	32.0	32.8	33.4	52.9
	Reduced %	13.4	12.4	12.4	12.7	11.0	
Cloudcroft	Free Lunch %	26.6	24.8	25.2	27.7	20.7	36.4
	Reduced %	7.1	4.9	5.5	9.1	11.1	
Tularosa	Free Lunch %	56.3	51.1	47.9	46.6	29.9	100
	Reduced %	14.6	21.6	21.0	20.4	15.1	

Source: New Mexico Public Education Department School Fact Sheets (<http://www.ped.state.nm.us/div/ais/data/dcrfactsheets.html>)

- Education

There are 3 school districts within Otero County, plus tribal, state, and international schools. The Alamogordo Public School District includes 1 High School, 1 Alternative High School, 3 Middle Schools, and 11 Elementary Schools. These include the Primary, Intermediate, Middle Schools housed at Holloman Air Force Base. Alamogordo also is home to a Charter Middle School (Lacy Simms Middle School), 2 Private (faith-based) Schools, the New Mexico School for the Blind and Visually Impaired (NMSBVI), and the Deutsche Schule Alamogordo (for the dependents of the German Air Force personnel). On February 28, 2007, the Charter for Lacy Simms Middle School was revoked by the Alamogordo Public Schools Board of Education due to non-compliance with state regulations. Also, in recent years, there had been as many as 4 private schools in Alamogordo. This change could account for some of the decline in private school enrollment as seen in Table 6 below.

Other school districts include Cloudcroft and Tularosa, and the Mescalero Apache Tribe has a K-12 Bureau of Indian Affairs (BIA) school.

Table 7 shows the total number of students enrolled in each school district, private schools, and home schools over time. These data do not include enrollment at the Alamogordo Deutsche Schule or the NMSBVI. There has been a decline in enrollment for the public and private schools, and home school students overall during this time. As stated above, the number of youth as a percentage of population has been declining, so this may account for at least some of decline in enrollment.

**Table 7**  
**Number of Students Enrolled (K-12) in Selected Otero County Schools**

School/Year	2002-2003	2003-2004	2004-2005	2005-2006	2006-2007
Alamogordo K-12	6923	6933	6771	6489	6521
Cloudcroft K-12	452	436	451	469	470
Tularosa K-12	1031	1019	1047	1043	1016
Private K-12	325	284	311	266	235
Mescalero K-12	631	509	--	--	--
Home School K-12	274	271	226	--	--

Source: New Mexico Public Education Department School Fact Sheets (<http://www.ped.state.nm.us/div/ais/data/dcrfactsheets.html>)

-- Not available

Table 8 shows the school (7th -12<sup>th</sup> grade) dropout rates for Otero County and New Mexico. It indicates that the dropout rate in Otero County is lower than that of New Mexico. Dropout rates are not available for Mescalero Schools, though some students from Mescalero attend schools in Tularosa and Ruidoso.

**Table 8**  
**School Dropout Rate**  
**Grades 7-12**

By School District and School Year

<b>District</b>	<b>2002-2003</b>	<b>2003-2004</b>	<b>2004-2005</b>	<b>2005-2006</b>
Alamogordo	1.0%	0.9%	1.9%	1.4%
Cloudcroft	0.4%	1.1%	1.5%	0.0%
Tularosa	1.9%	2.1%	1.6%	2.3%
<b>New Mexico</b>	<b>3.3%</b>	<b>3.7%</b>	<b>3.7%</b>	<b>3.6%</b>

Source: New Mexico Public Education Dept. (<http://www.ped.state.nm.us>)

Though our high school dropout rates are currently low compared to New Mexico, there is some concern among those working with youth and in education related fields that this rate (1.2) is not reflective of the real situation. According to New Mexico Kids Count 2001 Data Book, the dropout rate for Otero County in the 1990-1991 school years was 7.4%, but dropped to 2.0% the following year. This change in dropout rate is a source of some speculation among those who work with youth in Otero County, who believe that current numbers do not count all youth who actually drop out.

We are seeing an increase in college enrollment and graduation, possibly because of population growth due to in-migration, recent changes in degree offerings at NMSU-A, and the initiation of the lottery scholarships in New Mexico.

Otero County also has a branch of New Mexico State University, which provides several 2 year and certificate programs, as well as some 4 year degree programs in cooperation with the main Las Cruces campus. NMSU-A also houses Adult Basic Education providing the GED and ESL programs. Enrollment at NMSU-A is around 1800 (Otero County Economic Development Council, 2004). Alamogordo lies within commuting distance to the NMSU main campus in Las Cruces and the Ruidoso campus of Eastern New Mexico University. Also, there are 6 colleges that offer classes through Holloman Air Force Base (Embry-Riddle University, Park University, Central Texas College, College of the Air Force, University of Phoenix, and Troy State University), and Webster University operates a campus at Ft. Bliss near El Paso.

Table 9 shows the percentage of people in Otero County with only a high school diploma or GED has decreased by nearly 4% since the 1990 Census, while those accomplishing all other milestones listed have increased. Over 80% of Otero County residents (age 25 and over) possess a High School diploma (or GED) or higher degree.

**Table 9**  
**Otero County**  
**Educational Attainment in Population 25 Years and Over, 1990-2000**

	1990		2000	
	Number	Percent of Total	Number	Percent of Total
<b>Less than 9th grade</b>	2,288	7.57%	2,940	7.72%
<b>Some high school, no diploma</b>	3,287	10.87%	4,282	11.25%
<b>High school graduate*</b>	9,971	32.97%	11,096	29.15%
<b>Some college, no degree</b>	8,182	27.06%	10,634	27.94%
<b>Associate degree</b>	1,981	6.55%	3,229	8.48%
<b>Bachelor's degree</b>	2,655	8.78%	3,488	9.16%
<b>Graduate or professional degree</b>	1,875	6.20%	2,392	6.28%
<b>Total Population Age 25+</b>	30,239	100.00%	38,061	100.00%

\* "High school graduate" includes people with the G.E.D. and similar equivalents.

Source: Otero County Economic Development Council 2004

There were several questions related to education in the FY07 Community Needs Assessment. From this assessment, 51% of respondents said that they did not feel our schools were appropriately educating our children in basic academic skills, while 29% felt the schools were accomplishing this; 52% did not feel schools were appropriately preparing students for college or a trade, while 21% felt they were; and 79% felt that students should be taught practical life skills (financial management, communication, community service, parenting skills) through our schools.

- Languages spoken

Table 10 (2000 US Census) lists languages spoken at home. Over 70% speak only English, while 29.7% report speaking something other than English at home (36.5% for New Mexico), and 11.1% of those who speak another language reported speaking English less than very well (11.9% for New Mexico). These data may have significance when those not speaking English well wish to access services in Otero County. There would be some necessity for agencies to consider bilingual employees or translation services, specifically for the Spanish speaking population.

**Table 10**

LANGUAGE SPOKEN AT HOME IN OTERO COUNTY in 2000		
	Number	Percent
Population 5 years and over	57,857	100.0
English only	40,670	70.3
Language other than English	17,187	29.7
Speak English less than 'very well	6,406	11.1
Spanish	13,318	23.0
Speak English less than "very well"	4,991	8.6
Other Indo-European languages	2,219	3.8
Speak English less than "very well"	1,023	1.8
Asian and Pacific Island languages	578	1.0
Speak English less than "very well"	161	0.3

Source: 2000 US Census

Not specifically mentioned in these language data are the German speaking population. Specific numbers were unavailable for those who do not speak English well for this publication, but with the nearly 2000 Germans living in Otero County associated with the German Air Force, the community has made some accommodations for this population. In some public places, there are signs, instructions, etc. in English, Spanish, and German.

- Employment and industry

According to the Otero County Economic Development Council (OCEDC, <http://www.ocedc.com/workforce/employers.html>, February 2004), the largest employer in Otero County is the military or other government entities, for both military and civilian personnel. The top 3 employers in Otero County are Holloman Air Force Base, White Sands Missile Range, and the German Air Force Flying Training Center. (White Sands Missile Range covers area in both Otero and Doña Ana Counties and employs people from both. The other government installations may also employ people from outside Otero County.) Other major employers, government and civilian, include Alamogordo Public Schools, Inn of the Mountain Gods (a resort in Mescalero), Wal-Mart Super Center, Gerald Champion Regional Medical Center, 1-800-Flowers.com, City of Alamogordo, and NMSU-A.

Top professions in Otero County, according to the Otero County Economic Development Council (2004), include management, professional, and related occupations; sales and office occupations; and service occupations. The top industries in Otero County include educational, health, and social services; retail trade; and public administration.

Otero County has a large number of management and professional jobs, partly because of NMSU-A, Sunspot, Gerald Champion Regional Medical Center, and White Sands Missile Range. These entities have many positions that require higher education and graduate degrees.

The New Mexico Department of Labor maintains a website with frequent statistics on unemployment. This site, [http://www.dol.state.nm.us/dol\\_crank.html](http://www.dol.state.nm.us/dol_crank.html), listed the following for Otero County over time (Table 11). These figures represent an overall decline in unemployment in the last few years. It can also be seen that Otero County has a lower unemployment rate than New Mexico.

**Table 11**  
**Unemployment Rate and Rank**  
**Otero County and NM**  
**2005-2007**  
**For Selected Months**

Date	December 2005	December 2006	December 2007
Unemployment Rate	4.4%	3.4%	3.0%
Rank in State	19	16	15
NM Unemployment Rate	4.4%	3.3%	3.1%

Source: NM Dept. of Labor ([http://www.dol.state.nm.us/dol\\_crank.html](http://www.dol.state.nm.us/dol_crank.html))

In recent years, there have been jobs lost due to the closure of the Presto manufacturing plant and the lumber mill in Alamogordo (total of over 500 jobs). However, White Sands Forest Products reopened in 2001 under new management (OCEDC 2003). Also, the event of the terrorist attacks of September 11, 2001, and subsequent changes in the stock market and national economic policies, may have contributed to local unemployment. These unemployment trends have largely followed those of the state of New Mexico, both of which have higher unemployment than the US, indicating that New Mexico's economy may be less healthy than the US as a whole.

There has also been much effort recently in recruiting new businesses to Otero County, with some success. Otero County has welcomed several new restaurants, hotels, call centers, and other similar businesses. These businesses have provided hundreds of jobs with lower level salaries for local residents. However, efforts continue by the Otero County Economic Development Council and Chamber's of Commerce to bring in higher paying jobs as well.

- Other

### **Description of Households**

Of the total 23,105 households in Otero County, over half (57%) are represented by married couples, 23% are single person households, 12% of the households are headed by females, and 8% are householders over age 65.

### **Homeless**

Otero County has a homeless population, living predominantly in the desert near Alamogordo rather than in the mountains or in the more remote parts of the county (Alamogordo Department of Public Safety, 2004). However, this population is currently not being tracked or documented officially, therefore population numbers, growth, etc. are unknown. According to the Community Needs Assessment, FY07, 61% of Otero County adults believed there are not enough services for the homeless in our community.

#### c. Community Assets and Wellness

- Physical (Examples: city parks, bicycle lanes, well-lighted streets with curbs, green belts, wilderness areas, recreation areas)

Otero County has many physical assets including those listed below. These attractions listed provide opportunities for recreation and entertainment for the residents of Otero County. There are also opportunities in neighboring cities such as Ruidoso, Las Cruces and El Paso.

**Area Attractions** (from City of Alamogordo and Otero County Economic Development Council):

Alamogordo:

- ✓ Alamogordo Park and Zoo
- ✓ Desert Lakes Golf Course
- ✓ Family Recreation Center (Alamogordo)
- ✓ Flickinger Center for Performing Arts
- ✓ Founder's Park
- ✓ Kid's Kingdom (playground)
- ✓ New Mexico Museum of Space History and Clyde W. Tombaugh IMAX® Dome Theater
- ✓ Old Town Alamogordo
- ✓ Toy Train Depot (museum and toy train ride)
- ✓ Tularosa Basin Historical Museum

Otero County:

- ✓ Apache Point Observatory and National Solar Observatory (Sunspot)
- ✓ Cloud-Climbing Rail Trail (Rails to Trails)
- ✓ Cloud Country Ski Area
- ✓ The Lodge Golf Course (Cloudcroft)
- ✓ Lincoln National Forest
- ✓ Mescalero Apache Casino and Inn of the Mountain Gods
- ✓ Oliver Lee State Park



- ✓ Ponderosa Pines Golf Course (Cloudfcroft)
- ✓ Three Rivers Petroglyphs
- ✓ Timberon Golf Course (Timberon)
- ✓ Trinity Site Tours
- ✓ White Sands Golf Course (White Sands Missile Range)
- ✓ White Sands National Monument
- ✓ White Sands Balloon Festival

Despite the many attractions and recreational opportunities listed above, Otero County adults do not believe that there are enough affordable recreational opportunities and facilities for youth and adults in our community. In the FY07 Community Needs Assessment, 60% said there are not enough opportunities for youth, and 61% said there were not enough for adults.

Zia Therapy Center operates the Z-Trans bus system providing transportation for local residents including those with disabilities. The Z-Trans serves Alamogordo and provides stops outside the city, at Holloman Air Force Base, Tularosa, Mescalero and the Inn of the Mountain Gods. Plus, Z-Trans offers a shuttle to Mountain View Hospital in Las Cruces. Though this service has grown substantially in recent years, including adding limited Saturday service, 74% of adults in Otero County indicated that they felt public transportation needs to be expanded (Otero County Community Health Council Community Needs Assessment, FY07).

The city of Alamogordo is currently in the process of building walking paths throughout the city that will ultimately connect all of the parks and green areas. (See Appendix A for a map of the proposed trail system.) Future plans include multi-use recreational trails that will connect to Lincoln National Forest land and Rails to Trails (hiking trails built on former rail lines in Lincoln National Forest (City of Alamogordo, 2005). Though the city and county are working on creating more walking paths, 60% of the Otero County adults believe that more walking and biking paths are needed (FY07 Community Needs Assessment). Also, according to the same survey, 66% said the community needs more biking lanes in the streets for bike traffic.

Streets in Alamogordo are well lighted, though lights are amber rather than white. Amber is used because it does not interfere with the observatories at Sunspot. As the community grows, more traffic lights are installed as well as other pertinent signage. The city is also installing ADA approved features at corners, and where appropriate on side walks and curbs. All new commercial and governmental buildings, including the walking paths, must be ADA compliant. The FY07 Community Needs Assessment results indicate that 41% of adults believe that the current access for persons with disabilities is sufficient.

Residents of Otero County (FY07 Community Needs Assessment) report that they feel they live in safe communities (75%), while 43% believe that local playgrounds are safe, well lit, and in good repair. A majority (64%) of residents feel they can count on emergency services (police, fire, EMT, etc.) while 18% felt they can not count on these services, and 16% said they did not know. Only 17% believe that Otero County has an effective emergency response plan for natural disasters or other emergencies, while 39% said Otero County did not have an effective emergency plan, and 43% did not know. The County and City of Alamogordo do have emergency plans, but they are currently being revised.

- Social (Examples: theaters, civic clubs, churches, libraries, universities, businesses)

The Flickinger Center for Performing Arts is a former 700 seat movie theater converted to a performing arts theater. The Flickinger not only uses local talent in productions and events, but has brought in many national and international performers. The Alamogordo Music Theater is a group of local performers that produce 1 or 2 shows each year. The Flickinger is also available for rent to local organizations for community events. There is one 6 screen movie theater in Otero County in the White Sands Mall (Alamogordo). Another music group in Alamogordo is the Sounds of Enchantment Barber Shoppers, a group of male singers who perform around the community and at special events. Cloudcroft and area residents have formed the Cloudcroft Light Opera for annual productions.

Alamogordo, Cloudcroft, Tularosa, and Mescalero all have active senior centers providing many social activities and services for seniors. Other opportunities for socialization and community service can be found in the 80 plus civic clubs, social organizations, and hobby clubs (Alamogordo Chamber of Commerce); and in the almost 90 churches (Otero County Economic Development Council).

There are several libraries in Otero County including the following (Alamogordo Chamber of Commerce):

- ✓ Alamogordo Public Library features over 85,000 volumes in the general collection of books. Other collections include German and Spanish language Collections, Large Type Books and Talking books. Research materials include over 275 titles of magazines, Genealogy, Proquest Direct – online database, Infotrac, Health Reference-online database, Southwest Research Collection, Local newspaper on microfilm back to 1899 and Internet access on 8 public use computers. Children's Programs Include: Toddler Story Time, Preschool Story Hour, American Girl Friendship Club, Summer Reading Club, Holiday Programs throughout the year. The Children's Room offers a variety of children's educational programs and filtered Internet access on 4 computer workstations. For patrons who are homebound and unable to visit the facility, the library offers a "Homebound Book Delivery Program". The city of Alamogordo is currently working to raise funds to build a new larger public library, because the current library is too small and has not kept up with community growth over the last decade and a half.
- ✓ NMSU-Alamogordo David Townsend Library is available to the public as well as the students.
- ✓ Holloman Air Force Base Library
- ✓ Cloudcroft Public Library (Michael Nivison Library) has a total circulation 10,087.
- ✓ Tularosa Public Library

- Individual (Examples: artists, living treasures, writers, community leaders)

Otero County has a rich local history with names such as Pat Garrett, Oliver Lee, and Geronimo having lived or traveled through the area. The mountains and desert scenery have attracted a number of artisans and many of whom have opened galleries or who participate in our many community events. Many books have been written about, or set in, the Tularosa Basin, many by local authors, and the White Sands Monument is used frequently for feature films and

commercials. Otero County is also home of some famous names in science such as Alan Hale, co-discoverer of the Hale-Bopp comet. The New Mexico Museum of Space History is a good source of information on local scientific achievement.

- Other (Examples: strong community volunteerism, visible civic participation or spirit)

Several annual events and activities in Otero County provide for community involvement and civic pride:

- ✓ Otero County Fair
- ✓ Cottonwood Arts & Crafts Festival
- ✓ Oktoberfest (sponsored by the German community at Holloman Air Force Base)
- ✓ Gus Macker 3-on-3 Basketball Tournament
- ✓ Stealth Classic Softball Tournament
- ✓ White Sands Balloon Invitational
- ✓ Annual Christmas Parade
- ✓ Trinity Site Tour (twice a year)
- ✓ White Sands Film Festival
- ✓ Cherry Festival
- ✓ Apple Festival
- ✓ Support for school sports and little league programs
- ✓ Several annual fundraising events for local groups and non-profits
- ✓ United Way Day of Caring
- ✓ Walk Out West

Many of the special events like the White Sands Balloon Invitational and the Cottonwood Arts and Crafts Festival were developed to bring in more tourists and impact the community's economy.

### 3. Community Health Status

#### a. Maternal child health indicators

- Total Births

Table 12 shows the number of live births in Otero County from 2002-2006. There has been a fairly steady decline in live births since 2002 in Otero County, with a low in 2004. However, there has been an steady increase in live births in New Mexico from 2002-2006. Live births are not the same as pregnancies, which are not currently tracked in New Mexico by county.

**Table 12**  
**Live Births**  
**Otero County and NM**  
**2003-2005**

	2002	2003	2004	2005	2006
<b>Otero County</b>	<b>885</b>	<b>871</b>	<b>839</b>	<b>846</b>	<b>857</b>
<b>NM</b>	<b>27,708</b>	<b>27,779</b>	<b>28,355</b>	<b>28,822</b>	<b>29,918</b>

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

In 2004, there were 5693 reported legal abortions in New Mexico. Table 13 shows the number of abortions from 1997 to 2002. The number was not available for 2003. The ratio listed in the table refers to abortions per 1000 live births. Abortion information for Otero County was unavailable.

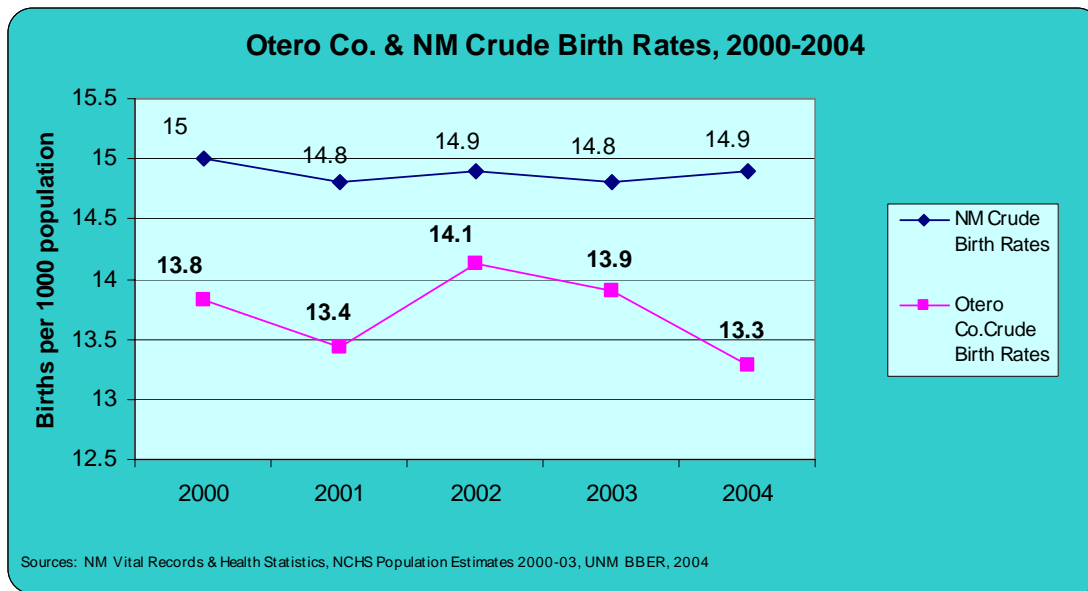
**Table 13**  
**Reported Legal Induced Abortions**  
**New Mexico**

STATE TOTAL	1997	1998	1999	2000	2001	2002
Abortions	5,105	5,167	4,843	5,250	4,931	4,865
Ratio	190.2	189.3	178.5	193.0	181.9	175.6

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

Figure 6 below shows the crude birth rates for 2000-2004. Crude birth rate is the number of live births divided by the average population (or population at midyear). The crude birth rate for Otero County is lower than that of NM as a whole, though the rates may not be significantly different. Likewise, the year to year changes in Otero County's crude birth rates are not likely statistically significant.

**Figure 6**



- Births by Age

Table 14 shows the number of live births by age group for Otero County and NM for 2004 to 2006.

**Table 14  
Live Births by Age Group  
Otero County and New Mexico  
2004-2005**

Age (years)	2004		2005		2006	
	Otero County	NM	Otero County	NM	Otero County	NM
<15	2	62	3	88	1	61
15-17	36	1641	31	1619	34	1592
18-19	83	2758	88	2850	74	3035
20-24	316	8997	309	8965	320	9276
25-29	213	7083	228	7455	255	7848
30-34	124	4880	126	4799	117	4988
35-39	47	2313	46	2377	50	2494
40+	18	605	12	657	6	617
<b>Total</b>	<b>839</b>	<b>28,355</b>	<b>846</b>	<b>28,822</b>	<b>857</b>	<b>29,918</b>

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

There was little change in the number of births for all 3 years for the 15-17 age group. The numbers of births to the <15 age group are too small to determine statistical significance, however, these births may have social and cultural significance to the residents of Otero County. There was a somewhat large decrease in births to the 18-19 age group from 2005-2006. Also, a large overall drop in births can be seen in the 40+ age group. However, there was an increase overall for the 25-29 age group. It is not known at this time if these differences mentioned are significant.

- **Low birth weight**

Below is an excerpt from the Office of New Mexico Vital Records and Health Statistics 2003 defining Low Birth Rate.

*“Low birth weight (LBW) is defined as an infant weight of less than 2,500 grams (5 ½ lbs) at the time of delivery. Birth weight is one of the most important factors in determining the survival and health of an infant. Low birth weight is a public health problem since infants born LBW have increased infant mortality, morbidity, incidence of learning disabilities, and medical costs. Nationally, the risk factors for LBW include maternal age of less than seventeen and greater than 34 years, Black race/ethnicity, low socioeconomic status, single marital status, lower levels of maternal education, smoking, inadequate weight gain, low pre-pregnancy weight, and a variety of medical risk factors (Data to Action, year). Smoking, which retards fetal growth, is the single largest modifiable risk factor for LBW and infant mortality. It is estimated to account for 20 to 30% of all LBW births.”*

According to the Bureau of Vital Records and Health Statistics, Otero County has experienced an increase in percent low birth weight births from 5.4% in 1992 to 7.0% in 2002, a difference of

1.6 percentage points. However, New Mexico low birth weight percentages have changed from 7.2% to 8.0%, a difference of 0.8 percentage points. Likewise, one can see from Figure 7 that this trend continues for Otero County through 2005, but then there is a drop in 2006, while New Mexico over all continues the trend. It is unknown at this time why there should be an increase in low birth weight. Although reasons could include substance abuse, teen pregnancy, and other risk behaviors.

**Figure 7**

Percent Otero Co. Low Birthweight (<2500 gm.) 2000-2004							
	Year						
	2000	2001	2002	2003	2004	2005	2006
<b>% NM Low Birthweight</b>	8.0	7.9	8.0	8.4	8.2	8.5	8.9
<b>% Otero Co. Low Birthweight</b>	6.6	7.6	7.0	7.0	6.4	9.1	7.9

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

- **High birth weight**

High Birth Weight is an indicator with importance in Otero County considering the risk of Diabetes in our communities. Below is a definition of High Birth Weight from the Office of New Mexico Vital Records and Health Statistics 2003.

*“A woman with a history of gestational diabetes or delivery of a baby weighing >9 pounds is at risk of developing type-2 diabetes. In addition, if the baby has macrosomia (generally defined as a weight of 4000 g or more), he or she is at risk for obesity and also for developing type-2 diabetes later on in life. It should be noted that there is no widely agreed-upon weight definition. Any evaluation of fetal weight must be considered in the context of gestational age. Sources: “Diabetes in the Life Cycle and Research,” Vol. 4. 2003. Editor M. Franz. Published by the American Association of Diabetes Educators, Chicago Illinois. Diabetes Care Journal, Supplement 1, January 2003 Vol. (26).”*

Table 15 shows the percent High Birth Weights for Otero County and New Mexico for 2001-2003. Newer data were not found. indicates that the percent high birth weight births have decreased in Otero County from 5.7% in 1994-96 to 4.2% in 2000-02, while the percentage for NM declined from 5.2% to 4.7% during the same period. Data from 2003 indicate that More recent data were unavailable at publication.

**Table 15**  
**High Birth Weight Births**  
**Percent for Otero County and New Mexico**  
**2001-2003**

	<b>2001</b>	<b>2002</b>	<b>2003</b>
<b>Otero County</b>	6.1	5.2	5.7
<b>New Mexico</b>	6.2	6.1	6.1

Source: New Mexico Selected Health Statistics Annual Report for 2003

- Births to teens

Table 16 below shows the Live Births to Teens in Otero County and New Mexico for 2004-2006. In previous years, the data were usually only available for 15-19 year old mothers and not always defined by more specific age groups. It was difficult to find data for births to teens under 15. Therefore, for consistency, this document will show only those data that can be directly compared. Data for earlier years are available in earlier Community Health Profiles, which are available on request.

As stated above, it is not known if any of these data show a statistical difference from year to year. However, it would appear that there was a decrease in births to teen mothers age 18-19 in Otero County from 2005 to 2006, while there was an increase in New Mexico during the same period. Likewise, there was an overall decline in births to teen mothers age 15-17 in New Mexico during this 3 year period. Birth rates (number of births per 1000 women) would be more valuable in determining significance, but were unavailable for all years at the time this document was published.

Table16  
Live Births to Teens  
Otero County and New Mexico  
2004-2006

<b>Age (years)</b>	<b>2004</b>		<b>2005</b>		<b>2006</b>	
	<b>Otero County</b>	<b>NM</b>	<b>Otero County</b>	<b>NM</b>	<b>Otero County</b>	<b>NM</b>
<b>&lt;15</b>	2	62	3	88	1	61
<b>15-17</b>	36	1641	31	1619	34	1592
<b>18-19</b>	83	2758	88	2850	74	3035

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

Figure 8 shows the teen birth (15-19 years) rates for Otero County and NM for 2000-2004. This graphically shows the decline overall in teen birth rates in recent years. There is an overall decline in birth rates to teens in Otero County and New Mexico during this time period, but it is not known if the change is statistically significant.

**Figure 8**

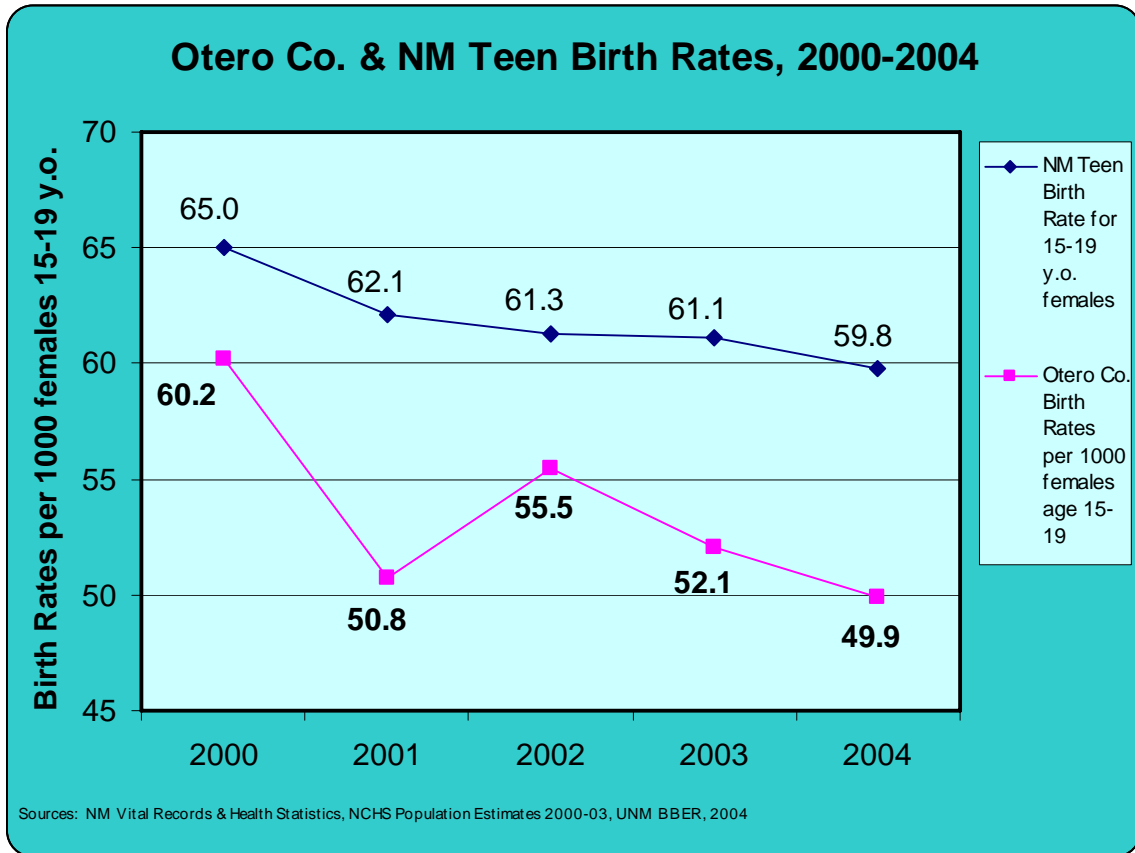
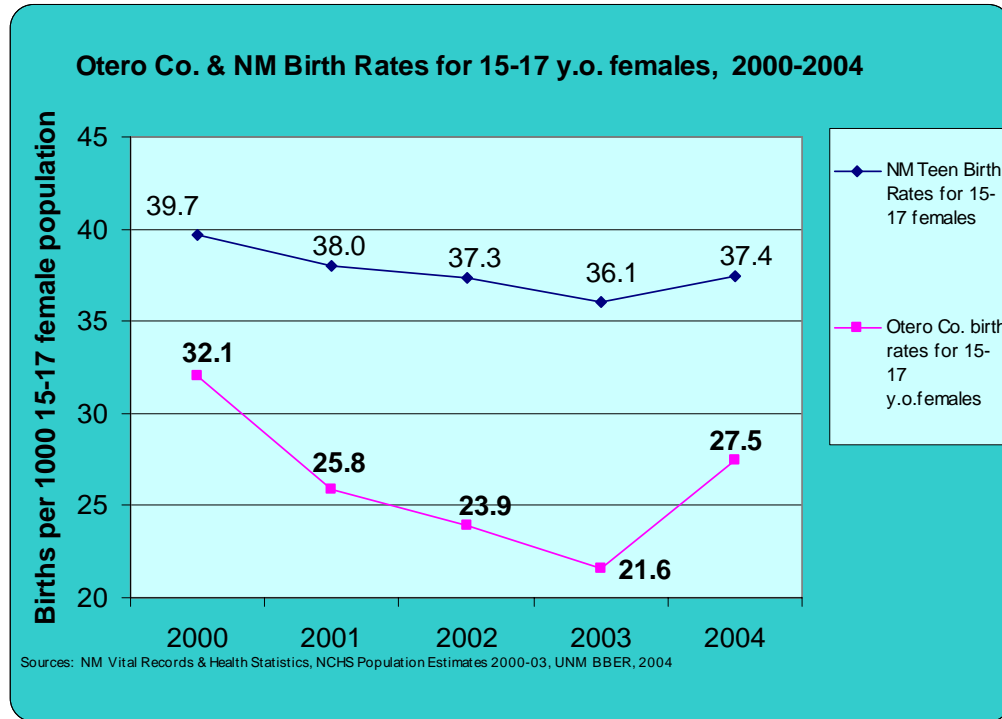




Figure 9 below shows the birth rates to teen mothers age 15-17 in Otero County and New Mexico. For both Otero and New Mexico, there was an overall decline during this time period but with a low in 2003. It is unknown why there was an increase in 2004.

**Figure 9**



The YRRS (Youth Risk and Resiliency Survey) is a Centers for Disease Control sponsored national survey given to high school aged youth in New Mexico in 9<sup>th</sup>-12<sup>th</sup> grade every other year. The survey collects information about youth’s attitudes and health risk behaviors, including teen sexuality. Table 17 indicates that nearly half of our high school youth report having already had sexual intercourse, and over one third reported being currently sexually active. Also, nearly one-third of sexually active students do not use condoms. A smaller percentage reported having their first sexual intercourse before the age of 13. It should be noted that the YRRS is a self reporting survey, but it is widely used in New Mexico, and the results are considered largely accurate.

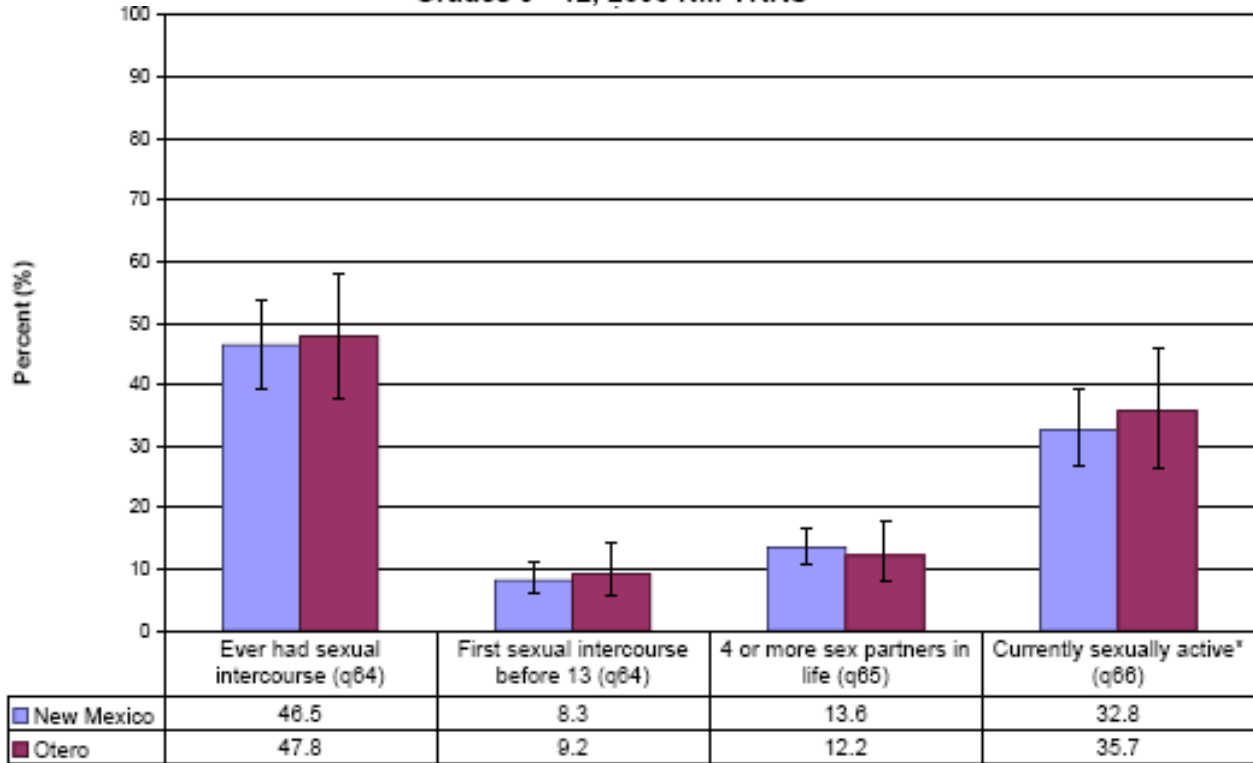
**Table 17**  
**Youth Attitudes and Behaviors**  
**Sexuality**  
**Otero County**  
**YRRS 2005**

	Currently sexually active (%)	First sexual intercourse before age 13 (%)	Ever had sexual intercourse (%)	No condom use (among sexually active) (%)
<b>2001</b>	NA	5.9	49.4	NA
<b>2003</b>	39.7	12.9	57.8	30.5
<b>2005</b>	35.7	9.2	47.8	29.7

Source: 2005 Youth Risk and Resiliency Survey

Figure 10 below compares the 2005 YRRS data for Otero County and New Mexico. It should be noted that none of these differences are statistically significant.

**Figure 10**  
**Sexual Activity**  
**New Mexico and Otero County**  
**Grades 9 - 12, 2005 NM YRRS**

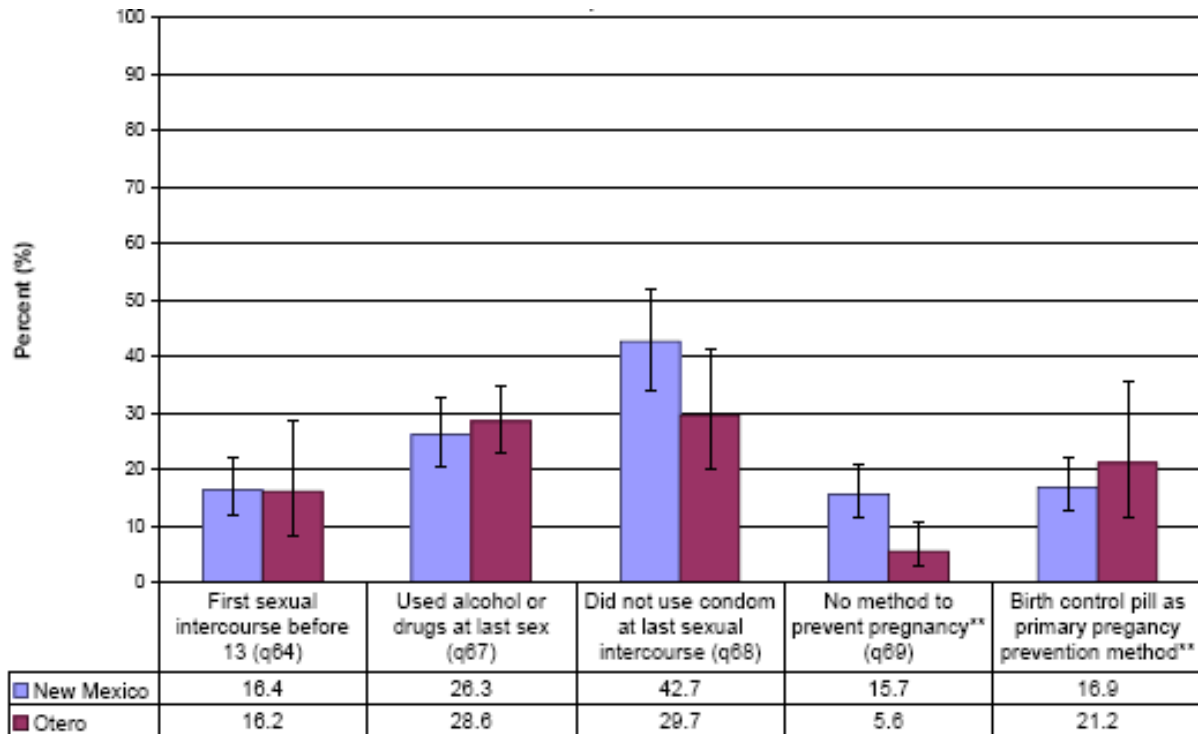


\* Had sexual intercourse within the last 3 months

Source: 2005 Youth Risk and Resiliency Survey

Figure 11 compares YRRS data from 2005 in Otero County and New Mexico, and shows that more Otero County youth are choosing either condoms or hormonal contraception than youth in New Mexico over all, though these data are not statistically different. It is possible that some sexually active teen females are relying on other types of contraception methods as well, such as spermicidal methods. It should be noted that hormonal and spermicidal methods may protect against pregnancy, but will not protect against Sexually Transmitted Diseases (STD).

**Figure 11**  
**Behaviors of Sexually Active\* Students**  
**New Mexico and Otero County**  
**Grades 9 - 12, 2005 NM YRRS**



\* Had sexual intercourse within the last 3 months  
 \*\* Last time had sexual intercourse

Source: 2005 Youth Risk and Resiliency Survey

- Births to single mothers

Table 18 indicates a trend toward increasing births to single mothers in Otero County and New Mexico from 2000 through 2004. This could be an indication of changing norms related to marriage in our culture. According to the Bureau of Vital Records and Health Statistics, the number of marriages is decreasing nationally as well as in New Mexico.

Table 18

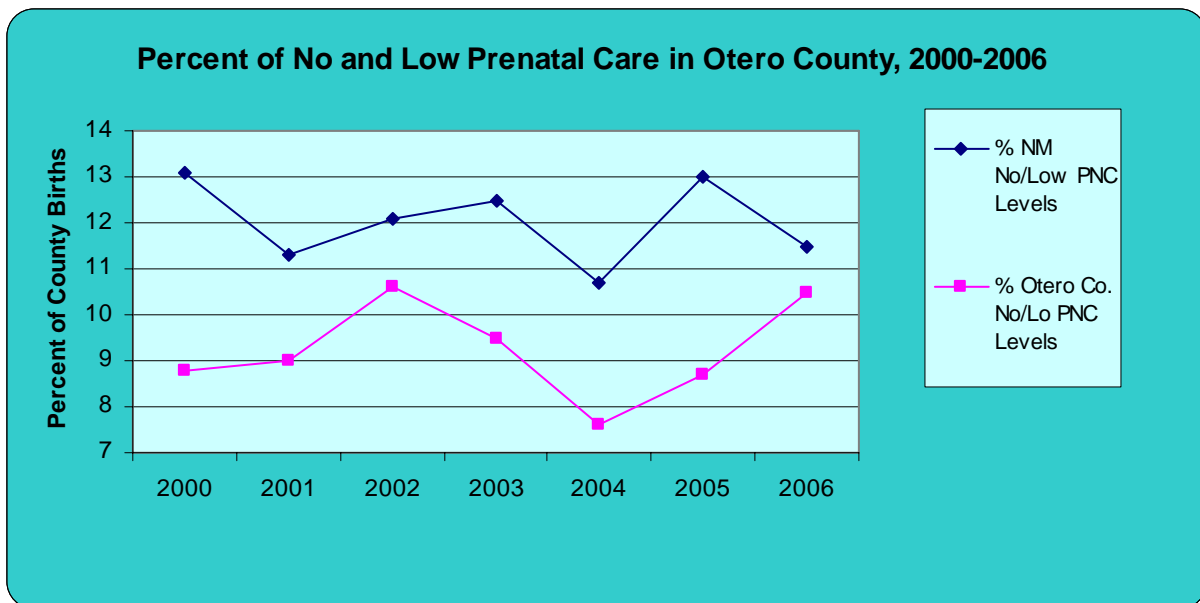
Live Births To Single Mothers Otero County and New Mexico 2002-2006					
	2002	2003	2004	2005	2006
% Otero Co Births to Single Mothers	35.9	35.9	36.0	40.9	38
% NM Births to Single Mothers	46.9	48.5	49.1	50.8	51.2

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

- Prenatal care level

Figure 12 below show the percentage of women in Otero County and New Mexico receiving low or no Prenatal Care for 2000-2006. It is evident from these figures that the majority of women in Otero County are receiving midlevel to high level prenatal care. Although for the years 2005-2006, there seems to be an increase in low or no prenatal care for women in Otero County, though it is not known if these differences are significant statistically..

Figure 12



Sources: NM Vital Records & Health Statistics

- **Infant mortality**

Table 19 shows Infant Mortality Rates for Otero County and New Mexico for 2001-2005. These rates for Otero County exceed those of New Mexico, though the reason for this is unknown, but may be due to lower income in Otero County. However, as noted above, Otero County women tend to get more prenatal care than New Mexico over all. According to the New Mexico Selected Health Statistics Annual Report, 2005, “Infant mortality rates are the numbers of infant deaths under 1 year of age per 1000 live births. Rates based on few than 20 events may be statistically unreliable and should be interpreted with caution.” It should be noted that all of Otero County’s rates are calculated using less than 20 events.

**Table 19**  
**Average Infant Mortality Rates**  
**For Otero County and New Mexico**  
**2001-2005 Total Deaths**

	Total Infant Deaths		Neonatal (<28 days)		Postneonatal (28 days to under 1 year)	
	Number	Rate	Number	Rate	Number	Rate
<b>Otero County</b>	<b>7</b>	<b>7.6</b>	<b>4</b>	<b>4.8</b>	<b>2</b>	<b>2.8</b>
<b>New Mexico</b>	<b>169</b>	<b>6.9</b>	<b>109</b>	<b>3.8</b>	<b>64</b>	<b>2.3</b>

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

Table 20 below shows Fetal deaths in Otero County and New Mexico for 2001-2005. According to the New Mexico Selected Health Statistics Annual Report, 2005, “fetal mortality rates are the numbers of fetal deaths per 1000 live births plus fetal deaths. Rates based on few than 20 events may be statistically unreliable and should be interpreted with caution.” It should be noted that all of Otero County’s rates are calculated using less than 20 events (from 1 to 5 total events per year).

Table 20  
 Rates of Fetal Deaths  
 Otero County and New Mexico  
 2001-2005

	2001	2002	2003	2004	2005
Otero County	2.4	5.6	1.1	2.4	2.4
New Mexico	2.5	3.2	3.3	2.7	2.9

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

- Other

Table 22 shows the mean years of completed education for new mothers for 2000-2004. This indicates that while the education level for new mothers in Otero County is lower than that of New Mexico, many still have at least 12 years of education. Newer data were not available.

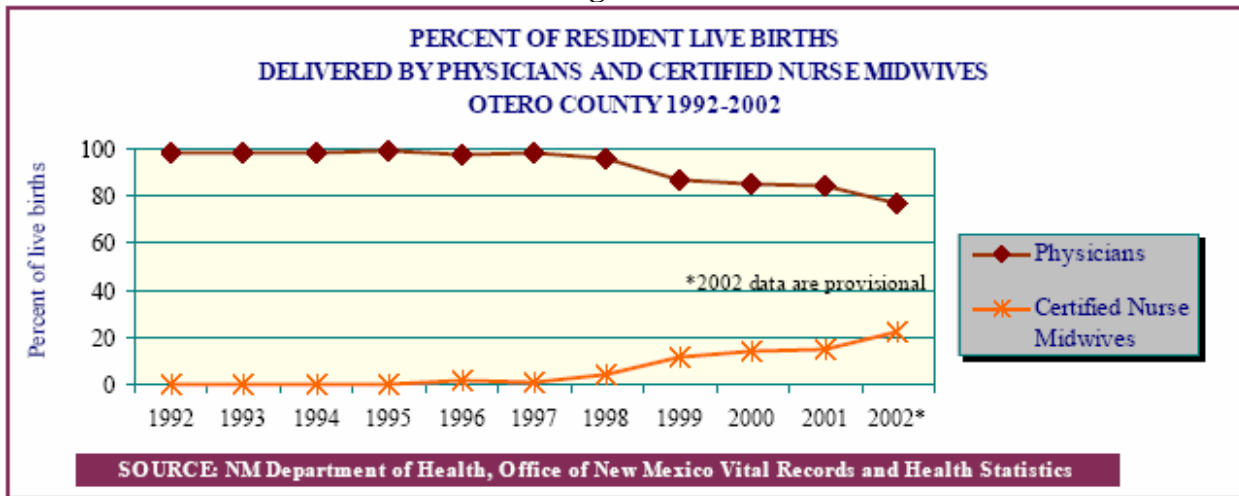
**Table 22**

Mean Years of Completed Education of Otero Co. Mothers, 2000-2004					
	Year				
	2000	2001	2002	2003	2004
<b>NM Mothers' Mean Education Level</b>	15.5	14.8	14.5	14.5	15.1
<b>Otero Co. Mothers' Mean Years of Education</b>	13.1	14.1	13.0	13.2	12.7

Sources: NM Vital Records & Health Statistics, NCHS Population Estimates 2000-03, UNM BBER, 2004

Figure 13 below indicates that since 1997 more women in Otero County are opting for delivery by midwives rather than physicians. This could be an indication of when these services became available in Otero County, or could also reflect the loss of some OB/GYN services during the same period. Newer data were not found for the county.

**Figure 13**



b. Mortality – General

- Total Deaths

Table 21 below shows total deaths for Otero County and New Mexico for 2001 and 2005. These data indicate there has been an increase in number of deaths in Otero County, Table ??? below shows that the age adjusted death rates have increased over the same time period. This may be due to the increase in senior population during the same time period.

**Table 21**  
**Number of Deaths**  
**Otero County and New Mexico**

	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>
<b>Otero County</b>	434	456	485	500	518
<b>New Mexico</b>	14,016	14,114	14,483	14,197	14,866

Source: NM Dept. of Health, NM Vital Records and Health Statistics

- General Mortality or Death Rate

Death rates for Otero County and New Mexico from 2001-2005 are seen in Table 22. Death rates are higher for Otero County than NM, but are similar to that of the US. The rates have also increased over time. This may be due to the increased senior population in Otero County.

**Table 22**  
**Age-Adjusted Death Rates**  
**Otero County, New Mexico, and US**  
**1995-2004**

	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>
<b>Otero</b>	800.7	804.9	826.6	835.9	848.2
<b>NM</b>	814.5	797.5	796.6	764.7	770.3
<b>US</b>	854.5	845.3	832.7	--	--

Source: NM Dept. of Health, NM Vital Records and Health Statistics  
-- Not found

- Deaths by Age Group (including Leading Causes of Death for those age groups)

Table 23 below shows the death rates for Otero County and New Mexico for 2004-2005, plus the 1<sup>st</sup> and 2<sup>nd</sup> leading causes of death (2003-2005 average) for New Mexico. Leading causes of death by age group for Otero County were not available. Additionally, other leading causes of death (not in rank order) for youth (ages 1-24 years) include malignant neoplasms, assault (homicide), and influenza and pneumonia. For adults (ages 25 and over), other leading causes of death (not in rank order) include intentional self-harm (suicide), assault (homicide), accidents (unintentional injuries), Diabetes mellitus, chronic liver disease and cirrhosis, cerebrovascular diseases, chronic lower respiratory disease, and Alzheimer’s disease.

Table 23  
Death Rates by Age for Otero County and New Mexico  
2004-2005  
Plus Leading Causes of Death (2003-2005 average)

Age	2004		2005		Leading Cause (NM, 2003-2005 average)	
	Otero County	New Mexico	Otero County	New Mexico	1 <sup>st</sup> Leading Cause of Death	2 <sup>nd</sup> Leading Cause of Death
Under 1 Year	357.6	620.8	1209.2	611.8	*Certain conditions originating in the perinatal period	Congenital malformations
1-4 Years	28.5	41.7	85.7	48.8	Accidents (unintentional injury)	Intentional self-harm (suicide)
5-14 Years	10.5	22.9	0	22.4	Accidents (unintentional injury)	Intentional self-harm (suicide)
15-24 Years	80.4	109.8	50.6	104.8	Accidents (unintentional injury)	Intentional self-harm (suicide)
25-34 Years	145.1	154.6	112.0	139.6	Accidents (unintentional injury)	Intentional self-harm (suicide)
35-44 Years	254.4	247.0	109.5	238.6	Accidents (unintentional injury)	Intentional self-harm (suicide)
45-54 Years	441.2	422.7	461.0	457.3	Malignant neoplasms	Diseases of the heart
55-64 Years	1006.2	828.4	1026.9	790.7	Malignant neoplasms	Diseases of the heart
65-74 Years	2450.9	1817.4	2103.7	1915.8	Malignant neoplasms	Diseases of the heart
75-84 Years	5086.7	4877.0	5045.5	4860.1	Malignant neoplasms	Diseases of the heart
85+ Years	14,084.5	13,294.7	17,400.2	13,449.6	Diseases of the heart	Malignant neoplasms

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics  
\* Leading cause of death for infants listed here is only for 2005.



c. Leading Causes of Death

As seen in Table 24 below, the leading causes of death in Otero County is relatively static through the years. Consistently, the leading cause of death in Otero County is diseases of the heart, followed by malignant neoplasms. Diabetes mellitus is also consistently the 4<sup>th</sup> leading cause of death.

**Table 24**  
**Leading Causes of Death**  
**Otero County**  
**2001-2005**

<b>Leading Cause of Death (rank)</b>					
<b>Year</b>	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>
<b>2001-2003 average</b>	Diseases of the heart	Malignant neoplasms	Cerebrovascular diseases	Diabetes mellitus	Influenza/ Pneumonia
<b>2004</b>	Diseases of the heart	Malignant neoplasms	Chronic lower respiratory diseases	Diabetes mellitus	Accidents
<b>2005</b>	Diseases of the heart	Malignant neoplasms	Chronic lower respiratory diseases	Diabetes mellitus	Accidents

Source: NM Dept. of Health Bureau of Vital Records and Health Statistics

d. Chronic Disease Indicators

- Heart Disease

*Definition: Any disorder that affects the heart's ability to function normally; the most common cause is narrowing or blockage of the arteries which supply blood to the heart itself.*  
*Risk and Protective Factors: Diet, exercise, smoking, high blood pressure, high cholesterol, diabetes and body weight are factors that can increase or decrease the risk of developing heart disease. Environmental influences such as workplace policies and/or programs to encourage physical activity, restriction of smoking, nutritious eating habits, etc. can also be considered in the risk and resiliency category. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Heart disease (Diseases of the Heart) is the leading cause of death in Otero County (Table 24) and is among the leading causes of death in New Mexico. Table 25 below is from the 2002 and 2003 Behavior Risk Factor Surveillance Survey (BRFSS, phone survey given to New Mexico adults) and presents some indicators related to nutrition, exercise, and fitness. All can lead to an increased risk for heart disease. Though statistical significance is not known, it would appear that more people in the Southwest (including Otero County) have been diagnosed with Diabetes than in New Mexico, and fewer Southwest residents exercise. However, there are fewer current smokers in the Southwest than New Mexico. (It should be noted in Table 25 that these data were collected prior to the redistricting that occurred in 2006 in NM. Otero County now is considered part of Region 5 rather than District 3.) There seems to have been an increase in Otero County residents reporting more exercise and eating more fruits and vegetables from 2002 to 2003. This

may coincide with the apparent decline in diagnosed Diabetes and overweight and obesity during the same time period. According to the BRFSS, in 1993, 10-15% of New Mexico was considered obese compared to 15-19% in 2001.

**Table 25**  
**Percentage of Adults In Otero County**  
**with Selected Health Behaviors/Conditions**  
**2002 and 2003 BRFSS**

Risk Factor/Conditions	Otero		District 3		NM	
	2002	2003	2002	2003	2002	2003
Did not engage in physical activities in past 30 days	27.5	20.8	27.8	25.3	23.0	22.9
Overweight and obese (BMI more than 25.0)	60.1	53.9	60.7	56.0	56.4	56.6
Did not eat 5 or more servings of fruits and vegetables per day	80.3	72.7	80.0	76.3	78.1	77.6
Diagnosed Diabetes	6.9	4.3	6.7	6.6	6.2	5.7
Current smoking	22.7	28.8	20.7	19.1	21.2	22.0

Source: Selected Health Behaviors and Conditions of New Mexicans, Otero County 2002 and 2003, BRFSS

The Youth Risk and Resiliency Survey (YRRS) is a national youth survey conducted in New Mexico in odd numbered years with 9-12<sup>th</sup> graders. This survey includes information about several risk behaviors for Heart Disease, including smoking, weight, eating habits, etc. Results are below in Table 26.

**Table 26**  
**Otero County YRRS Results from 2001 - 2005**

	Current Smoker	Overweight*	At risk of overweight**	Did not have 5 servings of F&V/day	Did not get adequate PA	No Physical Activity (PA)
<b>2001</b>	27.2	7.9	15.9	81.9	31.5	11.0
<b>2003</b>	36.6	11.8	13.5	84.2	36.6	10.5
<b>2005</b>	21.6	11.3	13.5	85.1	37.5	11.5

Source: 2005 Youth Risk and Resiliency Survey, Otero County Report

\* Students in 95<sup>th</sup> percentile for BMI

\*\* Students between 85<sup>th</sup> and 95<sup>th</sup> percentile for BMI

Table 28 shows that the vast majority of 9<sup>th</sup>-12<sup>th</sup> grade students in Otero County do not eat a proper healthy diet and many do not get sufficient exercise. However, it does appear that fewer students are smoking now than in the past. It should be noted that the YRRS is a self-reporting survey.

Otero County is currently working on various ways to encourage walking and other exercise. For instance, the City of Alamogordo is building walking paths and making plans for bike paths. Organizations like Walk/Dance Otero and various fitness centers (Resource List, Appendix B)

are available and promote exercise. Also, Coordinated Approach To Child Health (CATCH) has been incorporated in a number of Otero County schools (K-5 grades) and promotes good nutrition and more exercise. This is a proven program originally developed in Texas but adopted by the New Mexico Department of Health Diabetes Prevention and Control Program.

There are activities in Otero County around tobacco education and cessation. Children In Need of Services (CHINS) and Cottonwood Prevention Services provide education to youth and CHINS offers cessation classes. The Otero Tobacco Education Coalition (OTEC) has been working on issues around policy including a clean indoor air ordinance. As of June 15, 2007, the Dee Johnson Clean Indoor Act went into effect eliminating smoking in most businesses, restaurants, and public buildings. It is expected that this will reduce the overall number of smokers in Otero County.

- Cancer (Malignant Neoplasms)

*Definition: Cancer is the uncontrolled growth of abnormal cells that have mutated from normal tissues and can prevent normal function of organs or spread throughout the body. There are multiple causes of cancer; a few are known, such as tobacco use, excessive exposure to sunlight, radiation, some viruses and chemicals. However, the causes of many cancers are unknown. Lung cancer is the most common cause of cancer deaths. Gender and age play important roles in the presence, as well as types of, cancer.*

*Risk and Protective Factors: Risky behaviors are smoking or chewing tobacco, secondhand smoke (environmental tobacco smoke or ETS) excessive sunlight exposure, poor nutrition, inadequate physical activity, and heavy drinking. Screenings, such as breast examination, mammography, pap smear and colonoscopy, may help detect cancers at their early, most treatable stages and are preventive health behaviors. – (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

There is anecdotal information from Otero County residents assuming that Otero County cancer rates are high. The reasons for this include the history of the area related to nuclear testing and activities that are ongoing at White Sands Missile Range. Residents tell stories of large barrels of toxic materials being buried in the desert, causing concerns about leakage into the ground water. Also, there are concerns about sun exposure, and other natural air pollutants such as dust and sand. Therefore, cancer is of concern to residents of Otero County.

Table 27 shows the incidence cases for several cancers in Otero County for 2000-2004. For further information and a breakdown of cancers by gender, see <http://statecancerprofile.fros.cancer.gov/>.

**Table 27**  
**Enumeration of Incident Cancer Cases Diagnosed Among Otero County Residents**  
**Primary Cancer Site/Type and Year of Diagnosis**  
**2000-2004**

	2000	2001	2002	2003	2004	Total
<b>Breast</b>	38	23	31	33	42	167
<b>Cervix uteri</b>	1	1	2	3	3	10
<b>Uterus</b>	3	5	4	2	9	23
<b>Ovary</b>	4	4	4	7	5	24
<b>Other female genital</b>	2	3	0	0	0	5
<b>Prostate</b>	30	51	29	31	25	166
<b>Testis</b>	1	3	1	0	1	6
<b>Urinary bladder</b>	15	9	12	16	11	63
<b>Kidney &amp; renal pelvis</b>	7	8	6	7	7	35
<b>Other urinary organs</b>	0	0	0	0	1	1
<b>Eye &amp; orbit</b>	0	1	0	0	0	1
<b>Brain &amp; nervous system</b>	6	1	5	0	0	12
<b>Thyroid</b>	5	2	4	3	1	15

Source: National Cancer Institute <http://statecancerprofile.fros.cancer.gov/>

Of the cancers listed, Breast and Prostate cancers have the highest number of incidents. There are efforts to educate the community regarding cancer prevention including both by the local chapter of the American Cancer Society and the CAPPED program. There are also efforts to educate the community about the hazards of tobacco. Children In Need of Services (CHINS), Ben Archer Health Center, and Cottonwood Prevention Services offer tobacco education programs, and CHINS and Ben Archer Health Center offer cessation.

See also the section above on Heart Disease for additional information.

- Cerebrovascular Diseases (Stroke)

*Definition:* A generic term for all disorders in which an area of the brain is momentarily or permanently affected by restricted blood flow or bleeding and one or more of the cerebral blood vessels are involved. Strokes are a common result of such disease.

*Risk and Protective Factors:* Diet, exercise, body weight, smoking, hypertension and excessive alcohol use are factors that influence the risk of as well as avoiding developing such diseases. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)

For data on risk factors related to Cerebrovascular Diseases, see the sections on Heart Disease and Cancer.

- Chronic Obstructive Pulmonary Disease (COPD)

*Definition: A group of lung diseases involving limited airflow and air sac enlargement, airway inflammation, and lung tissue destruction. Emphysema and chronic bronchitis are the most common forms.*

*Risk and Protective Factors: Smoking is the leading cause of COPD. Discussion of the prevalence of smoking among youth and adults, and how these may influence the prevalence of COPD in the county's population, would be appropriate in this section or in the Risk and Resiliency Section. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

For data on risk factors related to COPD, see the sections on Heart Disease and Cancer.

- Diabetes

*Definition: Diabetes is a condition marked by high levels of sugar in the blood (high blood glucose), caused by too little insulin (a hormone produced by the pancreas to regulate blood sugar), the body's difficulty in using the insulin, or both.*

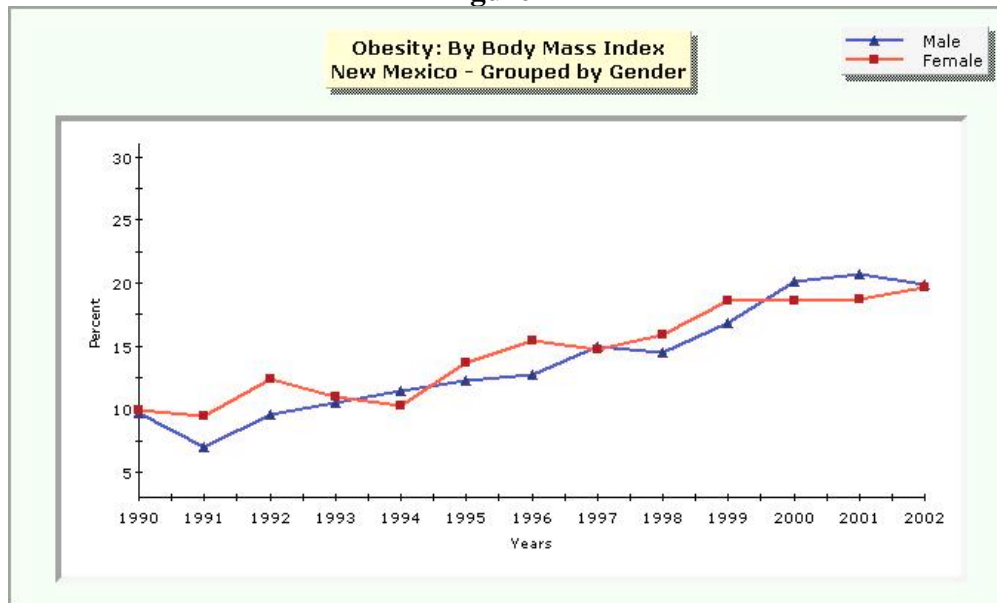
*Risk and Positive Factors: As with most chronic illnesses, risk factors are excess body weight, hypertension, high blood levels of triglycerides (a type of fat molecule), high blood cholesterol, non-nutritious dietary habits, inadequate physical activity habits as well as environmental conditions that encourage beneficial or not-so-beneficial behaviors. Non-modifiable risk factors for diabetes include: having a parent, brother, or sister with diabetes; age above 45 years; racial/ethnic heritage such as Hispanic, American Indian, or African American; and, having gestational diabetes. Making healthy food choices, working at moving your weight into a healthy range and increasing physical activity can help delay or prevent the onset of type 2 diabetes. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Diabetes is an important issue for Otero County. Hispanic, African American, and Native American populations are at higher risk for Diabetes (Type II) and these groups comprise over 40% of the Otero County residents. Other contributing factors to Diabetes include obesity, poor diet, age, and lack of physical activity. Figure 14 shows the rise in obesity in New Mexico from 1990-2002 for both males and females. The BMI's for adults in NM have doubled during this time. According to the Behavioral Risk Factor Surveillance System (BRFSS), the estimated Diabetes prevalence for Otero County was 8.7% and 8.9% for New Mexico for 2002. In 2004, that prevalence was 9.5% and 9.2%, respectively. The figures used here include estimates of undiagnosed cases and therefore is higher than that used in the section above on Heart Disease. Many consider that reported cases are under-reported and under-diagnosed. See the section above on Heart Disease for some related information.

Figure 14 shows the increase of body mass index (BMI) over time for adult males and females. This shows that body mass index has doubled in nearly 20 years. Figure 15 compares the rise in

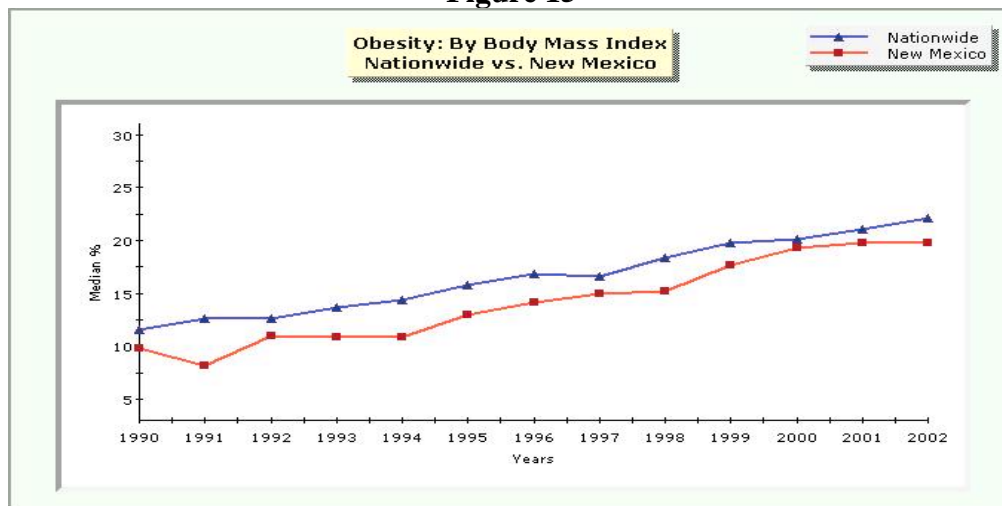
BMI for New Mexico and the United States from 1990-2002. Again, these numbers have doubled, though New Mexico is lower than that of the US.

**Figure 14**



*Source:* Self-reported height and weight from the Behavioral Risk Factor Surveillance System (BRFSS) accessed in April 2004 at: [http://apps.nccd.cdc.gov/brfss/Trends/trendchart\\_c.asp?state\\_c=NM&state=US&qkey=10080&SUBMIT1=Go](http://apps.nccd.cdc.gov/brfss/Trends/trendchart_c.asp?state_c=NM&state=US&qkey=10080&SUBMIT1=Go)  
*Interpretation:* During the period 1990 through 2002, the proportion of both men and women in New Mexico who were obese (BMI 30.0 and greater) doubled. There was no statistically significant difference in rates between men and women. Of note, the numbers shown here do not include adults with a less severe weight problem who would be classified as overweight but not obese (BMI 25.0-29.9.)

**Figure 15**



*Source:* Self-reported height and weight from the Behavioral Risk Factor Surveillance System (BRFSS) accessed in April 2004 at: [http://apps.nccd.cdc.gov/brfss/Trends/trendchart\\_c.asp?state\\_c=NM&state=US&qkey=10080&SUBMIT1=Go](http://apps.nccd.cdc.gov/brfss/Trends/trendchart_c.asp?state_c=NM&state=US&qkey=10080&SUBMIT1=Go)  
*Interpretation:* During the period 1990 through 2002, the proportion of adults in both the US and New Mexico who were obese (BMI 30.0 and greater) doubled. For most, but not all, of the years during this time period, the national rates for adult obesity were statistically significantly higher than New Mexico rates. Of note, the numbers shown here do not include adults with a less severe weight problem who would be classified as overweight but not obese (BMI 25.0-29.9.)

Otero County, with the help of the Southern Area Health Education Center (SoAHEC) based in Las Cruces, formed the Otero County Diabetes Education and Prevention Collaborative in order to focus attention on this issue. This coalition includes many of the community organizations that are working in the area of improving physical activity, nutrition, and Diabetes screening and education.

As stated above, the City of Alamogordo is working on the development of walking and biking paths to help increase physical activity. The Otero Walkability Awareness Group supports this effort and provides awareness opportunities for increased walking and biking, such as “Walk and Bike to School Day” events. Walk/Dance Otero is a community non-profit that encourages increased activity through community events and activities.

- Arthritis

***Definition:** Arthritis involves joint inflammation and the breakdown of cartilage (which protects the joint in movement and absorbs shock). Without the usual amount of cartilage, the joint bones rub together, causing pain, swelling and stiffness. Often the inflammation subsides but with some injuries or disease the destruction results in long-term pain or deformity; this is chronic arthritis. There are many forms of arthritis and can occur at all ages; the most common is osteoarthritis. Arthritis is fairly common in the US.*

***Risk and Protective Factors:** Being overweight or obese is a risk factor for arthritis. Risk factors for osteoarthritis, the most common form of arthritis, are: being overweight, previous injury to the affected joint, using the affected joint in a repetitive action that stresses the joint. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

In Otero County, 35.4% of adults have been diagnosed with Arthritis, compared to 25.5% in New Mexico (2002 BRFSS). Little data are available on Arthritis prevalence, but there are regional data available through the 2003 BRFSS. From these data, 23.8% of New Mexicans living in the Southwest region indicated they had a diagnosis of some type of Arthritis, compared to 25.6% in the state. 18.4% said they had chronic joint symptoms compared to the state’s 19.1%. See also the section on Heart Disease and Diabetes for information related to obesity, which can contribute to joint problems.

- Asthma

***Definition:** Asthma is an inflammatory disorder of the airways, marked by periodic attacks of wheezing, shortness of breath, coughing and chest tightening. Attacks can last minutes to days and can be life-threatening if severe.*

***Risk and Protective Factors:** Symptoms can be triggered by inhaled allergens, respiratory infections, exercise, cold air, tobacco smoke/ other pollutants, stress, food or drug allergies. Thus, an important risk factor is the quality of indoor and outdoor air. Air pollution can increase the incidence of asthma attacks. Air pollution includes cigarette smoke, industrial dusts, and irritating vapors, mists, perfumes or other airborne liquid or solid particulate matter. Indoor air pollution (in buildings & homes), can include dust mites, mold, animal dander, cigarette smoke and wood smoke. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

According to the 2002 BRFSS, 16.5% of Otero County adult residents report a history of asthma (NM 11.7%) and 11.8% report currently having asthma (NM 7.8%). According to the Burden of

Asthma in New Mexico 2006 Surveillance Report (Table 28), the rate of asthma hospital discharges from 1999-2003 was 7.7 in Otero County compared to 9.6 for New Mexico. This Otero County rate is one of the lowest in the state. However, the Eastern and Southern counties have the highest rates. Lea County is the highest with a rate of over 33. More information can be found at [http://www.health.state.nm.us/eheb/rep/Asthma/burden\\_report.pdf](http://www.health.state.nm.us/eheb/rep/Asthma/burden_report.pdf).

**Table 28**  
**Rate of Asthma Hospital Discharges by Age Group**  
**Otero County and New Mexico**  
**1999-2003 Average**

	<b>0-4 Years</b>	<b>5-14 Years</b>	<b>15-34 Years</b>	<b>35-64 Years</b>	<b>65+ Years</b>	<b>All Ages</b>
<b>Otero County</b>	27.4	9.8	3.0	5.2	11.8	7.7
<b>New Mexico</b>	28.9	13.9	4.5	7.3	12.4	9.6

Source: Burden of Asthma in New Mexico 2006 Surveillance Report (BRFSS)

There are a number of possible sources for asthma in Otero County, including pollen and blowing sand and dust due to dry weather. There is a new program in Otero County, operated out of the Boys & Girls Club, that is addressing issues related to asthma in children.

- **Disability**

*Definition: Disability is defined as any limitation experienced by people in performing any activity, including the kind or amount of work or in learning, remembering or concentrating, because of any impairment or health problem. People with disabilities may or may not require help with personal care needs (such as eating, dressing) and/or in handling routine needs (such as daily chores, moving around). - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Otero County is known as a “Sun Bird” community that attracts many retirees. Also, Alamogordo is the home of both the Commission for the Blind and the New Mexico School for the Blind and Visually Impaired. With an aging population and many moving here to take advantage of the services for the visually impaired, Otero County has a somewhat large population with disabilities. According to the 2000 Census data, 7.8% of those ages 5-20, 20.9% of those ages 21-64, and 45.4% of those over 65 have disabilities. According to the NM Behavioral Risk Factor Surveillance System Surveys (1998-2000) 20.6% of Otero County adult residents reported they had a disability with 7.0 % saying they required assistance. Regional data from the 2003 BRFSS, 16.6% of Southwest NM adult residents reported having a disability compared to 19.5% in the state.

The City of Alamogordo has been, in recent years, improving the public access for those with disabilities. The walking paths in development, curbs, and other access points are being built or modified for wheel chairs and easier access. Otero County has an active Disability Resource Center providing residents (serving both Otero and Lincoln Counties) with 4 core services: Life Skills Training, Advocacy, Peer Counseling, and Information and Referral. They also recently obtained a new Personal Care Option program allowing their clientele to have control over the hiring and training of care assistants.



- Oral Health

*Definition: The health of teeth and gums affect the health of the entire person. Oral health means being free of chronic oral-facial pain conditions, oral cancers & lesions, and birth defects such as cleft lip and palate, to name a few. The functions of these tissues allow us to chew, swallow, speak, smell, taste, touch, chew, convey feelings and emotions and provide protection against microbial infections. Disease of teeth and gums are largely caused by plaque, a sticky combination of bacteria and food. Unremoved plaque hardens over time into tartar; both can cause tooth decay. Plaque and tartar can lead to bad breath, abscesses, pain, cavities, gingivitis (swollen, bleeding gums) or periodontitis (destruction of supporting ligaments and bone). Dental disease can also lead to other health problems, from preterm labor to heart disease.*

*Risk and Protective Factors: Risky behaviors include inadequate daily tooth brushing and flossing, not getting regular teeth cleaning and exams by dentists/ hygienists, and eating a lot of sugary foods or liquids. Daily tooth brushing and flossing at least twice a day, dental sealants for children at appropriate ages, eating nutritious foods and reducing the amount of foods with refined sugars eaten. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Otero County is considered a Dental Health Professional Shortage Area (DHPSA), as is much of New Mexico, according to the New Mexico Health Policy Commission (<http://bhpr.hrsa.gov/shortage/hpsacritdental.htm>). Below is the criteria for designation as a DHPSA:

*“A geographic area will be designated as having a dental professional shortage if the following three criteria are met:*

- 1. The area is a rational area for the delivery of dental services.*

- 2. One of the following conditions prevails in the area:*

- (a) The area has a population to full-time-equivalent dentist ratio of at least 5,000:1, or*

- (b) The area has a population to full-time-equivalent dentist ratio of less than 5,000:1 but greater than 4,000:1 and has unusually high needs for dental services or insufficient capacity of existing dental providers.*

- 3. Dental professionals in contiguous areas are overutilized, excessively distant, or inaccessible to the population of the area under consideration.”*

According to the 2002 BRFSS, 43.8% of Otero County adult residents did not visit a dentist or dental clinic in the past year (32.6% for NM).

The Alamogordo Public School’s Student Health program provides sealants each year to selected grades, and many of the schools participate in education around dental care. There is a volunteer clown program that helps provide dental education to children in a fun and entertaining manner. Currently, the City of Alamogordo does not add Fluoride to the city water supply.

In the FY07 Community Needs Assessment, 35% of Otero County respondents believed there was adequate access to affordable dental care for children in Otero County, compared to 38% that said there was not access.

- Mental/Behavioral Health

New Mexico has been undergoing a renovation of behavioral health services, including the joining of all behavioral health related funds into one source under single management. Before this change, behavioral health funds were dispersed throughout 17 different state departments and agencies, lending itself to the duplication of services, and leaving gaps in services. Also, taking affect in 2007, all behavioral health services (not including prevention) were placed under the auspices of the Department of Human Services.

The Counseling Center, the largest behavioral health provider in Otero County, reported for FY00-02 an increase of 192% in crisis responses. The Center also indicated they had an increase of 471% over a seven year period ending in FY02. Moreover, the Center reports that the content of the crisis calls have gotten more severe. The reason for these increases is unknown. There are also likely to be local and personal reasons as well. Many of the behavioral health providers have said that the county needs 23 hour crisis/observation bed and detox services other than jail.

The FY07 Community Needs Assessment results indicate that 52% of the adults feel that there are not enough counseling services and facilities in Otero County. Fifty-six percent (56%) feel we need more in-patient services for the mentally ill, while 5% felt we did not. Indeed Otero County does not have inpatient services for the mentally ill, though there are 4 residential facilities for substance abuse issues that provide treatment and/or support and recovery services. In 2007-2008, Southwest Regional Care opened 2 substance abuse facilities: one for females and one for males, in Otero County. Other existing facilities include the Otero County Council on Alcohol Abuse and Alcoholism and the New Life Recovery center for women. Southwest Regional Care also plans to open a facility for women and their children in Otero County. According to the Community Needs Assessment, 41% feel more out-patient services are needed, and 18% felt there were enough.

e. Infectious Disease Indicators

*Disease resulting from the action of disease-causing organisms, such as bacteria, viruses and parasitic worms. They may be spread by direct contact with an infected person or animal, by ingesting contaminated food or water, by insects like mosquitoes or ticks, or by contact with contaminated matter like animal droppings or even contaminated air. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

- **Food-borne Infectious Diseases** (Campylobacter, Salmonella, E. coli, Shigella)

*Definition: Food-borne means the disease-causing agents/ organisms exist in and transported from person to person via food. Different bacteria, Campylobacter jejuni, Salmonella, Escherichia coli and Shigella, cause infections in the small intestine; the infections are named after the disease-causing bacteria. Norovirus illness is another common food-borne disease, and causes 'stomach flu' or gastroenteritis.*

*Risk and Protective Factors: Environmental conditions and people's habits are both important in the spread and control of these infections. Risk factors are drinking untreated or*

*contaminated water or food; unsanitary conditions in food preparation, in food/ water handling and storage areas and bathrooms; recent travel to areas with unsanitary food services; recent family illness with E. coli. Another risk factor for Shigella, besides food-related issues, is living in crowded and/or unsanitary conditions. Preventive behaviors include: avoiding improperly prepared foods; practicing sanitary food preparation and handling; and, storing foods properly. Good hand washing is important, including when handling eggs and poultry. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Table 29 shows the rates of various food-borne Gastrointestinal Infections in Otero County and New Mexico for selected years.

**Table 29  
Rates of Food-borne Infections)  
for Otero County and New Mexico By Year**

Food-borne Infections	1994-1996		1997-1999		2000-2002		2005	
	Otero	NM	Otero	NM	Otero	NM	Otero	NM
<b>Campylobacteriosis</b>	2.4	22.2	4.9	21.0	2.1	19.2	12.7	18.6
<b>Salmonellosis</b>	9.1	20.2	15.3	18.9	9.1	15.5	12.7	13.0
<b>Shigellosis</b>	9.1	37.7	4.9	15.1	3.8	10.2	--	7.1

Source: Bureau of Vital Records and Health Statistics

Rates are calculated by number/100,000 population. Therefore, for Otero County, these rates may be fairly small. The small numbers may also be due to lack of reporting illness, access to diagnosis and treatment, etc.

Though not tracked by New Mexico Dept. of Health specifically, there was a major Norovirus outbreak in Otero County in 2004. The source was a local restaurant which was voluntarily closed until reopened by the New Mexico Environment Department. There were 160 confirmed cases, with 5 hospitalizations (NM Environment Dept.).

**Hepatitis**

*Definition: Hepatitis means inflammation of the liver. There are different causes: infections from parasites, bacteria, or viruses (such as Hepatitis A virus, Hepatitis B virus and Hepatitis C virus); liver damage from alcohol, drugs or even some medications; and, inherited disorders such as cystic fibrosis. The term hepatitis is thus a description of the effects of many diseases in which the common pieces are: 1) the liver's affected, and 2) it's inflamed.*

*Risk and Protective Factors: Risk behaviors for acquiring hepatitis are: injection drug use, unsafe sexual behaviors such as unprotected intercourse (no or inconsistent condom use), eating contaminated food, alcohol abuse, being a health care worker (blood contact) and getting a tattoo. Other risk factors include having a family member who recently had Hepatitis A, having AIDS, being a newborn whose mother has Hepatitis B or C. Preventive measures include: being vaccinated with Hep. B vaccine, Hep. A vaccine or immunoglobulin; avoiding contact with blood; avoiding sexual contact with someone with Hepatitis; avoiding contact or sharing utensils or bathrooms with someone with Hep. A; washing hands after using the bathroom and before handling food; not eating uncooked /*

*partially cooked food or untreated water in areas where hepatitis is prevalent; practicing safe sex; not using IV drugs or not sharing razors or needles if you do; and, not drinking alcohol at the same time you take acetaminophen. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Table 30 shows that rates for Hepatitis A and B are low in Otero County compared to the state.

**Table 30**  
**Rates of Hepatitis in Otero County and New Mexico by Year**

	1994-1996		1997-1999		2000-2002		2005	
	Otero	NM	Otero	NM	Otero	NM	Otero	NM
Hepatitis A	9.7	44.7	4.9	10.7	0.5	2.6	--	1.5
Hepatitis B	9.7	17.9	8.5	14.2	7.0	7.6	1.6	7.8

Source: Bureau of Vital Records and Health Statistics

- Pertussis

*Definition: Pertussis, or whooping cough, is a highly contagious respiratory illness and can occur at any age. Pertussis spreads from person-to-person by breathing in infected respiratory droplets produced from a cough or sneeze, or by direct contact with respiratory secretions of an infected person. It produces spasms of coughing that may end in a characteristic, high-pitched, deep inspiration (the "whoop").*

*Risk and Protective Factors: A DTaP vaccine (diphtheria, tetanus, pertussis) vaccine helps protect children against this disease. Vaccination starts in infancy with a booster dose before school entry. Preventive antibiotic medication should be given to close contacts of persons infected with pertussis, regardless of vaccination status. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

**Table 31**  
**Rates\* of Pertussis in Otero County and New Mexico by Year**

	1994-1996		1997-1999		2000-2002		2005	
	Otero	NM	Otero	NM	Otero	NM	Otero	NM
Pertussis	1.2	4.9	0.0	8.7	2.1	7.7	9.5	10.2

Source: New Mexico Dept. of Health Infection Disease Program

\* Rates are number of cases per 100,000

Table 31 shows Pertussis rates for Otero County are smaller than that of New Mexico, though there was an increase in 2005. Otero County's Department of Health Public Health Office maintains an excellent vaccination record: one of the highest in New Mexico.

- Tuberculosis

*Definition: Tuberculosis (TB), caused by the bacteria Mycobacterium tuberculosis, is primarily an illness of the respiratory system, and is spread by coughing and sneezing. TB is preventable, even in those who have been exposed to an infected person. TB infection can remain dormant in people for years or decades (making infection very difficult to detect); TB is considered active when symptoms appear.*

*Risk and Protective Factors: The risk of contracting TB increases with the frequency of contact with people with TB and/or living in crowded or congregate (group living) settings. TB incidence has recently been increasing in certain areas in the US. NM incidence has been steadily decreasing since the 1950s. TB in the US is generally among foreign-born persons from areas where TB is prevalent. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

**Table 32**  
**Rates\* of Tuberculosis in Otero County and New Mexico by Year**

	1997-1998		1999-2000		2001-2002		2005	
	Otero	NM	Otero	NM	Otero	NM	Otero	NM
<b>Tuberculosis</b>	0.6	4.0	0.8	3.1	0.0	3.0	1.5	1.98

Source: New Mexico Dept. of Health Infection Disease Program

\* Rates are number of cases per 100,000

As with the other infectious diseases listed above, Otero County has few cases of Tuberculosis. One can see that the rates for the state also are low and fluctuate, a result of low case numbers.

- Sexually Transmitted Diseases: Chlamydia, Gonorrhea, Syphilis

*Definition: Diseases that are transmitted by sexual contact are termed sexually transmitted diseases (STDs) or sexually transmitted infections (STIs). STDs are common in the US; the most common are chlamydia, syphilis and gonorrhea. These diseases may be acquired jointly.*

*Risk and Protective Factors: Having multiple sexual partners (including over a lifetime), unsafe sexual practices (including no or inconsistent condom use), and having a partner who has had any STD in the past are risk factors. Having a monogamous sexual relationship with a person known to have no STD, using condoms (either the male or female type), getting periodically screened if sexually active, and treatment of partners to prevent re-infection will decrease risk for acquiring STD. Not having intercourse is the only way to absolutely prevent chlamydia. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

**Table 33**  
**Cases of Selected STD in Otero County and New Mexico by Year**

STD	2001		2002		2003		2004		2005		2006	
	OC	NM	OC	NM	OC	NM	OC	NM	OC	NM	OC	NM
<b>Chlamydia</b>	215	6434	162	7160	184	7308	183	9099	167	8467	153	9839
<b>Gonorrhea</b>	28	1077	24	1473	25	1143	29	1324	19	1558	9	1732
<b>Syphilis</b>	0	41	2	65	1	128	5	156	0	108	1	164

Source: New Mexico Dept of Health, STD Program

Table 33 shows the cases of reported Sexually Transmitted Diseases (STD) in Otero County compared to the state. Chlamydia is the most prevalent STD in the county. Though the numbers are very small, it is interesting to note the increase in Syphilis cases in 2004. The reason for this increase is unknown.

According to the YRRS, in 2003 30.5% of 9<sup>th</sup>-12<sup>th</sup> grade sexually active students in Otero County reported not using a condom. In 2005, 29.7% reported not using a condom. These numbers are not likely significantly different. Residents of Otero County (Community Needs Assessment) indicated they believe that education about STD should be provided through schools (88%).

There are some efforts ongoing to provide education for youth related to abstinence (Cottonwood Prevention Services in 2004 began teaching “Game Plan”, an abstinence only curriculum, in many of the county’s 6<sup>th</sup> grade classes), and condoms are available for free at the Otero County Public Health Office. Also, there are several educational programs related to substance abuse, including DARE, ongoing in schools and youth organizations. A new grass roots effort called Project “Not My Kid” began in 2007 and works to provide awareness programs about teen pregnancy and STDs.

- Sexually Transmitted Diseases: HIV/AIDS

*Definition: The human immunodeficiency virus (HIV) causes a viral infection that gradually damages or destroys cells of the immune system. HIV is transmitted through infected blood and bodily secretions and most commonly occurs during illicit intravenous drug use and sexual intercourse. Most persons infected with HIV will progress to AIDS if not treated.*

*Risk and Protective Factors: Risky behaviors include unprotected (no condoms used) sex with: persons suspected or known to have HIV infection, persons who have multiple sex partners, commercial sex workers, injection drug users; using IV drugs, sharing needles or syringes; or, anal intercourse or oral contact with the anus. While safer sex behaviors may reduce the risk of acquiring HIV, abstinence is the only sure way to prevent sexual transmission of this virus. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

The rate of AIDS in Otero County is small compared to that of NM as noted in Table 34. Newer data are not available by county, but according to the NMDOH, HIV/AIDS Quarterly Report, Spring 2007 the rate of people living in NM with HIV/AIDS in NM Region 5 (Southwest) is 101.7, compared to 169.3 for the state. A member of the Otero County Community Health Council, who serves on the Board of a HIV/AIDS service organization in Doña Ana County, reports anecdotally that there are some people living with HIV/AIDS in Otero County that choose not to seek services in Otero County because of negative image and prejudice. Therefore, the numbers in Table 34 may not be fully accurate.

**Table 34**  
**Rates of AIDS in Otero County and New Mexico by Year**

	1994-1996		1997-1999		2000-2002	
	Otero	NM	Otero	NM	Otero	NM
AIDS	6.7	11.1	3.7	6.9	1.1	4.9

Source: NMDOH STD Program

It must also be noted that the data above represent only AIDS cases and not HIV. However, as stated, most HIV cases develop into AIDS.

According to the YRRS, in 2003 30.5% of 9<sup>th</sup>-12<sup>th</sup> grade students in Otero County reported not using a condom (sexually active students). In 2005, 29.7% reported not using a condom. These numbers are not likely significantly different. Residents of Otero County indicated they believe that education about STD should be provided through schools (88%).

There are some efforts ongoing to provide education for youth related to abstinence (Cottonwood Prevention Services in 2004 began teaching “Game Plan”, an abstinence only curriculum, in many of the county’s 6<sup>th</sup> grade classes), and condoms are available for free at the Otero County Public Health Office. Also, there are several educational programs related to substance abuse, including DARE, ongoing in schools and youth organizations. A new grass roots effort called Project “Not My Kid” began in 2007 and works to provide awareness programs about teen pregnancy and STDs.

- Zoonotic diseases

Cases of Zoonotic diseases in Otero County are very low. These are diseases such as rabies, hantavirus, and plague. According to the NM Dept. of Health Bureau of Vital Records and Health Statistics, there have been 23 cases of skunk rabies in Otero County from 1984-2005, 15 cases of bat rabies during the same period, 5 cases of human plague from 1949-2006 (out of 250 in NM), and 2 cases of hantavirus from 1975-2006 (out of 73 in NM). Otero County does lead the state in skunk rabies cases, and is 3<sup>rd</sup> in the state for bat rabies.

f. Environmental Health Indicators

*The interactions between people and their environment directly affect the health and quality of life of people as well as the health of the environment. Different government agencies monitor the presence of specific regulated substances (i.e., pollutants) that could be hazards to humans, other living resources and ecological system. Such monitoring shows us whether exposure to harm might happen or has happened; however, it is difficult, in many cases, to show that actual harmful effect has been produced in humans. It is complex issue to show human health effect from monitoring or exposure data; the chain and/or web of events and interactions is not straightforward. Additionally, the measurement of human illness and health status outcomes is a different system than the system of measurement of pollutants (and thus possible exposure to pollutants) in the environment. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

The following information comes from [www.epa.gov](http://www.epa.gov) and pertains to facilities in Otero that produce potential environmental hazards, etc. For more information, see the website above and <http://www.nmenv.state.nm.us/>.

- ✓ AIR
  - Facilities that produce and release air pollutants: **80**
- ✓ TOXICS
  - Facilities that have reported toxic releases: **3**
- ✓ WASTE
  - Facilities that have reported hazardous waste activities: **50**
    - Number of Large Quantity Generators: **1**
    - Number of Small Quantity Generators: **5**
    - Number of Treatment, Storage, or Disposal Facilities: **1**
  - Potential hazardous waste sites that are part of Superfund that exist: **2**
    - Sites Not on the NPL: **2**
  - Facilities that generate hazardous waste from large quantity generators: **0**
- ✓ WATER
  - Facilities issued permits to discharge to waters of the United States: **14**

Otero County is home to Holloman Air Force Base and White Sands Missile Range. These and related facilities may deal with hazardous materials, jet fuel, etc. There are also natural environmental concerns such as pollen, and blowing sand and dust due to dry weather (often from White Sands National Monument). There is a program starting in Otero County that addresses issues related to asthma in children.

- Food Safety

*Definition: Food and water-borne diseases are leading causes of illness in the world, including the US. Food safety encompasses an immense range of activities that ensure food, from production to storage to transport to consumption, are safe for humans to eat. Food safety includes food produced/distributed commercially as well as in homes. In NM, yearly inspections of food service and processing facilities (about 8000 statewide) is critical in keeping food safe and communities healthy. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

The Otero County office of the NM Environment Dept. provided the following information regarding food service facility inspections. Since 1999 (data from 2006), there have been two downgrades (unsatisfactory sticker on facility until violations corrected) of inspected facilities, fifteen to twenty Notices of Violation (operating without a permit), approximately 12 voluntary closings (closing to correct violations in lieu of downgrade), one confirmed Food Borne Illness outbreak in December 2004, and 6 to 8 unconfirmed outbreaks (unconfirmed because victims would not see doctors).



- **Water Quality**

*Water that is safe for people to ingest, to bathe with, to swim in, to irrigate with, to fish from and do other forms of recreational use, and to support fish and wildlife is critical to health. Water quality work is vast: keeping sources (streams or underground aquifers) of drinking water from being contaminated, treating drinking water, fish consumption advisories, managing & treating wastewater, supporting economic and recreational uses,, to name a few. Water pollutant examples are sewage (or components of), heavy metals and organic compounds. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

The EPA ([www.epa.gov](http://www.epa.gov)) reports the following watersheds that serve Otero County.

- ✓ Tularosa Valley. New Mexico, Texas.
- ✓ Rio Penasco. New Mexico.
- ✓ Rio Felix. New Mexico.
- ✓ Rio Hondo. New Mexico.
- ✓ Salt Basin. New Mexico, Texas.
- ✓ Upper Pecos-Black. New Mexico, Texas.

The City of Alamogordo provides regular reports on water quality to residents. A concern among many Otero County residents, however, is the quantity of available water for community growth. There are factions in the community that believe there is not enough water to sustain growth, while city officials say otherwise. There is also general encouragement throughout the county to conserve water in various ways. Though data are not available at this publication, there have been a few e coli contaminations (though not severe) in recent years for parts of the county.

- **Air Quality (Indoor, Outdoor)**

*The cleanliness of air impacts health. Air quality often is categorized as indoor and outdoor (ambient). Industrial and commercial discharges, as well as common daily practices by individuals (such as driving, smoking) contribute significantly to decreased air quality. Some air pollutants have known serious health effects on humans (and other species), while for other pollutants the link between pollutant and human illness is unclear or not known. Risk and Protective Factors: Some groups, such as people with asthma, emphysema or other chronic respiratory problems, have lower tolerance for air pollution. All persons, but especially more sensitive groups, can decrease their risk by staying indoors if the outside air pollution is high and/or stay away from indoor air pollution such as cigarette smoke, wood smoke, animal dander, mold, and paints, glues and other construction materials. Many communities use indoor air ordinances as a policy intervention for decreasing indoor air pollution from cigarette smoke. Occupational asthma, i.e., asthma induced by air-borne substances at work, can be often alleviated by removal from exposure. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Specific data regarding air quality for Otero County were not found at publication. However, there are some concerns. From the Otero County Economic Development Council website (2005), Otero County's climate is a moderate desert climate with an average of 15 inches of precipitation per year, with an average 315 days without precipitation. Most of the precipitation occurs in the mountains as opposed to the basin area.

Due to this dry climate, the basin experiences many dust storms due to windy conditions (primarily in the Spring), and forest fires can produce a smoke hazard in the summer months. These conditions can cause respiratory difficulties in some. Also, depending on the year and the season, a variety of weeds or other plants can cause allergy problems.

As mentioned above, there are 80 facilities in Otero County that may produce air pollutants (www.epa.gov).

The Otero Tobacco Education Coalition (OTEC) has been working for sometime on establishing a clean indoor air ordinance for Alamogordo. Most major cities in the area, including El Paso and Las Cruces, have existing ordinances. The NM Legislature in 2007 passed the Dee Johnson Clean Indoor Air Act which will implement a statewide smoking ordinance taking effect June 15, 2007.

**g. Substance Abuse, Injury, Violence, Indicators**

**• Substance Abuse**

*Risk and Protective Factors: Any use of alcohol and/or illicit drugs among youth is often seen as a risk behavior in itself as well as a risk factor for violence, suicide and other injury. Abuse, such as binge drinking, is definitely considered a risk behavior. Protective factors for youth, such as adults who monitor youth behavior tend to help youth avoid substance abuse, ameliorate possible harmful effects of such behavior and/or recover more quickly from substance abuse effects. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Substance abuse is a concern in Otero County. The county lies within the High-Intensity Drug Trafficking Area (HIDTA) for the Southwest border. This means that the border area is subject to a high amount of drugs coming through our community. For instance, the Southwest Border HIDTA New Mexico Partnership reported seizures of Mexican marijuana totaling 90,306 Kilos in 2000 and 114, 350 Kilos in 2001.

There are a number of substances and related behaviors that are a concern for county residents, from smoking tobacco, prescription drug abuse, to severe illicit drug use. The information below will not give a full picture of the problem, but will provide some insight into the reason for the county's concern.

**Tobacco**

Tobacco use is a problem, both in adults and youth. The 2002 BRFSS indicated that 22.7% of adults in Otero County smoked tobacco. Likewise, 21.6% of Otero teens (9<sup>th</sup>-12<sup>th</sup> grade) reported being current smokers in the 2005 YRRS. Fifty-six percent of teens reported ever having tried cigarettes, and 12.3% said they have purchased cigarettes in stores, despite being under age 18. However, 45.2% of youth said they have tried to quit. Other tobacco is also a concern as 14.4% of teens reported smoking cigars, cigarillos, or little cigars; and 10.6% use smokeless tobacco. Also, 61.2% of teens reported being in the same room with a smoker within the past 7 days.

**Alcohol**

The 2003 BRFSS (regional data only) indicates that the Southwest region of NM has high alcohol use. The Southwest region had the highest level of reported (adult) binge drinkers at 16.8% (NM was 15.3%). Likewise, females in the Southwest region reported the highest level of binge drinking at 9.2% (NM 7.4%). It should be noted though that heavy drinking in the Southwest was not the highest, but rather was 3<sup>rd</sup> out of 5 regions at 5.4% (NM 5.6%).

**Table 35  
Youth Alcohol Use, Otero County  
2001, 2003, 2005  
Grades 9-12, NM YRRS**

	<b>Current Drinker (%)</b>	<b>Binge Drinking (%)</b>	<b>First alcohol at less than 13 years (%)</b>	<b>Drank alcohol on school property (%)</b>
<b>2001</b>	49.1	32.0	31.1	6.2
<b>2003</b>	55.7	36.3	48.6	11.2
<b>2005</b>	40.5	25.3	32.2	5.6

Source: 2005 NM YRRS

Table 35 shows that nearly half of the Otero County teens (9<sup>th</sup>-12<sup>th</sup> grade) consider themselves “current drinkers”, and around 1/3 participate in binge drinking behaviors. Also, in 2005, 25.2% reported having driven after drinking alcohol. It should be noted that nearly 1/3 reported having their first drink of alcohol before the age of 13. The usual type of alcohol consumed by this age group is liquor (35.5%), while beer is consumed by 26.0%, malt beverages are consumed by 18.7%, and wine and wine coolers are consumed by 8.3%. Teens reported getting the alcohol mostly from adults: 32.0% said they gave money to someone else to purchase alcohol, and 21.16% said an adult gave them the alcohol. Only small percentages of the youth reported getting alcohol directly from stores (4.4%), restaurants or bars (4.3%), public events (1.6%), or by taking it from a store or family (8.6%). Most of the teens reported drinking either at someone else’s home (43.7%) or at their own homes (25.6%). The numbers for drinking in other venues, such as parks or at public events, was small.

**Illicit Drugs**

Tables 36 and 37 show results of substance abuse related questions from the YRRS by year. Though some of the percentages seem quite different, only the 2003 percentage for Methamphetamine use is significantly different, higher than both 2001 and 2005. However, the 2003 number for Ecstasy may be significantly different as well. It should be noted that the YRRS is a self-reported survey, and some youth may not answer truthfully out of fear of being reported. There may also be the possibility of some youth exaggerating their use or behaviors. However, the YRRS is a standard survey and has been highly tested, and is considered to be accurate. The possible self-reporting errors are taken into consideration when analyzing the data.

**Table 36**  
**Youth Substance Use (Various substances), Otero County**  
**2001, 2003, 2005**  
**Grades 9-12, NM YRRS**

	Past 30 day drug use (%)				
	Marijuana	Cocaine	Heroin	Methamphetamine	Inhalants
<b>2001</b>	25.1	3.4	NA	NA	4.2
<b>2003</b>	37.4	13.6	4.4	12.2	9.9
<b>2005</b>	21.4.	7.5	2.8	4.7	7.3

Source: 2005 NM YRRS

**Table 37**  
**Youth Substance Use (Various substances), Otero County**  
**2001, 2003, 2005**  
**Grades 9-12, NM YRRS**

	Past 12 month drug use and lifetime injection drug use (%)			
	Heroin	Methamphetamine	Ecstasy	Ever injected illegal drugs
<b>2001</b>	1.5	5.7	NA	NA
<b>2003</b>	6.6	14.4*	10.5**	4.4
<b>2005</b>	4.1	6.9	5.5	6.0

Source: 2005 NM YRRS

\* Significant difference

\*\* May be significantly different

The Judicial District 12 Juvenile Drug Court, serving Otero and Lincoln Counties, screens clients for primary and secondary drugs.. From 2004-2006, they found the following primary drugs in the screening: 3 screened with alcohol, 31 screened for Cannabinoids, 1 for Cocaine, 1 for Amphetamine, and 4 for Methamphetamine. Secondary drugs varied but included mushrooms and prescription drugs.

**Methamphetamine Use in Otero County**

Methamphetamine (Meth) is a growing problem both in New Mexico and the United States. (Center for Substance Abuse Research, n.d.) According to the 2004 New Mexico Social Indicator Report (which summarizes the 2003 YRRS data), 14.4% of Otero County youth (9th – 12th grade) reported using Meth in the past 12 months compared to 8.2% statewide, ranking 3rd in the state. Otero County is also 3rd highest in the state for forensic cases associated with Meth, and is among the highest for Meth labs seized, children affected by Meth in Protective Custody, and Meth arrests in New Mexico. (Silva, H., 2006. Proceedings of Behavioral Health Purchasing Collaborative, presentation on: New Mexico responds to a potential pandemic: Methamphetamine. Alamogordo, New Mexico.)

The negative impacts of Meth on the user and family are extensive, but even beyond those more directly involved, the community as a whole may suffer due to increased costs of services and products; including medical costs, judicial costs, over the counter drug costs, access to certain household materials for legitimate reasons, etc. These costs in dollars and access to the community make all community residents victims of Meth.

The Otero County Meth Research Group conducted a Community Based Participatory Research (CBPR) project regarding Meth in Otero County. CBPR provides an outlet for communities to work directly with university academic researchers to conduct research in the community, for the community. Often academic researchers come into a community and conduct the research “on” the community and then leave, taking the knowledge with them. With CBPR, community members are directly involved in the design and implementation of the research project. The data are then given back to the community for their own use, as well as the use of the university.

The Meth Research Group selected five questions related to the research problem. What are the local resources available for Meth use prevention, intervention and treatment? What questions are being asked in data collection regarding Meth? What questions need to be asked in data collection regarding Meth? What are the public perceptions regarding prevalence and effects of Meth use and how do they compare to existing secondary data on Meth? What Evidence-based models are being used successfully in similar communities?

Using a Community Based Participatory Research (CBPR) protocol, the Group designed 2 single page surveys: a Community-Wide Public Perception Survey and a Provider Survey (Otero County Methamphetamine Statistics and Programs). Youth response was sought in Middle and High Schools (with parental permission). Surveys were distributed throughout the county for adult response through “convenience” sampling. The Provider Survey was distributed to all known area behavioral health service providers and law enforcement, including some outside Otero County who serve our population.

Though the demographics of the respondents resemble that of Otero County, there were more females than males, and a disproportionate number from Tularosa. This is likely because the majority of respondents were school students. This also accounts for the small number reporting having school age children. Data from the Perception Survey indicate that the community is generally familiar with Meth. However, there is a lack of information, particularly among youth, regarding its affects on those other than the user and the community.

Although the response to the Provider Survey was limited, it did show Otero County to be lacking in Meth related resources and data collection on this topic. The data received show that Meth use is a prominent issue for our providers. Data also indicate that most of the users treated at these facilities are under age 35.

To determine appropriate prevention, intervention, and treatment programs for Otero County, we need more information about age of onset and reasons for initial use. The Meth Research Group is currently planning Phase II which is likely to involve some type of prevention program for schools.

The data shown here are the results of our research using the surveys, and the information received from local providers.

- 84% - Have ever heard of Meth
- 54% - Perceive Meth is an Issue for Otero County?
- 77% - Know what a Meth Lab is
- 55% - Believe there is a reason people start using
  - 20% - Reason is Peer Pressure
  - Other reasons – Depression, stress, weight loss, boredom, experimentation, escape, family problems, to get a high, and to make money
- 71% - Believe there is a reason people continue using
  - 52% - Addiction
  - Other reasons - Peer pressure, depression, stress, stupidity, and to make money
- 48% - Could tell a Meth User by looking at them (48% could not)
  - Responses regarding the image of a Meth user were varied and included skinny, various facial aspects (eyes, teeth, etc.), sores, and dirty.
- 92% - Believe Meth use affects health
- 62% - Believe Meth use affects non-users
- 31% - Believe Meth use affects other groups
- 48% - Know a Meth user (48% did not)

**Table 38**  
**Community-Wide Public Perception Survey:**  
**Percent Responding Yes to Selected Questions by Age**

<b>Question</b>	<b>Age 10-13</b>	<b>Age 14-17</b>	<b>Age 18&gt;</b>
Has heard or read of Meth (%)	73.4	83.7	93.8
Knows what a Meth lab is (%)	60.6	81.5	88.9
Believes Meth is an issue in Otero (%)	39.8	52.4	86.4
Believes Meth affects health (%)	90.3	91.9	96.7
Believes Meth affects non-users (%)	46.6	52.6	85.9
Believes Meth affects other groups (%)	22.0	23.9	48.0
Believes Meth affects crime (%)	58.4	55.8	88.8
Knows a Meth user (%)	30.9	59.3	57.4

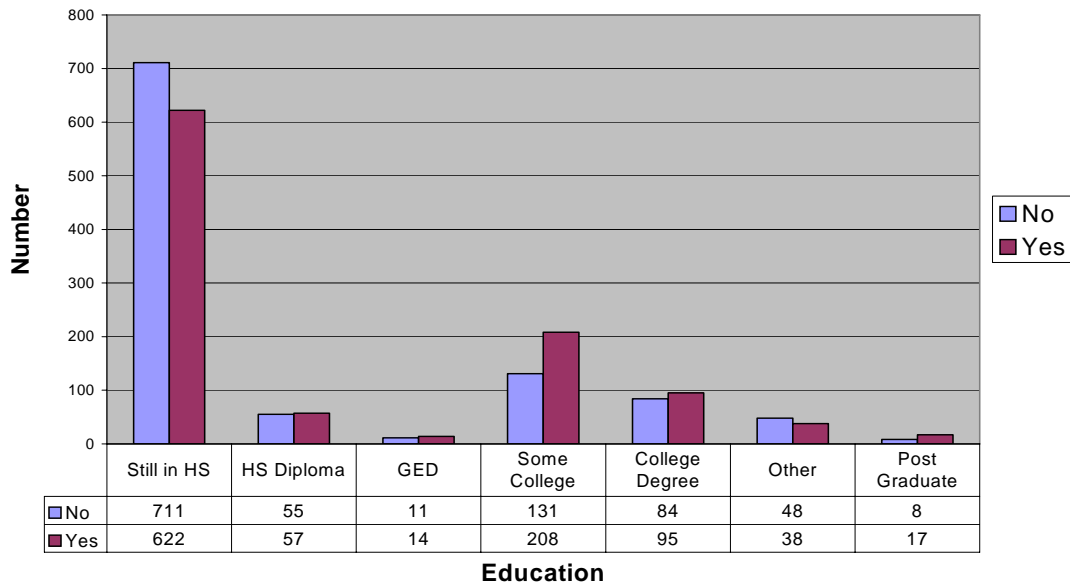
Source: Otero County Meth Research Group

From these results, we see that most people are familiar with Meth, Meth Labs, and there is a basic understanding of the effects of Meth use. However, there is less understanding of how Meth affects a community, why people use, and some of the specifics of what Meth does to the user physically. Also, Table 38 shows that understanding about Meth is related to age, in that the younger respondents had less understanding of the issues related to Meth than the older youth and the adults. This indicates a need for education for youth regarding Meth, and its overall effects.

The graph below compares the respondents who “Know a Meth User” with the respondents’ level of education. There is a slight shift in the number who know a user from those “Still in High School” to those with “Some College”. The majority of respondents who claimed “Some College” were between the ages of 17-30.

**Figure 15**

**Knows someone who has used vs. Education**



Source: Otero County Meth Research Group

The following are the data we received from local providers.

James House is a unique residential program for women coming out of prison or in lieu of prison. Their treatment program runs for a year, as long term treatment is preferred for Meth use. Most of the residents are not from Otero County, but many choose to stay in the area after their treatment is finished. From July 2005 to September 2006, the James House treated an average of 19 women/month and of these, 82% were treated for Meth use. The average age of the women was in the mid 20's.

The Council on Alcoholism and Alcohol Abuse is a residential treatment center for adults, and most clients, but not all are from Otero County.. Their treatment programs run from 60-90 days, longer than many treatment centers that treat for 30 days. From 2002-2006 the Council on Alcohol treated 460 for Amphetamine/Meth use (38% females, 62% males), with an average age of 30.68 (female - 29.8, male - 31.2). The ages ranged from 18-72, and 33% were between ages 18-24; 36% were between ages 25-34. The average duration of Amphetamine/Meth use for these clients was 5.2 (female - 5.1, male - 5.2), and the range was 0-36 years.

The Children Youth and Families Department reported for 2002-2006 that 26 children from 14 families were taken into custody in Otero County for Meth related reasons. In October 2006, they reported that approximately 30% of their case load was Meth related.

- **Violent Deaths (homicides, suicides, workplace, firearm-related, etc.)**

*Definition: Violent deaths are self-inflicted (suicide), inflicted by others (homicide), or because of unintentional injury (accidents). They can occur anywhere, including in the workplace. Vehicles, alcohol, illicit drug and/or firearms may be involved.*

*Risk and Protective Factors: National and state survey systems, such as the Youth Risk and Resiliency Survey (YRRS) and the National Longitudinal Adolescent Health Study (Add Health), gather information on youth knowledge, attitudes and behavior. These surveys show us what risk factors and resiliency factors influence the likelihood of youth to be involved in violent behavior, including suicide attempts. There's a long list of risk and protective factors; these differ slightly somewhat for girls as for boys. Studies of national Add Health results give us information about the most important risk and resiliency factors for specific behaviors such as violent behavior. (See Glossary.) How risk and resiliency interact (that is, how and by how does protective factors offset risk) is also being studied via Add Health data. The NM YRRS allow us to look at which of these factors operate at the county or local level. Unfortunately, there is no parallel systematic survey of adult attitudes and behavior that would give us data on risk and protective factors for abuse and violence. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

Table 39 shows results from the YRRS that address risk behaviors for injury and suicide. Despite the differences in these percentages in each year, these numbers are not statistically significant. Likewise, Table 40 shows that youth in Otero County have emotional issues relating to sadness and suicide. Again, these numbers are not significantly different year to year.

**Table 39**  
**Risk Behaviors, Otero County Youth**  
**2001, 2003, 2005**  
**9<sup>th</sup>-12 Grade, NM YRRS**

	<b>Never or rarely wore seatbelt (%)</b>	<b>Rode with drinking driver (%)</b>	<b>Drove after drinking (%)</b>
<b>2001</b>	7.0	31.1	13.2
<b>2003</b>	13.1	31.8	22.1
<b>2005</b>	7.2	22.6	10.5

Source: 2005 NM YRRS

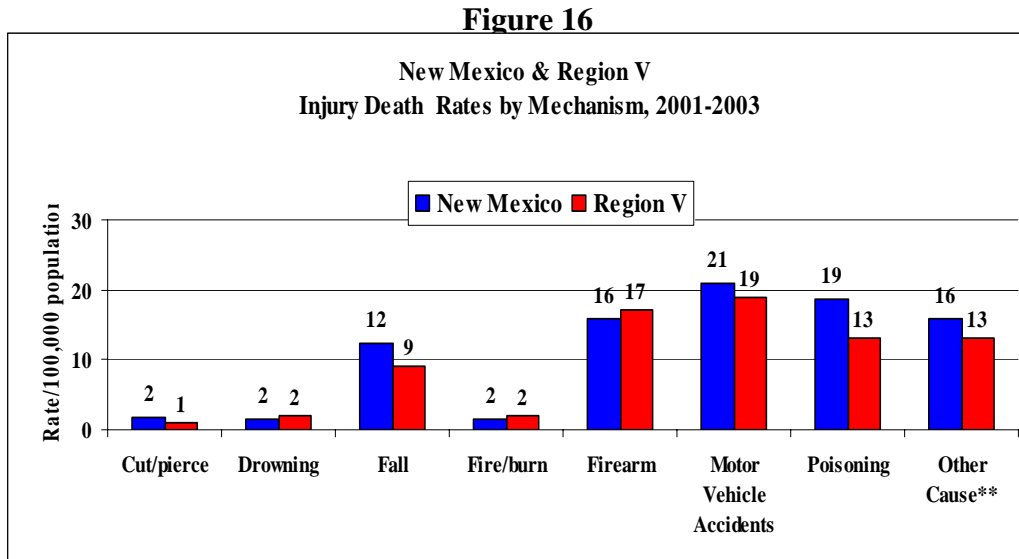
**Table 40**  
**Otero County Youth Feelings of Sadness and Suicide**  
**2001, 2003, 2005**  
**9<sup>th</sup>-12 Grade, NM YRRS**

	<b>Persistent feelings of sadness and hopelessness</b>	<b>Seriously considered suicide</b>	<b>Made a suicide plan</b>	<b>Attempted suicide</b>	<b>Suicide attempt resulting in injury</b>
<b>2001</b>	34.9	25.5	21.3	15.1	4.0
<b>2003</b>	30.3	17.4	17.8	13.1	3.3
<b>2005</b>	28.4	19.5	16.8	10.6	6.2

Source: 2005 NM YRRS



Figure 16 shows injury deaths for Region 5 (formerly District 3) and New Mexico for 2001-2003. The Region has lower rates for all injury death mechanisms, except drowning and firearms, than the state. However, these differences are not significant.



*Note: Injury categories are from the recommended framework of external cause of injury grouping for presenting injury mortality and morbidity data, Centers for Disease*

*Control and Prevention, National Center for Injury Prevention and Control*

*\*Age-adjusted rate adjusted to the 2000 U.S population. These rates are especially created to permit comparison among population such as geographic*

*areas. Differences in the age-adjusted rate correct for the age group in which the cases occurred.*

*\*\* Other includes machinery, cyclist, pedestrian, natural /environmental, struck by, against, suffocation, other specified and unspecified categories*

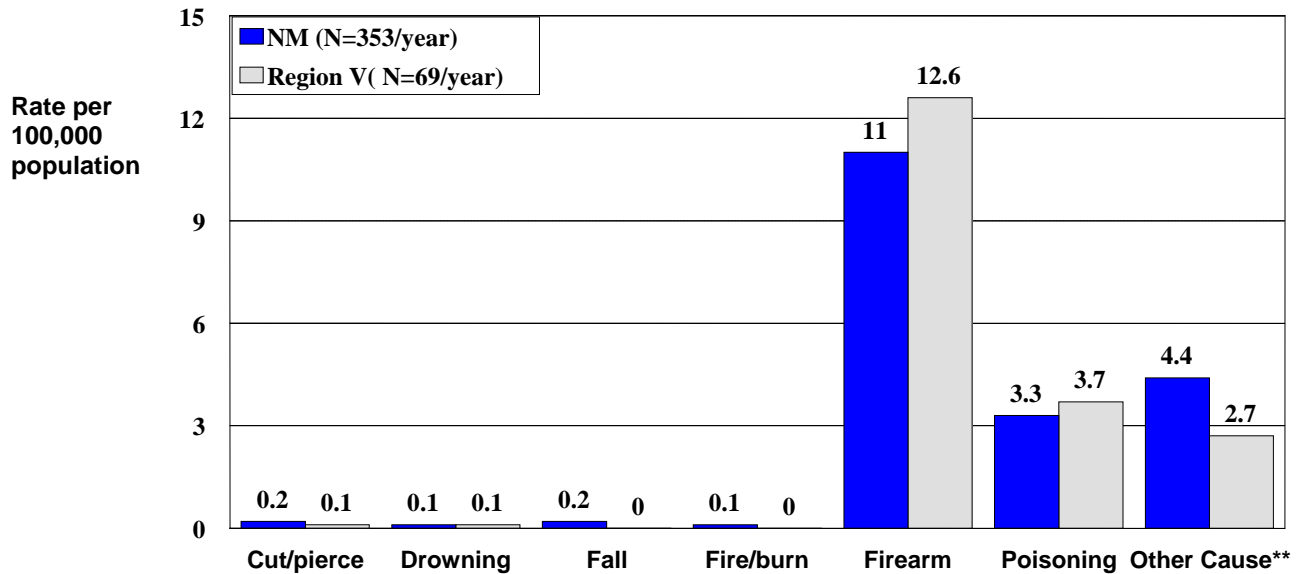
*\*Other Unintentional injury includes Poisoning, Falls, Drowning, and Burns*

*Source: Raw Data was Provided by New Mexico Bureau of Vital Records & Health Statistics and Analyzed by Injury Epidemiology Unit*

According to the Office of the Medical Investigator, the Southwest region of NM has among the lowest drug overdose rates in NM. This includes illegal and prescription drugs (rate for 2002-2004 for total drug overdose deaths was 9.5). In the New Mexico Selected Health Statistics Annual Report, 2004, among the leading causes of death for Otero County residents were Accidents (Unintentional injuries) with a rate of 37.0 (NM - 60.3, US - 37.3), and Intentional self-harm (Suicide) at a rate of 30.6 (NM – 18.7, US – 10.8). The total age adjusted death (intentional and unintentional) rate for 2002-2004 in Otero County was 80.3 (NM – 91.4, US – 56.0). The alcohol and drug related death rate in Otero County in 2004 was also 80.3 (NM – 91.4, US – 56.0).

From the Office of NM Vital Records and Health Statistics 2003, from 1998-2002 there were 4 homicides (rate of 16.4) and 3 suicides (rate of 12.3) among youth ages 15-19 in Otero County (rates similar to New Mexico). Table 41 shows suicide rates by mechanism for New Mexico and Region 5 for 2001-2003. By far, the mechanism most used is firearm. Poisoning and other causes are the second most frequently used methods.

**Table 41**  
**Suicide Rate by Cause in New Mexico and Region V**  
**2001-2003**



Source: Raw Data was Provided by New Mexico Bureau of Vital Records & Health Statistics and Analyzed by Injury Epidemiology Unit

According to the New Mexico Health Policy Commission, poisonings make up almost a third of the hospital admissions for attempted suicide. Other causes are very minimal (rates of less than 3).

Some in Otero County recently participated in training programs by the New Mexico Suicide Prevention Coalition in hopes of developing prevention programs for Otero County.

- **Abuse/ neglect or violence (child, elderly, domestic violence)**

*Definition: Federal legislation defines child abuse and neglect as, at minimum, a parent's or caretaker's act or failure to act which results in death, serious physical or emotional harm, sexual abuse or exploitation; or an act or failure to act which presents an imminent risk of serious harm. Elder abuse and neglect is similarly defined, along with some additions. Domestic violence (partner abuse, spouse abuse, or battering) is when one person uses force to inflict injury, either emotional or physical, upon another person they have, or had, a relationship with.*  
 - (Community Health Profile Detailed Guidelines, 2005, Department of Health)

**Table 42**  
**Youth Violence Related Behaviors, Otero County**  
**2001, 2003, 2005**  
**9<sup>th</sup>-12<sup>th</sup> Grade, NM YRRS**

	Carried weapon	Carried gun	Carried weapon on school property	Physical fight	Skipped school because felt unsafe	Threatened/injured with weapon on school property
2001	27.5	8.7	9.6	28.6	6.8	11.6
2003	32.3	13.8	12.9	39.7	5.4	13.4
2005	23.6	10.0	8.5	31.3	25.0*	14.9

\*significant difference  
 Source: 2005 NM YRRS

Table 42 from the YRRS shows that almost one third of students in Otero County carried weapons, and 10% carried them on school property. Also, one third of students were involved in physical fights. The percent differences from year to year for all topics were not significant except in 2005. The 25% of the students who reported skipping school because they felt unsafe was statistically significant. It was unknown at the time that this document was published, what accounted for this significant increase in feeling unsafe at school.

Tables 43 – 47 below are from the 2005 Incidence and nature of Domestic Violence in New Mexico Report VI. More information can be found at the 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI at <http://www.swcp.com/nmcsaas/2004/Incidence%20and%20Nature%20of%20Domestic%20Violence%20in%20NM%20V.pdf>.

Table 43 indicates that Otero County Domestic Violence rates are lower than that of New Mexico. However, Table 44 shows that there is a higher percentage of injuries in cases of Domestic Violence than in New Mexico. Table 45 shows that in both Otero County and New Mexico, the use of substance related to the Domestic Violence cases are approximately the same. Otero County has a higher percentage of arrests than New Mexico (Table 46). Finally, Table 47 shows the number of clients served in Otero County.

**Table 43**  
**Domestic Violence Rates Per 1000 in Otero County Compared to Domestic Violence Rate In New Mexico, 2001-2004.**

	2001	Rank	2002	Rank	2003	Rank	2004	Rank
<b>Otero</b>	3.6	24	7.6	15	4.4	21	8.7	16
<b>NM</b>	15.5		15.8		14.7		15.3	

Source: 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI

**Table 44**  
**Percent Domestic Violence Cases With Injury in Otero County Compared to New Mexico, 2001-2004**

	2001	2002	2003	2004	
<b>Otero</b>	78	19*	73	91	*2 Qtrs. Injury Data Not Reported from Alamogordo Police Department
<b>NM</b>	31	27	26	32	

Source: 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI

**Table 45**  
**Percent Domestic Violence Cases Involving Alcohol/Drug Use in Otero County Compared to New Mexico, 2001-2004**

	2001	2002	2003	2004
<b>Otero</b>	39	30	28	28
<b>NM</b>	33	32	32	30

Source: 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI

**Table 46**  
**Percent Domestic Violence Incidents with A Suspect Arrest in Otero County Compared to Percent Domestic Violence Incidents with A Suspect Arrest in New Mexico, 2001-2004**

	2001	2002	2003	2004
<b>Otero</b>	39	53	63	45
<b>NM</b>	28	33	31	30

Source: 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI

**Table 47**  
**Clients Served by Domestic Violence Service Providers in Otero County, 2001-2004**

	2001	2002	2003	2004	Overall Change 2001-2004	
					% Increase	% Decrease
<b>Otero</b>						
Adults	255	415	509	470	84	
Children	64	60	135	113	77	
Offenders	169	145	135	96		43

Source: 2005 Incidence and Nature of Domestic Violence in New Mexico Report VI

#### 4. Health-related Services: Capacity, Access and Use (Utilization)

*Definition: One important factor in keeping communities healthy is the health services system and its viability in helping residents stay or become healthy. The health services system in a community can include a wide range of services, including medical services in a primary care clinic, hospital or rehabilitation facilities, mental health counseling in schools or private counselor's office, community health promotion activities, acupuncture, chiropractic care and substance abuse treatment. Here we describe a system's capacity, access and utilization. In this discussion, it may be helpful to define what constitutes a working health services system for your locality; this will differ from locality to locality depending on what already exists and/or works there. - (Community Health Profile Detailed Guidelines, 2005, Department of Health)*

**a. Capacity: what health services exist for whom**

Much of the “capacity discussion is provided within each topic above. However, further discussion appears here.

Otero County benefits from many assets and resources related to health and well-being. Below is a list of various coalitions in Otero County that contribute to improving the health and well-being of our residents.

**Otero County Coalitions**

- Alamogordo Cross Disability Coalition
- Behavioral Health Local Collaborative 12
- Chaparral Community Health Council
- Juvenile Crime Enforcement Coalition
- Local Emergency Planning Council
- Mescalero Region Community Prevention Coalition
- Mescalero Safety Committee/Mescalero Apache Tribe
- Otero County Community Health Council
- Otero County Diabetes Education and Prevention Collaborative
- Otero DWI Council
- Otero County Literacy Council
- Otero County Meth Research Group
- Otero County Substance Abuse Awareness Coalition (formerly Meth Coalition)
- Otero County Walkability Awareness Group
- Otero County Youth Empowerment Association
- Otero County Safe Kids Chapter
- OTEC (Otero Tobacco Education Coalition) and HEARTS (Helping Educate And Resist Tobacco Substances)
- Tularosa Student Health Advisory Council

Youth Resiliency Factors - According to the YRRS analysis for 2005, in general, the majority of our 9<sup>th</sup>-12<sup>th</sup> grade students have the positive resiliency factors such as caring and supportive relationships with adults (family, school, or community) and/or peers. Half of surveyed students reported positive relationships with adults at school. Also, most reported having boundaries at home and/or school. Less than 60% reported positive peer influences as a factor. A minority (42.3%) reported they participated in impulsive and sensation seeking behaviors, while a majority reported that the community had disapproving norms regarding substance use. In general, students that reported having positive resilience factors were less inclined to use substances, have suicidal tendencies, and to participate in violent behaviors. However, these assets did not seem to influence sexual activity or healthy lifestyle choices (physical activity and eating more fruits and vegetables). One asset that did seem to influence whether or not the youth were sexually active was having boundaries within the family. Also, if students were academically motivated (A and B students, plan to go to college, etc.), they were less inclined to engage in risk behaviors.

The FY07 Community Needs Assessment results addressed the following capacity issues (if answers were positive regarding community services, etc., they are listed here) Respondents were 18 and over:

- 48% of the respondents were satisfied with the healthcare they and their family receive (46% were dissatisfied).
- 56% knew how to access resources and services for individuals needing healthcare (37% did not).
- 79% feel that schools should be teaching students practical life skills (financial management, communication, community service, parenting skills).
- 42% feel schools are providing nutritionally sound meals (25% feel they do not).
- 46% feel that schools need more education and prevention programs about drugs (15% feel they have enough).
- 80% feel that schools should be teaching sex education. Of note, 88% felt abstinence should be taught, 88% felt STDs should be taught, 83% felt choices and consequences should be taught, and 78% felt that contraception should be taught.
- 80% feel that schools should have school based health clinics.
- 34% feel that law enforcement officers have a positive relationship with youth compared to 27% who feel they do not.
- 41% feel we have adequate access for persons with disabilities (curb cuts, safe sidewalks, audible traffic signals, etc.) compared to 39%.
- 43% feel our playgrounds are safe, well-lit, and in good repair compared to 38%.
- 75% believe they live in a safe neighborhood compared to 17%.
- 64% reported they can count on community emergency services compared to 18%.

Many of the topics listed above illustrate positive attitudes of Otero County residents. In some cases, such as with community support for school based health clinics, which currently do not exist in Otero County schools (with the exception of Mescalero Schools), support may imply community “capacity” for such services.

Appendix B is an extensive list of Otero County resources. The list is divided into several categories to help in finding particular resources. Within categories, the resources are listed alphabetically. Those listed with an asterisk (\*) are participants in the Otero County Community Health Council. This list, though lengthy, is not intended at this time to be all inclusive. This list will be updated as new information becomes available.

b. Access: what influences the access, for different groups, to health services

Much of the discussion related to access is covered in the sections above, however, further discussion appears here.

Health Services Professional Supply - Otero County is considered a Partial Health Professional Shortage area for Primary Medical Care Professionals, and a Shortage area for Dentists (NM Health Policy Commission). This means that basically, Otero County does not have sufficient health care access to medical and dental services. However, there are options in surrounding cities like El Paso, Las Cruces, and Albuquerque, but access to these resources is also limited due to transportation issues, etc.

Transportation to Health Services - Z-Trans public transportation, operated by Zia Therapy Center, provides service to Mountain View Hospital in Las Cruces and to the communities of

Tularosa and Mescalero. Also, there is a shuttle (part of the airport system) that will take people to El Paso for some services, and Angel Flight will, for no cost, fly people to services outside of Otero County. There are restrictions, however, to using these services.

Health insurance coverage - Health insurance coverage is an issue for some. According to the BRFSS 2002, 17.9% of Otero County residents did not have health care coverage. This is somewhat lower than New Mexico at 21.3% (may not be statistically different).

In the 2005 YRRS, only 41.6% of students reported they were involved in school activities and 52.5% reported they were involved in out of school activities. Cost and/or transportation may be limiting factors for youth participation.

Adequacy of Other Health Services - There are a number of items from the FY07 Community Needs Assessment that address issues of Access for Otero County. If the answers were negative indicating needs or gaps in services, they are listed here. (Note: Though some items listed below may not on the surface seem to be “health” related, please keep in mind that the Otero County Community Health Council’s concept of “health” is very broad and encompasses issues of overall well-being, etc.):

- 70% believe the community does not have enough health education and promotion of healthy lifestyles program available. Top issues needing more education and promotion are Drugs, Teen Pregnancy, and Alcohol.
- 56% believe the community does not have enough treatment programs for long term chronic diseases. Top needs included education and prevention for healthy lifestyles, Diabetes and Heart Disease.
- 40% felt that children did not have access to affordable healthcare (37% felt they did).
- 41% felt we need more services for prenatal/pregnancy (21% felt there are enough services).
- 45% feel we need more services for victims of violence (21% enough).
- 51% feel the hospital does not meet the needs of the community (33% felt it meets the needs).
- 61% felt more alternative medical services are needed.
- 61% felt the community needs more smoke free facilities.
- 35% felt that students do not receive enough positive support and encouragement from teachers, counselors, and other school staff (33% felt they did).
- 51% feel the schools are not adequately educating students in basic academic skills (29% felt they are).
- 52% felt schools are not appropriately preparing students for a trade or college (21% felt they are).
- 48% feel schools do not have enough health education (15% feel they do).
- 46% feel schools do not have enough nutrition education (19% feel they do).
- 39% feel that there are not enough care services for seniors (26% feel there are enough).
- 49% feel more assisted living is needed for seniors with low income and/or Medicaid (13% felt there are enough).

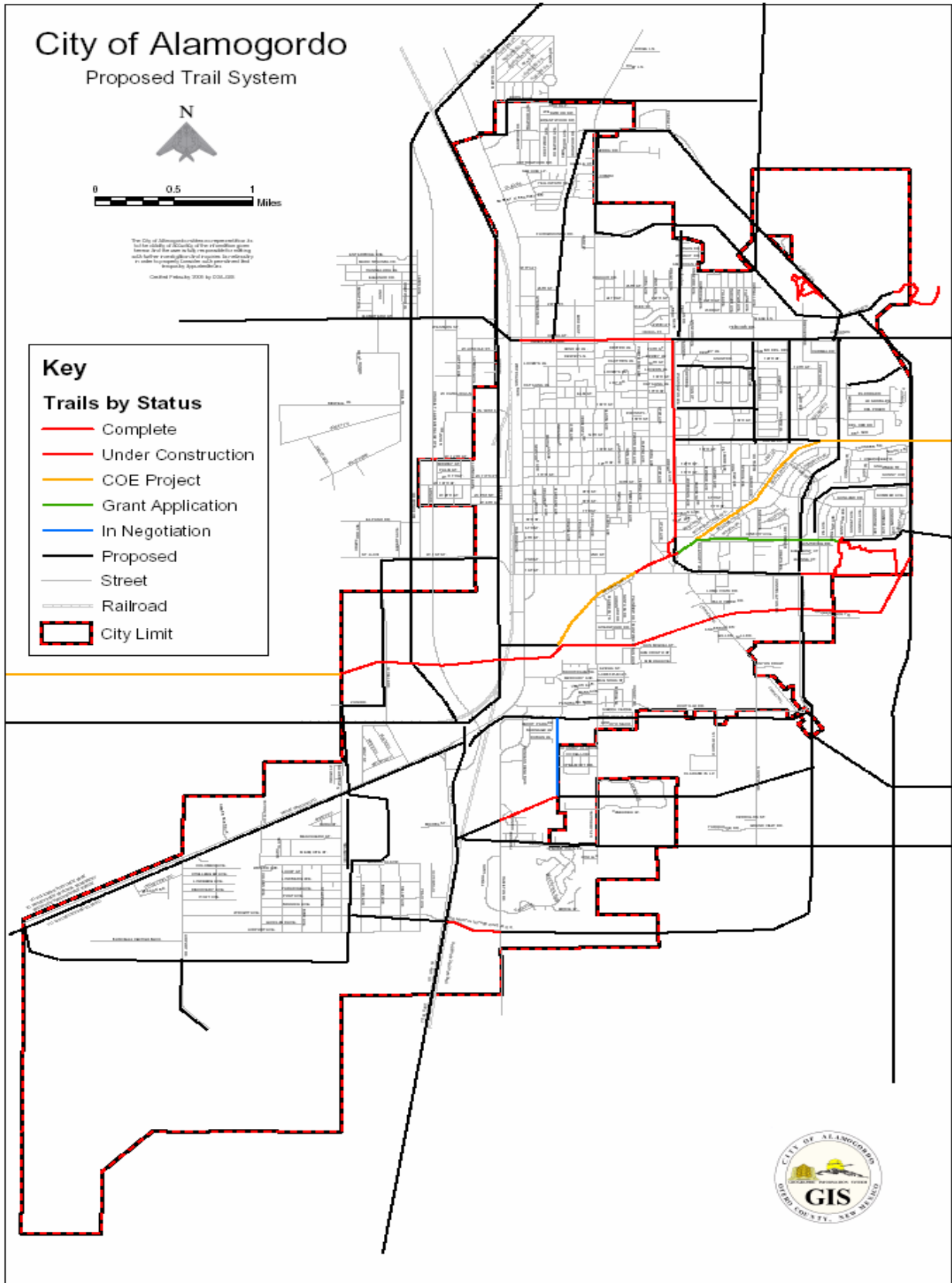
- 48% feel we need more safe and affordable housing for seniors with low income or Medicaid (compared to 12 % who felt there are enough).
- 51% feel more relief care for caregivers of the elderly, disabled, and chronically ill are needed (10% felt there is enough).
- 51% feel we need more affordable childcare, compared to 19%. Also they felt more income assistance is needed (36% vs. 23%).
- 53% feel we need more opportunities for safe, positive after-school activities for youth compared to 15%.
- 38% feel more parenting education is needed compared to 14%.
- 74% feel that public transportation needs to be expanded.
- 61% feel we need more services/facilities for the homeless.
- 58% feel we need more services to help people with financial problems compared to 9%.
- 53% feel we need more services to help people with legal problems compared to 13%.
- 60% feel there are not enough affordable recreational opportunities and facilities for youth compared to 21%.
- 84% feel we should have a teen center with affordable activities compared to 1%.
- 61% feel there are not enough affordable recreational opportunities and facilities for adults compared to 24%.
- 60% feel we need more walking and biking paths compared to 29%.
- 66% feel we need more biking lanes in the streets compared to 17%.
- 39% feel that we do not have an effective emergency response plan for natural disasters or other emergencies compared to 17% (43% did not know).

c. Utilization: who utilizes these existing services

Issues of utilization have been discussed in the sections above. However, it could be said that those that utilize Otero County services are primarily Otero County residents. There is some use of services in surrounding communities, such as Las Cruces and El Paso, by residents of Otero County. Distance plays a large role in utilization, because this encompasses issues of transportation and time. As a small community we are primarily concerned with obtaining and maintaining needed services. Many of our services discussed above are overloaded rather than seeking consumers. Thus more services are needed to help handle the numbers of people currently seeking help.



**Appendix A**  
**Alamogordo Proposed Trail System**



**Appendix B**

**Otero County Resources**

**This Resource Directory is currently being updated and will be available in updated form in July 2008.**

**Otero County Community Health Council  
Resource Directory for Otero County FY09**

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**Otero County Community Health Council  
Resource Directory for Otero County**

<b>General Health Services</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Alamogordo Clinic & V.A. Outpatient Clinic  1410 Aspen Drive	Aday, Brent, MD Phone: 437-7000	18 years of age and over	Internal Medicine	General medicine, x-ray, lab, bone density scans  Mon-Fri: 8:00-12:00/1:00-5:00	Medicare, Medicaid, and most insurances
	Grummert, Sandra, MD Phone: 437-7000	Veterans	Primary Care (Albq. VA contracted)	Medical services to veterans  Mon-Fri: 8:00-12:00/1:00-5:00	Federal; strictly V.A.
Alamogordo Ear, Nose, & Throat  1401 10 <sup>th</sup> Street, Suite C	Frost, Timothy, MD, FACS Frost, Kelly, AU.D. Calendar, Abbye, AU.D.  Phone: 437-4533	Youth & adult	ENT/Restorative Plastic Surgery	Allergy desensitization therapy, audio logic evaluation, hearing aid dispensing.  By appointment only Mon-Fri: 8:00–12:00/1:00-4:30	Medicare, Medicaid, and most insurances
Alamogordo Eye Clinic, Inc.  1124 E. 10 <sup>th</sup> Street  <a href="http://www.alamogordoeye.com">www.alamogordoeye.com</a>	Hall, J. Roger, MD Ham, Donald, MD Bohart, William, MD  Phone: 434-1200 Toll Free: 800-323-4764	Youth & adult	Ophthalmology	Ambulatory, surgical center, cataract surgery, laser vision correction, normal exams, glaucoma, diabetic eye exam & treatment, etc.  Mon-Fri: 8:00-4:30	Medicare, Tricare (with authorization), Medicaid (for medical reasons only), all other insurances call first
Alamogordo Family Practice  1909 Cuba Ave., Suite 4	Jones, John, MD  Phone: 443-6262	Youth & adult	Family Practice	Medical services  Mon: 9:00-12:00/1:00-3:30 Tues-Fri: 9:00-12:00/1:00-5:00	Medicare, Medicaid, and most insurances

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<p>Alamogordo Home Care/Hospice</p> <p>1859 Indian Wells Road</p> <p><a href="http://www.alamogordohomecareandhospice.com">www.alamogordohomecareandhospice.com</a></p>	<p>Phone: 437-3500 Toll Free: 800-617-3555</p>	<p>Youth &amp; adult</p>	<p>Home care</p>	<p>Nursing, physical, speech &amp; occupational therapy, home health aide, medical social services, homemaker program.</p>	<p>Medicare, Medicaid, Tricare/Champus, workmen's comp, most insurances, or private pay</p>
<p>Alamogordo Imaging Center (Managed by XRAM)</p> <p>2539 Medical Center Drive, Suite 101</p> <p><a href="http://www.xram.com">www.xram.com</a></p>	<p>Winterkorn, Keith, MD</p> <p>Phone: 434-1353</p>	<p>Youth &amp; adult</p>	<p>Board certified radiologists with expertise in neuroradiology, musculoskeletal, and mammography.</p>	<p>Services offered include: MRI, CT scans, mammography, ultrasound, vascular ultrasound</p> <p>Mon-Fri: 8:00-5:00</p>	<p>Medicare, Medicaid, Tricare, BC/BS, United Healthcare, Lovelace, Presbyterian, and many others.</p> <p>50% discount for self-pay patients.</p>
<p>Alamogordo Internal Medicine, PC</p> <p>1212 9<sup>th</sup> Street, Suite C</p>	<p>Anireddy, Gary, MD Hanumandla, Sara, MD</p> <p>Phone: 434-2965</p>	<p>13 years of age and over</p>	<p>Internal Medicine/Family Practice</p>	<p>Women's health care, bone density, comprehensive adult health care, echocardiogram, nerve conduction studies, H. Pylori, and more.</p> <p>Mon-Fri: 8:00-5:00</p>	<p>All insurances accepted</p>
<p>Alamogordo Orthopaedics, Sports Medicine &amp; Podiatry</p> <p>2301 Indian Wells, Suite A</p> <p>159 Mescalero Trail, Ste 4</p> <p><a href="http://www.newmexicoorthopedics.net">www.newmexicoorthopedics.net</a></p>	<p>Anderson, John, DPM Dodson, Douglas, DO Freeh, Eric, DO Rickman, Allan, MD</p> <p>Phone: 434-0639</p> <p>Phone: 257-7632</p>	<p>Youth and adult</p>	<p>Orthopedic Surgery, Sports Medicine and Podiatry</p>	<p>Diagnosis, treatment, rehabilitation and prevention of injuries &amp; diseases of the musculoskeletal system.</p> <p>Mon-Fri: 8:00-5:00</p>	<p>Call for insurance information</p>

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<p>Alamogordo Pediatric Associates 2559 Medical Drive, Ste. A</p>	<p>Starr, Larry, MD Starr, Nancy, MD Phone: 434-1500</p>	<p>Children 15 years of age or younger</p>	<p>Pediatrics</p>	<p>Pediatric services, well child care, ADHD diagnosis &amp; treatment M, T, Th: 8:00-12:00/1:00-5:00 Wed: 8:00-12:00 Fri: 8:00-12:00/1:00-3:30</p>	<p>Medicaid, most insurances, &amp; private pay</p>
<p>Alamogordo Surgical Associates 1100 E. 10<sup>th</sup> Street</p>	<p>Pollard, William, MD Richardson, Gregory, MD Phone: 437-2244</p>	<p>Youth &amp; adult</p>	<p>General surgery</p>	<p>General surgery Mon-Fri: 8:00-12:00/1:00-5:00</p>	<p>Medicare, Medicaid, most insurances, and private pay</p>
<p>Alamogordo Urgent Care 1310 Washington</p>	<p>McPherson, Douglas, MD Phone: 551-5111</p>	<p>Youth &amp; adult</p>	<p>Family Practice and urgent care</p>	<p>Mon-Fri: 8:00-6:00</p>	<p>Medicare, Medicaid, Tricare Prime &amp; most other insurances</p>
<p>Alamogordo Urology 2539 Medical Drive Complex A, Suite 103</p>	<p>Smaltz, Robert, MD Phone: 437-4909</p>	<p>Youth &amp; adult</p>	<p>Urology</p>	<p>Diagnosis and treatment of problems involving the urinary tract Mon/Wed/Thu: 8:00-12:00/1:00-4:00 Tue &amp; Fri: 9:00-12:00/1:00-3:00</p>	<p>Medicare, Medicaid, most other insurances, and private pay</p>
<p>American Medical Response 2423 Lawrence Blvd.</p>	<p>Phone: 437-3699</p>	<p>Residents of Otero County</p>	<p>Ambulance service</p>	<p>Emergency medical calls, 911 service, inter-facility transfers, Community education programs</p>	
<p>Back In Action Therapy 1011A E. 10<sup>th</sup> Street,</p>	<p>Hoyt, Dan, PT Phone: 439-9878</p>	<p>Youth &amp; adult</p>	<p>Physical, occupational &amp; speech therapy</p>	<p>Full rehabilitation programs, post injury fitness training, physical, occupational &amp; speech therapy. Mon-Fri: 8:00-5:00</p>	<p>Medicare, Salud, BC/BS, Presbyterian, Lovelace, workmen's compensation, and Tricare.</p>

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<p>Back In Line Family Chiropractic 1301 Oregon Avenue</p>	<p>Patrick, Doug, DC Phone: 437-0667</p>	<p>Youth &amp; adult</p>	<p>Family health, healthy lifestyle choices, and health &amp; wellness strategies</p>	<p>Family chiropractic care, DOT and sport physicals, &amp; lifestyle coaching.  Tue, Wed, Fri: 8:00-12:00/2:00-5:00 Thu: 2:00-5:00</p>	<p>Medicare, BC/BS, and self-pay</p>
<p>*Ben Archer Health Center 2150 Hwy 54 South  <a href="http://www.bahcnm.org">www.bahcnm.org</a></p>	<p>Cornelius, Ilana, CNP Deroy, Jennifer, CNP  Phone: 443-8133</p>	<p>Local residents</p>	<p>Medical services</p>	<p>Primary health care, eligibility determination for assistance programs, health education, pregnancy and early childhood education, on-site Medicaid assistance  Mon, Wed, Fri: 8:00-5:00 Tue &amp; Thu: 8:00-7:00</p>	<p>U.S. Dept. of Health &amp; Human Services, State of NM: DOH, CYFD, BCC, Diabetes, Tobacco</p>
	<p>Puckett, Ray, DDS  Phone: 443-8133</p>		<p>Dental care</p>	<p>Dental care  Mon-Fri: 8:00-5:00</p>	
<p>Center for Women’s Health &amp; Specialty Services 2559 Medical Drive, Ste D  <a href="http://www.gcrmc.org">www.gcrmc.org</a></p>	<p>Danner, Kara, MD Banerji, Amanda, DO Lindley, Norman, MD  Phone: 434-2229</p>	<p>Women 16 years of age and over</p>	<p>OB/GYN</p>	<p>Obstetrics, gynecology, birth control, cyroablation and endocyroablation, female surgery, ultrasonography, 3-D and gender ultrasound  Mon-Fri: 8:00-12:00/1:00-5:00</p>	<p>Medicare, Medicaid, and most insurances</p>
<p>*Department of Health/Health Promotions 1207 E. 8<sup>th</sup> Street</p>	<p>Phone: 437-9340, Ext. 2</p>	<p>County residents</p>	<p>Health Education</p>	<p>Public health policy development, coalition building, training, and mobilization.</p>	



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<p>Eye &amp; Lens Center 903 N. New York Avenue</p>	<p>Marquardt, Terry, OD Phone: 437-7783</p>	<p>Youth &amp; adults</p>	<p>Optometry</p>	<p>Vision exams and treatment, specialized visual care, eye health exams &amp; treatment, eye glasses &amp; contact lenses.  Mon-Thu: 8:30-5:30 Fri: 8:30-12:00</p>	<p>Most insurances accepted</p>
<p>Family Foot Health Specialists 1601 10<sup>th</sup> Street  <a href="http://www.nmpodiatry.com">www.nmpodiatry.com</a></p>	<p>Vander Wit, Darlo, DPM Phone: 437-6812</p>	<p>Youth and adult</p>	<p>Specializing in surgical and medical treatment of the foot and ankle</p>	<p>State-of-the-Art outpatient surgery, heel spur surgery, laser surgery, ingrown nails, hammertoes &amp; calluses, bunions &amp; corns, arch &amp; heel pain/spurs, videoscopic and OssaTron surgery (non surgical treatment for heel spurs), special care for diabetic feet. Most problems can be corrected in our office.  Mon-Fri: 10:00-12:00/1:00-5:00</p>	<p>We accept Medicare patients, Tricare, and most insurance plans.  We participate in White Sands Community Health Plan.</p>
<p>Gallien Therapy Services 1809 Indian Wells</p>	<p>Gallien, Ron, PT, OCS Gallien, Pam, MS, CCC-SLP Phone: 437-1967</p>	<p>Youth and adult</p>	<p>Physical, Occupational and Speech therapy</p>	<p>Specializing in physical, speech and occupational therapies. We have the most comprehensive dysphagia program and the only practicing orthopedic physical therapy specialist in Otero County. We also offer Vital Stim therapy.  Mon-Fri: 8:00-12:00/1:00-5:00</p>	<p>Most insurances accepted</p>

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<p>Gastroenterology of Alamogordo 923 9<sup>th</sup> Street, Suite A</p>	<p>Mueller, Juergen, MD Harris, Carla, FNPC Phone: 437-2448</p>	<p>13 years of age and over</p>	<p>Gastroenterology</p>	<p>Diagnosis and treatment of problems involving the gastrointestinal tract. Mon-Fri: 7:45-4:00 We also, have a Hepatitis-C support group which meets Mon: 6:30pm – 7:30pm.</p>	<p>Medicare, Medicaid, and most insurances</p>
<p>*Gerald Champion Regional Medical Center 2669 N. Scenic Drive</p>	<p>Phone: 439-6100</p>	<p>County residents</p>	<p>Medical services and education</p>	<p>Primary medical care for all ages, and educational programs on a variety of health related topics, including perinatal issues, Diabetes, etc.</p>	
<p>High Desert Holistic Health Care &amp; Pain Management Clinic, Inc. 911 Tenth Street</p>	<p>Paluszek-Pirc, Mary, DN, MPH Phone: 437-3270</p>	<p>Youth &amp; adult</p>	<p>Naprapathic Physician, (manual and herbal medicine and botanicals)</p>	<p>Specializing in connective tissue &amp; musculoskeletal disorders; Sciatica, sports injuries, neck &amp; back pain, arthritis, fibromyalgia. Mon, Tue, Wed, Fri: 10:00-4:00 Thu: 10:00-6:00</p>	<p>Workmen’s comp, Cigna, Tricare, BC/BS, Loveless, Presbyterian, and private pay</p>
<p>Indian Wells Family Practice 2474 Indian Wells Road</p>	<p>Banikarim, Kay, MD Moezzi, Dan, MD Phone: 443-0339</p>	<p>Youth &amp; adult</p>	<p>Health care for the whole family</p>	<p>Routine physicals for all ages, well child checks, preventive medicine, acne, minor office surgery, immunizations, women’s health care, and cosmetic laser surgery Mon-Thu: 8:00-4:00 Fri: 10:00-4:00</p>	<p>Most insurances accepted</p>
<p>Internal Medical Specialists of Alamogordo 2559 Medical Drive, Suite C</p>	<p>Abood, Ferial, MD Phone: 439-8220</p>	<p>18 years of age and over</p>	<p>Internal Medicine</p>	<p>Mon-Thu: 8:00-5:00</p>	<p>Medicare and most insurances</p>

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<p>Journey To Wellness Family Practice 1401 E. 10<sup>th</sup> Street, Suite 1</p>	<p>Paylor, Shauna, MD Phone: 434-5195</p>	<p>Youth &amp; adult</p>	<p>Family Medicine</p>	<p>Medical care for the entire family Mon-Thu: 8:00-5:00</p>	<p>Medicare, Medicaid &amp; most other insurances</p>
<p>Life Force Energies 1120 New York Ave, Suite B <a href="http://www.quantumbiofeedbacknyc.com/features">www.quantumbiofeedbacknyc.com/features</a></p>	<p>Kelly, Gail, CBT, CBS Phone: 491-6549</p>	<p>General Public</p>	<p>Scientifically proven to help reduce stress and hypertension that may be related to illness, injury or emotional trauma.</p>	<p>Biofeedback can result in an overall improved sense of well-being, greater mental clarity, pain reduction, and improved physical performance. Sessions are non-invasive, using signals from the body to provide computer information about the state of the energy and stress(es) most prevalent in the body at the time.  Call for appointment.</p>	<p>State and private pay  (1.5 hr session: 60.<sup>00</sup>)</p>
<p>Mitchell Chiropractic Life Center 901 Puerto Rico Avenue</p>	<p>Mitchell, Donald, DC, BS Mitchell, Elizabeth, DC Blevins, Aubrey, DC Phone: 437-0350</p>	<p>Youth &amp; adults</p>	<p>Family chiropractic</p>	<p>Palmer Technique, on-the-job injuries, family practice, auto accidents, massage therapy  Mon-Wed-Fri: 9:00-12:00/ 1:00-5:00 Tue: 9:00-12:00/1:00-6:00 Thu: 9:00-12:00 Sat: 8:00-10:00</p>	<p>Most insurances accepted (call for information)</p>
<p>Mountain Back Care Center 62 Curlew Place Cloudfcroft, NM 88317</p>	<p>Rasch, Bradley, DC Phone: 682-2283</p>	<p>Family care for Otero County residents &amp; tourists</p>	<p>Chiropractic care</p>	<p>Back, spine injuries, personal injuries, workers compensation, athletic injuries  Mon-Tue-Wed-Fri: 9:00-12:00/ 3:00-5:00 Saturday mornings by appt only</p>	<p>Medicare and most insurances</p>

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<p>Natural Health Care Complex, The</p> <p>101 Reese Drive Ruidoso, NM 88345</p> <p><a href="http://www.ruidoso.net/relocation/medical.html">www.ruidoso.net/relocation/medical.html</a></p>	<p>LaRosa, Janet, DOM</p> <p>Phone: 630-3739</p>	<p>Youth &amp; adult</p>	<p>Health restoration</p>	<p>Health maintenance &amp; optimization using a wide array of modern &amp; ancient natural therapies including: herb and vitamin supplementation, acupuncture, homeopathy, and more.</p> <p>Call for appointment</p>	<p>Contracted provider with BC/BS &amp; Presbyterian, but will file for all insurances</p>
<p>New Mexico Brain Institute</p> <p>108 Cottonwood</p>	<p>Simmons, John, MD Hobson, Christine, CNP</p> <p>Phone: 434-0901</p>	<p>17 years of age and over</p>	<p>Neurology</p>	<p>Seizures, NCS/EMGs, Alzheimer's, Spasticity Clinic, Botox, Movement Disorders Clinic/Parkinson's Disease, Headache/Migraine Clinic.</p> <p>Mon-Fri: 8:30-4:30</p>	<p>Most insurances accepted</p>
<p>Otero Community Cancer Center</p> <p>2559 Medical Drive, Suite G</p>	<p>Hadzic, Ejub, MD Korec, Stefan, MD</p> <p>Phone: 437-8126</p>	<p>16 years and over</p>	<p>Hematology/Oncology</p>	<p>Radiation Oncology</p> <p>Medical Oncology &amp; Hematology</p> <p>Mon-Thu: 8:30-12:00/1:00-4:30 Fri : 8:30-12:00</p>	<p>Most insurances accepted</p>
<p>Quantum Biofeedback</p> <p>1120 New York Ave, Suite B</p> <p><a href="http://www.quantumbiofeedbacknyc.com/features">www.quantumbiofeedbacknyc.com/features</a></p>	<p>Greenwald, Dawn, MA, CH, CBT</p> <p>Phone: 430-7522</p>	<p>All ages and conditions, excluding those who have pacemakers or are pregnant</p>	<p>Quantum Biofeedback has been scientifically proven to reduce stress that may be related to illness, injury or emotional trauma.</p>	<p>Stress and pain management, brain wave training, muscle reeducation, and relaxation training, Identification of social, physiological, environmental and mental stressors that may be involved with: allergens, pain of any kind, infections, diseases or disorders, medical conditions, weight issues, nutritional deficiencies, and unresolved emotional issues.</p> <p>Call for appointment.</p>	<p>Private pay, but we also provide 90901-coded letters for insurance coverage.</p>

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<p>*Sacramento Mt. Med. Center (Presbyterian Medical Services)</p> <p>74 James Canyon Hwy Cloudcroft, NM 88317</p> <p><a href="http://www.pms-inc.org">www.pms-inc.org</a></p>	<p>Montoya, Sylvia, MD</p> <p>Phone: 682-2542</p>	<p>County residents</p>	<p>Medical services and education</p>	<p>Primary medical care for all ages, educational programs.</p> <p>Mon-Fri: 8:00-12:00/1:00-5:00</p>	<p>Anyone, with or without insurance</p>
<p>Southwest Spine</p> <p>2539 Medical Drive Complex A, Suite 110</p>	<p>Bryant, Frank, MD Schlicht, Christian, DO</p> <p>Phone: 434-1400 Phone: 437-0159</p>	<p>Youth &amp; adult</p>	<p>Orthopedic Surgery</p>	<p>Pain management</p> <p>Mon-Thu: 8:00-4:30 Fri: 8:00-2:00</p>	<p>Medicare and most insurances accepted (no Molina or Tricare)</p>
<p>Tularosa Basin Dermatology</p> <p>1212 9<sup>th</sup> Street, Suite A</p>	<p>Toncray, Jennifer, DO, DER</p> <p>Phone: 437-6700</p>	<p>Youth and adult</p>	<p>Dermatology</p>	<p>Diagnosis and treatment of disorders of the skin such as: acne, psoriasis, warts, moles, allergic reactions, and others.</p> <p>Mon: 8:00-1:00 Tue, Wed, Thu: 8:00-1:00/ 2:00-5:00</p>	<p>BC/BS &amp; Cigna (all others call first)</p>
<p>*Tularosa Medical Center (Presbyterian Medical Services)</p> <p>111 Central Avenue Tularosa, NM 88352</p>	<p>George, Christiane, DO</p> <p>Phone: 585-1250</p>	<p>County residents</p>	<p>Family Practice</p>	<p>Primary medical care for all ages, educational programs.</p> <p>Mon-Fri: 8:00-12:30/1:30-5:00</p>	<p>All insurances accepted</p>
<p>White Mountain Chiropractic &amp; Neurology</p> <p>500 Mechem Drive, Ste C Ruidoso, NM 88345</p>	<p>Klinekole, Bruce, DC, DACNB</p> <p>Phone: 257-7970</p>	<p>Youth &amp; adults</p>	<p>Chiropractic and Neurology</p>	<p>Diagnosis and treatment</p> <p>Mon-Tue-Wed-Fri: 8:00-12:00/ 2:00-5:30 Thu: 8:00-12:00</p>	<p>Medicare and most other insurances</p>

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<p>*White Sands Family Practice Clinic 2010 Pecan Drive <a href="http://www.wsfpc.com">www.wsfpc.com</a></p>	<p>Heredia, Gilberto, MD Walcher, Joseph, MD Boehm, William, MD Raschbaum, Leo, MD Leister, Christine, PA  Phone: 434-9737</p>	<p>Youth &amp; adults</p>	<p>Immediate Care</p>	<p>Primary medical care for all ages. Routine and employment physicals, well child checks, immunizations, workmen's comp, minor surgery, etc.  Walk-in clinic: M-F: 8am to 8 pm Sat: 10 am to 3 pm Sun: 12 pm to 5 pm</p>	<p>Medicare, Medicaid, Tricare and most insurances</p>
<p>Women's Specialty Services 2050 N. Scenic Drive</p>	<p>Sampath, Ruthven, MD  Phone: 443-2999</p>	<p>Women 15 years of age and over</p>	<p>OB/GYN</p>	<p>Women's health care including: obstetrics, gynecology, general infertility treatment, preventive care, menopause, surgery, tubal ligation.  Mon-Thu: 9:00-12:00/1:00-5:00 Fri: 9:00-12:00/1:00-3:00</p>	<p>Medicare, Medicaid, &amp; most insurances</p>

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<b>Health Care Professionals</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Alqassem, Nasser, MD	1101 9 <sup>th</sup> Street, Suite A Phone: 437-8411	All ages	Internal Medicine	Mon-Fri: 8:00-12:00 & 1:00-5:00	No Tricare, Salud, or Molina
Bankston, Chandi, DO	1315 12 <sup>th</sup> Street Phone: 437-5716	All ages	Family Practice	Health care for the entire family: Mon-Thu: 9:00-12:00 & 1:00-5:00 Fri: 9:00-12:00	Medicare, Medicaid, & most insurances
Fellers, Neal, MD	2559 Medical Drive, Suite C Phone: 443-0323	18 years of age and over	Pulmonologist	Pulmonary medicine & critical care Mon-Thu: 8:00-5:00	Medicare, Medicaid, & most insurances
Galligan, Michael, MD	2669 N. Scenic Drive Phone: 443-7600	(not applicable)	Hospital based pathology services	Biopsies, labs, cytology, etc.	(not applicable)
Jun, Sungho, MD	2559 Medical Drive, Suite B Phone: 437-8828	5 years of age and over	Family Practice	Primary health care, minor surgery, maintenance therapy Mon-Fri: 8:00-12:00/1:00-5:00	Medicare, Medicaid, & most insurances
Klump, John, DDS MS, PC	700 Cuba Avenue Phone: 434-4957	Youth & adult	Orthodontic treatment	Dental services Mon/Wed/Thu: 8:00-12:00/ 1:00-5:00	Most insurances accepted
Massoud, George, MD, FACC	2559 Medical Drive, Suite F Phone: 434-3225	18 years of age and over	Cardiology	Board certified cardiologist Mon-Thu: 12:00-5:00	Medicare, Medicaid, Tricare & most other insurances

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Mishkin, Michael, MD	1315 12 <sup>th</sup> Street Phone: 437-5716	Youth & adult	Endocrinology (Glands)	Treatment of disorders of the endocrine system.  By appointment only Mon-Thu: 8:30-12:30/1:30-5:00 Fri: 9:00-12:00	Medicare, Medicaid & most insurances
Paul, Allan, MD	2559 Medical Drive, Suite E Phone: 437-5595	Newborn to 17 years of age	Pediatrician	Children's health care, well child checks, immunizations, routine and sports physicals  Mon-Tue-Wed-Fri: 8:00-12:00/ 1:00-5:00 Thu: 8:00-12:00	Medicaid, BC/BS, Lovelace, Cigna, and Presbyterian
Singh, Jagdev, MD	1909 Cuba Avenue Phone: 437-1900	Youth & adult	Family Practice	Specializing in allergies and diabetes  Mon & Thu:8:00-4:00 Tue-Wed-Fri: 8:00-12:00	Medicare and most insurances
Snyder, Joseph, DDS, PC	2832 Indian Wells Road Phone: 439-0446	All ages and backgrounds	Dental services	Dental treatment & prevention to maintain health of the mouth.  Mon-Thu: 8:00-5:00	Most insurances
Velasquez, Michael, DO	1212 9 <sup>th</sup> Street, Suite E Phone: 443-1001	Youth & adult	Nephrology & Internal Medicine	Nephrology, diabetes, high blood pressure  Mon-Thu: 8:00-5:00	Medicare, Medicaid, & most insurances
Warren, Anthony, DDS, PC	780 Scenic Drive Phone: 439-0523	Youth & adult	Family dental services	Sedation dentistry, cosmetic dentistry, oral surgery  Mon-Thu: 8:00-12:00/ 1:00-5:00	Most insurances
White, Robert, DDS, PC & Benrmann, Logan, DMD	2808 Indian Wells Road Phone: 437-4903	Youth & adult	Dental services	Family practice of dentistry	Delta & Concordia
Yang, Michelle, MD	923 9 <sup>th</sup> Street, Suite B Phone: 437-9900	Youth and adult	Ophthalmology	Medical & surgical care of the eye.  Mon-Fri: 8:00-12:00/1:30-5:00	Medicare, Medicaid, & most health insurances.



### Mental Health Services

Otero County has 11 Counseling/Mental Health Facilities (2003 DOH/PH Otero County Health Profile) and is also served by facilities in surrounding cities, including El Paso, Las Cruces, and Ruidoso.

The Alamogordo Daily News frequently publishes a list of on-going support groups covering a variety of topics.

<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Agolia, Mary Ellen, Ph.D.	PO Box 351 High Rolls, NM 88325 Phone: 682-6027	Adults, children, and adolescents	Individual, family, & group counseling	Mental health counseling	Medicare, Medicaid, EAP, other insurance and private pay
Alamogordo Marriage Enrichment Network & Healthy Marriages <a href="http://www.healthymarriagesnm.org">www.healthymarriagesnm.org</a>	Biricocchi, Ryan Phone: 442-2548	All couples (dating, engaged, married)	Offering free education and related services that nurture the climate for healthy relationships among couples.	Educational services include:  Introductory – presentations and workshops Advanced – couple-to-couple mentoring or couple support groups  Call for more information	Federal funding
Alamogordo Mental Health Services	1208 N. New York Avenue Phone: 437-8865	Youth & adults	Mental health counseling	Adult, child & family therapy. Marriage counseling, psychological evaluation., stress management, and all other mental health concerns	All insurances accepted
Bethel Baptist Counseling	1316 Scenic Drive Phone: 437-7311	Families, individuals, couples	Mental health counseling	Therapy for all issues except substance abuse	

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Better Balance Counseling	1408 8 <sup>th</sup> Street, Suite A3 Phone: 437-4200	At-Risk children, families and adults	Mental health	By appointment only Addiction treatment, marriage & family counseling, ADHD, and other MH services  Mon-Fri: 8:00-5:00	Private pay, Medicaid, ATR grant, Tricare, and most insurances.
Canyon Light, Inc.  1017 Madison Avenue	Baldonado, John, LADAC Santillan, Lucy, LSAA Riner, Melissa, Intern  Phone: 430-6913	18 years of age and over	Counseling, treatment & education	1 <sup>st</sup> offender program, pre-trial services, urine drug screens, group & individual sessions, case management, substance abuse education series.  Mon: 8:00-5:00, Wed: 10:00- 7:00, Fri: 8:00-8:00, Sat: 8:00- 6:00, Tue & Thu: evening groups	Access to recovery funds, sliding fee, payment plans, and some insurances
*CATS (Community Addiction Treatment Services)	1019A Madison Phone: 434-2016	County residents	Substance Abuse Counseling	Counseling and education around substance abuse	Grants & privately funded
*CHINS (Children In Need of Services)	501 24 <sup>th</sup> Street Phone: 434-3011	County residents	Counseling	Services to at risk youth and families	Combined: CYFD, grants and donations
*Counseling Center, The	1900 E. 10 <sup>th</sup> Street Phone: 437-7404 Crisis Line: 437-7404  206 Sudderth Drive Ruidoso, NM 88345 Phone: 257-5038 Crisis Line: 800-634-3666	County residents	Counseling	Behavioral health services, substance abuse counseling, sexual assault counseling, and services for severely mentally ill adults.  Mon-Fri: 8:00-5:00	State funding  (Medicaid & CYFD provider)
Heritage Program for Senior Adults (Lincoln County Medical Center)  101 Raines Road Ruidoso, NM 88345	Najar, Cindy, RN  Phone: 575-257-0491	Geriatrics	Mental Health	Intensive outpatient program to address mental health issues in the elderly. Treatment includes: medication management, case management & psychotherapy.  We also provide transportation to and from the program.	Medicare and private insurance

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<p>Kids, Inc. A Safehouse for Kids</p>	<p>1212 Vermont Avenue Phone: 437-8689</p>	<p>Children 2 to 17 years of age; family</p>	<p>Victims of child physical and/or sexual abuse</p>	<p>Forensic interviews, victim advocacy, personal advocacy to family, crisis intervention, follow-up, information &amp; referral service.</p>	<p>Grants and donations</p>
<p>LaRoque Counseling Associates, LLC  1213 Michigan Avenue</p>	<p>LaRoque, Robin, LPCC Fowler, Peggy, LMHC  Phone: 437-8181</p>	<p>Youth, adults, families &amp; couples</p>	<p>Counseling and education</p>	<p>EMDR provider, mental health, substance abuse, anxiety, sleep disorders, anger management, co-occurring disorders. Classes &amp; workshops available.  By appointment only</p>	<p>Most insurances accepted</p>
<p>Marsha R. Griffin, MS, LPCC</p>	<p>916 N. White Sands Phone: 439-8288</p>	<p>Youth, adults &amp; families</p>	<p>Mental health counseling, PTSD, trauma</p>	<p>Behavioral health services, EMDR treatment  By appointment only.</p>	<p>Medicaid &amp; most insurances</p>
<p>*Mescalero Prevention Program</p>	<p>590 Eagle Drive Mescalero, NM 88340 Phone: 464-4510</p>	<p>Native Americans</p>	<p>Counseling and education</p>	<p>Substance abuse counseling and education</p>	
<p>Mescalero Tribal Human Services Alcohol/Drug Addictions Treatment Center</p>	<p>107 Sunset Loop Mescalero, NM 88340 Phone: 464-4338/4339</p>	<p>Native Americans</p>	<p>Native Americans in need of treatment</p>	<p>Substance abuse evaluation/ assessments, aftercare substance abuse treatment, outpatient family therapy. Childcare services are available for clients enrolled in one of the above programs. Residential and outpatient treatment programs for adults and families, adolescent outpatient treatment program.</p>	
<p>*Otero County Council on Alcohol Abuse</p>	<p>850 Wright Avenue Phone: 437-8942</p>	<p>18 years of age and over</p>	<p>Substance abuse and MH counseling</p>	<p>Outpatient and residential services. Individual &amp; group counseling for substance abuse, mental health and co-occurring issues. By appointment only.</p>	<p>County funding &amp; private pay</p>

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Premier Care - Las Cruces	2467 S. Telshor Blvd. Las Cruces, NM 88011 Phone: 575-556-0101	Substance abusing adults 18 years of age and over who meet the require-ments for IOP.	Intensive Outpatient (IOP) Treatment Program	Day IOP: Mon-Wed-Fri, 9:00 am to 12:00 pm  Night IOP: Mon-Wed-Fri, 5:30 pm to 8:30 pm	ATR Grant & private pay
Sunrise House  Southwest Regional Care Centers (SWRCC), LLC	Phone: 437-8908	Adults 18 years of age and over with histories of substance abuse and/or mental health issues.	Substance abuse	SWRCC is a substance abuse residential rehabilitation provider that includes 2 six bed and 1 sixteen bed specialized program facilities located on 17 acres.	
*Team Builders Counseling Services	905 10 <sup>th</sup> Street, Ste C Phone: 437-8964 Fax: 437-0203	Children & Families	Children & families impacted by emotional or behavioral problems.	Psychiatric services, Behavior management/respite, Outpatient treatment, Treatment Foster Care	Medicaid
Tularosa Counseling Services  510 Central, Suite A	Donna Mohr, LPCC Phone: 430-1192	Youth & adults	Mental health	By appointment only. Counseling for: ADHD, anger management, eating disorders, substance abuse	Medicaid, Tricare, and most insurances

**Services Related to Health Council Life Cycles**

**Perinatal Services (Mothers and infants pre-birth to 2 years of age)**

<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
*Children’s Medical Services	Public Health Office Phone: 437-9899	Children from birth to 21 with chronic illnesses or medical conditions	Children, youth with special health care needs	Medical care and referrals for children with chronic illness or medical conditions	
*CYFD/Protective Services	2200 Indian Wells Road Phone: 434-5950	At-Risk children, families and adults	Abuse/neglect and related issues	Information and referral; abuse/neglect investigations; abuse/neglect legal services; foster care and adoptions; family preservation services; voluntary family services; etc.	State agency
*Families First	404 Fresno Street Tularosa, NM 88352 Phone: 585-3019  148 Cottonwood Drive Mescalero, NM 88340 Phone: 464-0081  Ben Archer Health Center 2150 Hwy 54 South Phone: 443-8133	Prenatal & Pediatric	Medical services, education	Prenatal and pediatric case management, referral to health and social programs, and assisting clients to obtain Medicaid for themselves and their children 3 years of age or younger (MOSAA & PE).  Office hours vary by location, call for information.	Department of Health

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<p>*Graduation, Reality, And Dual Skills (GRADS) Housed at Academy del Sol Alternative High School</p>	<p>1200 N. Florida Avenue Phone: 439-3331</p>	<p>Pregnant or parenting teens</p>	<p>Keeping at risk teens in school and recruiting dropouts</p>	<p>Help at risk youth get the services – i.e. housing and ISD, counseling, job training, parenting education, pregnancy prevention (2<sup>nd</sup> pregnancy), employability skills development, child care, and relationship violence</p>	<p>State and federal (Carl Perkins and TANF).</p>
<p>La Leche League</p>	<p>Phone: 443-0100 or 443-4408 (Elva)</p>	<p>Women of childbearing age</p>	<p>Education and advocacy</p>	<p>Breastfeeding education and counseling</p>	
<p>Lamaze Classes (GCRMC)</p>	<p>2669 N. Scenic Drive Phone: 443-7640</p>	<p>Pregnant women</p>	<p>Education and advocacy</p>	<p>Prepared childbirth</p>	
<p>*New Parent Support Program – HAFB</p>	<p>1022 W. 5<sup>th</sup> Street, HAFB Bldg. 302 Phone: 572-7061</p>	<p>Active duty &amp; family members</p>	<p>Support program</p>	<p>Services limited to families with children less than 36 months old. Education, parenting, psych-educational classes.</p>	
<p>*Otero County Extension Service <a href="http://oteroextension.nmsu.edu">http://oteroextension.nmsu.edu</a></p>	<p>401 Fairgrounds Road Phone: 437-0231</p>	<p>County residents</p>	<p>Education</p>	<p>Educational information for all ages, including Baby’s First Wish Newsletter and parenting education, 4-H, nutrition, gardening, and commercial agriculture.  Mon-Fri: 8:00-12:00/1:00-5:00</p>	<p>Federal, County, State, and various grants</p>
<p>*Otero PATH <a href="http://www.oteropath.com">www.oteropath.com</a></p>	<p>700 E. First Street Phone: 437-2460</p>	<p>Teens</p>	<p>Education</p>	<p>To work with the community to address a variety of health issues and concerns, thus improving the health status of Otero County residents.</p>	<p>Department of Health, Con Alma, Paso del Norte, Board of Health</p>

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<p>*Pregnancy Help Center: Building Blocks Program <a href="http://www.livaltnm.org">www.livaltnm.org</a></p>	<p>1222 N. White Sands Blvd. Phone: 434-5525</p>	<p>Pregnant teens, teen moms and dads, single women</p>	<p>Services and education</p>	<p>Pregnancy tests, ultrasounds, helping parents with abstinence information and parenting skills, helping couples develop wholesome parenting skills, Building Blocks Program: to help young women &amp; men prepare for parenting and other issues that relate to pregnancy, 24/7 Dads Group: help young men prepare for fatherhood  Mon-Fri: 9:00-2:00 and other hours by appointment only</p>	<p>Private donations</p>
<p>*WIC <a href="http://www.health.state.nm.us/phd/wicsite">www.health.state.nm.us/phd/wicsite</a></p>	<p>1207 E. 8<sup>th</sup> Street Phone: 437-9340, ext 110</p>	<p>Pregnant, breastfeeding, or postpartum women</p>	<p>Supplemental food program, nutrition and breastfeeding education, referrals to health and social programs.</p>	<p>Mon – Fri: 8:00 am to 5:00 pm</p>	<p>Federal grants</p>
	<p>404 Fresno Phone: 585-2163</p>			<p>Mon, Tue &amp; Thu: 8:00 am to 5:00 pm</p>	
	<p>Old Mescalero H.S. Phone: 464-0932</p>			<p>Wed &amp; Fri: 9:00 am to 4:00 pm</p>	
<p>*Zia Therapy Center <a href="http://www.ziatherapy.org">www.ziatherapy.org</a></p>	<p>900 First Street Phone: 439-4900</p>	<p>Parents</p>	<p>Education</p>	<p>Intervention services for children 0-36 months with or at risk for developmental delays.</p>	<p>DOH/Medicaid</p>

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<b>Child Care &amp; Development Centers</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Bethel Baptist Tots Preschool	1316 Scenic Drive Phone: 437-5239	Children 18 months to 4 years of age	Christian preschool programs	Loving Christian environment that prepares your child for school.  Mon–Thu: 9:00-2:30	Private
Children’s House CDC	2598 Medical Drive Phone: 434-3218	Children 6 weeks to 5 years of age	Elementary education/ Childcare needs	Childcare and elementary education  Mon–Fri: 6:00-7:00	CYFD accepted
Children’s World	2103 1 <sup>st</sup> Street Phone: 434-3150	Children 6 weeks to 12 years of age	Childcare needs	Childcare and elementary education  Mon–Fri: 6:00-6:00	CYFD accepted
Circle of Friends	3005 N. White Sands Blvd. Phone: 434-8338	Children 2 to 6 years of age	Childcare needs	Childcare  Mon–Fri: 6:30-5:30	CYFD accepted
Cornerstone Preschool	2201 15 <sup>th</sup> Street Phone: 434-0106	Children 3 to 5 years of age	Elementary education/ Childcare needs	Our preschool schedule follows the Alamogordo Public School (APS) calendar -- we are only open while school is in session and closed during the summer months.  Mon– Fri: 8:00-3:30 (August thru May only)	
Full House CDC	1815 N. Florida Phone: 434-9553	Children 6 weeks to 12 years of age	Elementary education/ Childcare needs	Infant & toddler, Preschool, Pre-K and Before & After School programs  Mon–Fri: 6:30-6:00	CYFD accepted



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<p>HELP New Mexico CDC</p>	<p>1800 E. First Street Alamogordo Phone: 434-6313</p> <p>8 Baca Road La Luz Phone: 437-4485</p> <p>604 2<sup>nd</sup> Street Tularosa Phone: 585-4818</p>	<p>Children age 3 to 5 years of age</p>	<p>Childcare &amp; elementary education</p>	<p>Childcare for preschool age children enrolled in our Head Start or Pre-K programs.</p> <p>Mon–Fri: 8:00-4:30</p>	<p>State &amp; Federal CYFD accepted</p>
<p>Holloman AFB CDC West</p> <p>Holloman AFB CDC East</p>	<p>Bldg 650 (by Youth Center) Phone: 572-7551</p> <p>Bldg 790 (by Base Theater) Phone: 572-7505</p>	<p>Children 6 wks to 5 years of age</p>	<p>Childcare for military &amp; DOD affiliated families</p>	<p>Registered or drop-in childcare Mon–Fri: 6:30-5:30</p> <p>Part-day Enrichment Program for 3 to 5 year olds Mon– Fri: 8:30-11:30</p>	<p>Subsidized funding accepted</p>
<p>House of Angels</p>	<p>1301 N. Florida Phone: 437-3323</p>	<p>Children 6 wks to 6 years of age</p>	<p>Childcare needs</p>	<p>Licensed childcare, Christian curriculum, Preschool and Elementary Education</p> <p>Mon–Fri: 7:00-5:30</p>	<p>CYFD accepted</p>
<p>Karrousal Preschool and CDC</p>	<p>301 Texas Avenue Phone: 437-7052</p>	<p>Children 6 wks to 12 years of age</p>	<p>Childcare &amp; Preschool</p>	<p>Complete Early Learning</p>	<p>State CYFD accepted</p>
<p>Little Saints Preschool</p>	<p>Father James Hay School 1000 8<sup>th</sup> Street Phone: 437-2199</p>	<p>Children 3 to 5 years of age</p>	<p>Preschool program</p>	<p>Preschool program that follows both APS and non-denomina- tional Christian education.</p> <p>Mon – Fri: 8:00 am to 3:00 pm</p>	<p>CYFD accepted</p>
<p>St. John’s Day School</p>	<p>505 11<sup>th</sup> Street Phone: 434-2755</p>	<p>Children 2 to 6 years of age</p>	<p>Preschool and daycare</p>	<p>Preschool &amp; extended daycare Mon–Fri: 6:00-6:00</p>	

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Teaching Our Children CDC	211 N. Florida Phone: 437-6055	Children 6 weeks to 12 years of age	Child Development	Before & after school program, Pre-K Mon–Fri: 6:30-6:30	CYFD accepted
Tiny Tots CDC	1600 Indian Wells Phone: 437-2213	Children 6 months to 12 years of age	Child Development	Preschool program Mon–Sat: 6:00am to 1:00am	CYFD accepted
*Zia Therapy Center <a href="http://www.ziatherapy.org">www.ziatherapy.org</a>	900 First Street Phone: 439-4900 Fax: 439-4990	Children 6 weeks to 5 years of age	Preschool based childcare program	Childcare for families & teen mothers. Infant & Toddler Program Mon–Fri: 7:00-5:30 2-5 Year Old Program Mon–Fri: 6:30-6:00	CYFD/parent fees

<b>Youth Services</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
4-H	401 Fairgrounds Road Phone:437-0231	Ages 6-19	Youth development	Learn by doing projects, leadership development	State, Federal, and various grants
*Academy del Sol  *Graduation, Reality, And Dual Skills (GRADS) Housed in Academy del Sol	1200 N. Florida Avenue Phone: 439-3331	High School students at risk  Pregnant or parenting teens	Education  Keeping at risk teens in school and recruiting dropouts	Alternative High School for students at risk  Help at risk youth get the services – i.e. housing and ISD, counseling, job training, pregnancy prevention (2 <sup>nd</sup> pregnancy), parenting education, employability skills development, child care, and relationship violence.	State and federal (Carl Perkins and TANF).
*Big Brothers Big Sisters (BBBS) of Otero County  <a href="http://www.bbbs-otero.org">www.bbbs-otero.org</a>	1211 E 10 <sup>th</sup> Street Phone: 434-3388	Youth who need positive role models.	Youth development	BBBS offers two types of mentoring programs: Community-based volunteers spend two to four hours with their Littles two to four times a month. Site-based volunteers meet with their Littles only at school for one hour once a week during the school year.	State and donations
*Boys and Girls Clubs of Otero County  <a href="http://www.bgcotero.org">www.bgcotero.org</a>	201 Dale Scott Avenue Phone: 437-3788	Youth 5 to 18 years of age	Youth development	Developing youth through prevention education, recreation, and community service. Office Hours: Mon–Fri: 8:30 to 2:30 After school: Mon–Fri: 2:30 to 6:00	Diverse funding sources

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Boy Scouts	Phone: 434-0116 (Janet)	Boys of all ages	Youth development	Informal education and community service	Contributions, grants, , membership fees, and campaigns.
CASA (Court Appointed Special Advocates)	712 9 <sup>th</sup> Street Phone: 443-1086	Children of Lincoln & Otero Counties	Advocacy	Court appointed volunteers who speak for the children in court.  Call for assistance Mon-Fri: 8:00-5:00	
*CATCH (Coordinated Approach Toward Child Health)	700 E. First Street, Ste 720 Phone: 443-8100	K-5 <sup>th</sup> grades	Nutrition and Fitness	Curriculum promoting good nutrition and increased physical activity	Funded through NM DOH Chronic Disease Prevention and Control
*Child Care Bureau <a href="http://www.nmkids.org">www.nmkids.org</a>	2200 Indian Wells Road Phone: 434-9770 or 439-1730	Residents of Lincoln & Otero Counties	Daycare costs for eligible clients	Reimbursement to providers on behalf of eligible clients.	State & Federal
Child Care Licensing Bureau <a href="http://www.nmkids.org">www.nmkids.org</a>	760 N. Motel Blvd., Ste B Las Cruces, NM 88004 Phone: 575-373-6609 Toll Free: 1-877-533-0198	Childcare Providers	State licensing & complaints	Assures that childcare facilities (centers or private homes) are in compliance with state regulations.	
*Children In Need of Services (CHINS), Inc.  501 24 <sup>th</sup> Street	Phone: 434-3011 Toll Free: 1-866-434-9588	Youth and Adults	Counseling	Services to at-risk youth and families, counseling, play therapy and play groups, case management, and referral to health/social programs.	Combined: CYFD, PDNHF, TUPAC, grants and donations
	Phone: 491-3595		Tobacco Prevention and Education (TUPAC)	Education on tobacco issues, prevention and cessation.	
	Phone/Fax: 434-9588	Home-based childcare providers	Provider support (CACFP)	Reimbursement to providers for meals served.	
Cloudcroft Municipal Schools <a href="http://www.cmsbears.org">www.cmsbears.org</a>	Phone: 682-2361	Pre-K – 12	Education	Provide educational programs, after school programs	

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Community Action	700 E. 1 <sup>st</sup> Street, Ste. 755 Phone: 437-1364	County residents	Financial assistance	Provides rental, mortgage, utility, and prescription assistance.  Weatherization program: 800-657-8967, ext 159	Federal
*CYFD/Protective Services	2200 Indian Wells Road Phone: 434-5950	At-risk children, families and adults	Abuse/neglect and related issues	Information and referral; abuse/neglect investigations; abuse/neglect legal services; foster care and adoptions; family preservation services; voluntary family services; etc.	State agency
*NM Work Force Connection	901 Alaska Avenue Phone: 437-9210	Adults	Business and job seekers	Provides business outreach and employment services.	Federal (and others)
Division of Vocational Rehabilitation <a href="http://www.dvrgetsjobs.com">www.dvrgetsjobs.com</a>	2300 Indian Wells Road Phone: 437-6550	Individuals (adults) with permanent disabilities	Employment/Self-sufficiency	To help individuals sustain self-sufficiency by providing vocational evaluation, training, support services, job placement assistance, guidance and counseling, and post employment services.	Federal & State
*Girl Scouts-Zia Council <a href="http://www.zia.org">www.zia.org</a>	1012 Oregon Avenue Phone: 437-2921	Girls 5 to 17 years of age	Youth development/Youth Issues	World's preeminent organization dedicated solely to girls. Informal education and community service	Individual donations, cookie and nut programs.
*Juvenile Drug Court	211 E. First Street Phone: 437-3714  613 Sudderth Drive Ruidoso, NM 88345 Phone: 257-0529	Teens (under 18 years of age)	Substance abuse intervention and treatment. Legal referral required.	Provides services for youth in the court system for substance abuse. Intervention includes individual, group, and family therapy.	Combined: Federal and State

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Juvenile Probation/Parole Office (JPPO)	2200 Indian Wells Road Suite B Phone: 437-0420	At-risk youth up to 21 years of age (as long as the offense happened prior to 18)	Juvenile delinquency and related issues	Information, referral and court-ordered supervision.	State
*La Vida <a href="http://www.nmkids.org">www.nmkids.org</a>	700 E. First Street, Ste. 765 Phone: 434-4795	Childcare providers and parents of birth to school-age children.	Training for any child care provider	Training for licensing and information about continuing education.	State
NM School for the Blind and Visually Impaired (NMSBVI) <a href="http://www.nmsbvi.k12.nm.us/">www.nmsbvi.k12.nm.us/</a>	1900 N. White Sands Blvd. Phone: 437-3505	NM youth with visual impairments	Educational opportunities	Residential K-12 education for those with visual impairment, including developmental disabilities	
*Otero County Council on Alcohol Abuse	850 Wright Avenue Phone: 437-8942	18 years of age and over	Substance abuse counseling	Alcohol and drug addiction counseling, out patient and residential (18 and over)	State, county
*Otero County Extension Service <a href="http://oteroextension.nmsu.edu">http://oteroextension.nmsu.edu</a>	401 Fairgrounds Road Phone: 437-0231	County residents	Education	Educational information for all ages, including Baby's First Wish Newsletter and parenting education, 4-H, nutrition, gardening, and commercial agriculture.  Mon-Fri: 8:00-12:00/1:00-5:00	Federal, County, State, and various grants
*Otero PATH/Peer PATH	700 E. First Street, Ste 720 Phone: 437-2460	County residents	Teen risk behaviors	The mission of Otero PATH is to work with the community to address a variety of health issues and concerns, thus improving the health status of Otero County residents.	Department of Health, Con Alma, Paso del Norte, Board of Health

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<p>*Public Housing Authority</p> <p><a href="http://ci.alamogordo.nm.us/coa/Public_Housing_Authority.htm">http://ci.alamogordo.nm.us/coa/Public_Housing_Authority.htm</a></p>	<p>Alicia Rios, Operations Mgr</p> <p>Michelle Richhart, Property Mgmt. Coordinator</p>	<p>Families with up to 80% area median income</p>	<p>Housing, however emergency services are not available due to the nature of the HUD application processing requirements.</p>	<p>Low Income Rental Assistance Program: rental housing based on income.</p>	<p>HUD grant, rental subsidy and rental income</p>
	<p>Barbara Jenkins, Home-ownership Coordinator</p>	<p>Families with up to 80% area median income</p>	<p>Housing</p>	<p>Home Ownership Assistance Program: lease/purchase program with the goal of home ownership.</p>	<p>Self sustaining program</p>
	<p>104 Avenida Amigos</p> <p>Phone: 437-5621</p>	<p>Families with up to 50% area median income</p>	<p>Upgrading primary residences</p>	<p>Owner Occupied Rehabilitation Program: rehabilitating homes by bringing them up to code.</p>	<p>Gant application submitted yearly to MFA</p>
<p>Tularosa Municipal Schools</p> <p><a href="http://www.aps4kids.org">www.aps4kids.org</a></p>	<p>504 First Street</p> <p>Tularosa, NM 88352</p> <p>Phone: 585-8800</p>	<p>Pre-K – 12</p>	<p>Education</p>	<p>Provide educational programs, after school programs &amp; paying preschool.</p>	
<p>*Otero County Youth Empowerment Association (YEA)</p> <p><a href="http://www.oteropath.com">www.oteropath.com</a></p>	<p>700 E. First Street</p> <p>PO Box 1912</p> <p>Phone: 437-2460</p> <p>or call: 491-4464</p>	<p>12 to 18 years of age</p>	<p>Youth Development Coordination</p>	<p>Coordination of youth, development through “Assets” and community service, mini-grants for local groups</p> <p>Mon-Fri: 8:30-4:00</p>	<p>Paso del Norte Health Foundation (PDNHF)</p>

**Adult Life Cycle Services  
(and Services that cut across all populations)**

<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Adult Drug Court	211 E. First Street Phone: 437-3714	Adults (18-35 years of age.)	Substance abuse intervention and treatment. Legal referral required.	Provides services for adults in the court system for substance abuse. Intervention includes individual, group, and family therapy.	Combined: Federal and State
*Alamogordo Cross Disability Council	Phone: 443-9065 or call: 434-4865	County residents with disabilities	Community awareness and accessibility	Information, referral, and advocacy for those with disabilities	
*Alamo Senior Center  <a href="http://ci.alamogordo.nm.us/coa/communityservices/asc.htm">http://ci.alamogordo.nm.us/coa/communityservices/asc.htm</a>	2201 Puerto Rico Avenue  Phone: 439-4150 or call: 439-4152	Anyone 60 years of age or older and their spouses (regardless of age). Associate memberships are available to those 50-59 years of age.	A social environment providing: recreation, education, nutrition, support and entertainment for elderly persons.	Programs offered include: congregate meals, meals on wheels, homemaker and respite services, assisted transportation, shopping, Senior Olympics and more.  Mon-Fri: 8:00-5:00 Meals are served 11:00-1:00	Federal, State, Local, & Program Income (donations)
American Cancer Society (ACS)	Vivian Smith: 439-7681 Vicki Clark: 437-1327  Toll Free: 800-227-2345	Southern NM Region	Cancer awareness, education & support	Providing cancer patients and their families with support and education concerning cancer issues. Services include: Reach To Recovery Survivors Group, Look Good Feel Better, Cancer Support Group, and the Cancer Resource Center (which distributes wigs, prosthesis, bras, scarves, etc. to cancer patients free of charge)  Call for times and locations.	American Cancer Society sponsored/funded



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*American Red Cross	Phone: 888-922-2631	County residents	Emergency aid and assistance	Emergency aid to victims of fires/other natural disasters; training related to health and safety (first aid, CPR, lifeguarding, etc)".	
The Aristocrat Assisted Living Center <a href="http://www.aristocratlivinglc.com">www.aristocratlivinglc.com</a>	252 Robert H. Bradley Dr. Phone: 437-3020	Adults	Assisted living facilities	Supportive care in a homelike atmosphere for individuals who need assistance in maintaining their daily living needs, such as: dressing, bathing, grooming, ambulation, special diets, and medication reminders.	NM Disabled and Elderly Waiver Program, insurance, and private-pay
*CAPPED, Inc. (Cancer Awareness Prevalence, Prevention & Early Detection)	907 N. New York Avenue Phone: 434-4673	Residents of Otero County & surrounding communities.	Community outreach through independent cancer awareness programs to businesses, civic organizations, and clubs. Education, support, and advocacy services for adults and children.	Mammography program, NM Medbank registration point, CAPPED Sun Safe Program (for preschool thru teenage children), Angel Fund, Angel Flight registration, Casen therapy dolls, hats, wigs, scarves, computer learning center, walk-in Cancer Service Center: Mon-Fri 10:00 to 5:00, and more.	Grants, contracts, fundraising and donations
Casa Arena Blanca Nursing Center	205 Moonglow Avenue Phone: 434-4510	Elderly & long term illness patients	Long term care	Offers physical, occupational, and speech therapies, 24 hour inpatient services.	
*CHINS	501 24 <sup>th</sup> Street Phone: 434-3011	Youth and Adults	Counseling Tobacco Prevention and Education (TUPAC)	Services to at risk youth and families Cessation classes, Tobacco education	Combined: CYFD, PDNHF, TUPAC, grants and donations
*COPE (Center of Protective Environment)	909 S. Florida Avenue Phone: 434-3622 Crisis Line: 437-2673	Residents of Otero County	Domestic violence intervention	Information & referral through 24 hr. crisis phone line, shelter services for victims of domestic violence & their children, counseling.	

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*CYFD/Protective Services	2200 Indian Wells Road Phone: 434-5950	At-Risk children, families and adults	Abuse/neglect and related issues	Information and referral; abuse/neglect investigations; abuse/neglect legal services; foster care and adoptions; family preservation services; voluntary family services; etc.	State
*Department of Labor, NM	901 Alaska Avenue Phone: 437-9210	Residents of Otero County	Job placement services	Job referral placements, job work shops, WIA training, Veterans programs	State
*Disability Resource Center	700 First Street, Ste 772 Phone: 439-1112	Individuals with docu- mented disabilities	Education and resource information	Provides information about community resources and support for people with disabilities.  Mon-Fri: 9:00-3:00	ILRC, Albuquerque
Division of Vocational Rehabilitation	2300 Indian Wells Road Phone: 437-6550	Individuals (HS seniors and adults) with permanent disabilities	Self-sufficiency	Provides training, job assist- ance, education assistance to help individuals sustain self- sufficiency.  Mon-Fri: 8:00-12:00/1:00-5:00	State
Gluten Free Diet Support Group	Phone: 437-0603  E-mail: <a href="mailto:robinlittle@gmail.com">robinlittle@gmail.com</a> <a href="mailto:Pickles64@tularosa.net">Pickles64@tularosa.net</a>	Celiac or gluten- intolerant individuals	Healing ourselves, ending our social isolation through support and education.	Outreach, group support, sharing recipes & tips for living and healing on a gluten-free diet	
*NM Commission for the Blind  <a href="http://www.cfb.state.nm.us">www.cfb.state.nm.us</a>	408 N. New York Avenue Phone: 437-0401	NM residents with visual impairments	Coping with visual problems	Blind skill education including mobility and Braille.	State
Economic Development Council (Otero County)  <a href="http://www.ocedc.com">www.ocedc.com</a>	1301 N. White Sands Blvd. Phone: 434-5882	Business owners and families	Childcare	Provides tax incentives for businesses that help pay for employee childcare	County
Holloman AFB Casualty Assistance/Survivor Benefit Plan Representative	Phone: 572-7508	Active duty & retirees	Survivor benefits	Casualty assistance for military survivor benefit plan.	

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Holloman AFB Sexual Assault Response Team	Phone: 572-6789	Active duty, family members, DoD civilians, & retirees	Victim assistance	Assistance for victims of sexual assault and their family members; information, victim advocate services, referrals for counseling, medical treatment or other needed services. Available 24/7	
NM Workforce Solutions	509 E 10 <sup>th</sup> Street Phone: 443-6196	Residents of Otero County	Work program	Designed to help families become self-supporting through work.	
*Opportunity Center, The	873 Wright Avenue PO Box 652 Phone: 437-0919	Adults with developmental disabilities	Coping with day-to-day activities	Education and training support for individuals so they can function independently in the community and in the home.	
*Otero County Extension Service <a href="http://oteroextension.nmsu.edu">http://oteroextension.nmsu.edu</a>	401 Fairgrounds Road  Phone: 437-0231	County residents	Education	Educational information for all ages, including Baby's First Wish Newsletter and parenting education, 4-H, nutrition, gardening, and commercial agriculture.  Mon-Fri: 8:00-12:00/1:00-5:00	Federal, County, State, and various grants
Otero County Habitat for Humanity  Home Improvement Outlet	1318 14 <sup>th</sup> Street Phone: 437-6562  1109 10 <sup>th</sup> Street Phone: 437-0160	Low income families	Housing	Help families (25-50% median) build & purchase their own home	
*Public Housing Authority	104 Avenida Amigos Phone: 437-5621	City of Alamogordo low income	Housing	Low rent subdivisions based on income, home ownership program.	
Regency Retirement Community	3001 N. Florida Avenue Phone: 434-3000	Senior citizens 62 and over	Housing for seniors	Offers active seniors a carefree way to live. Apartments with nurses call systems in bath & bedrooms.	

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<p>S.A.N.E. (Sexual Assault Survivor Support Group and Network)</p> <p>2669 N. Scenic Drive</p>	<p>Godby-Ware, Tina, RN, BSN</p> <p>Phone: 430-9485</p>	<p>Victims of sexual assault</p>	<p>Medical/Forensic exams</p>	<p>FREE 24/7hour on-call services include: physical assessments, collection of forensic evidence, pregnancy testing, preventive medicines for pregnancy and/or STDs, crisis counselor available</p>	<p>Grant funded</p>
		<p>Survivors, their family and friends</p>	<p>Support group</p>	<p>Group meets every Monday at 6:30 pm in Room 18 at Bethel Baptist Church, 1316 Scenic Drive</p>	
<p>Sacramento Mountains Senior Services</p>	<p>212 Glorietta Avenue Cloudcroft, NM 88317 Phone: 682-3022</p>	<p>Senior citizens Sacramento Mountains</p>	<p>Senior services</p>	<p>Provide seniors with a variety of services that will allow them to live healthier, happier and more independently.</p>	
<p>The Salvation Army</p>	<p>1900 First Street Phone: 443-0845</p>	<p>Residents of Otero County</p>	<p>Emergency services</p>	<p>Social welfare agency providing emergency services, primarily food assistance. Food pantry hours: Tues-Fri, 10:00-12:00/1:00-4:00</p>	
<p>*Singles of Otero County</p>	<p>Phone: 437-4035 (Frank) Or call: 437-5434 (Diane)</p>	<p>Single adults, 18 years of age and over</p>	<p>Mental health and quality of life</p>	<p>Social network and activities for single adults in surrounding area. (Potlucks, movie nights, dances, picnics, hikes, etc.)</p>	<p>Funded by members</p>
<p>Southern NM Diabetes Outreach</p>	<p>Mt View Regional Medical Center, Las Cruces Phone: 522-0289</p>	<p>All of southern NM</p>	<p>Diabetes outreach</p>	<p>Free of charge: diabetes screening, classes, presentations, support groups</p>	
<p>*Walk Otero</p>	<p>700 E. First Street Phone: 437-2460</p>	<p>All residents</p>	<p>Fitness</p>	<p>Promote walking for exercise</p>	<p>Grant funded</p>
<p>*Z-Trans (Zia Therapy Center) <a href="http://www.ziatherapy.org">www.ziatherapy.org</a></p>	<p>900 First Street Phone: 439-4900</p>	<p>County residents</p>	<p>Transportation</p>	<p>Z-Trans public transportation, as well as vans dedicated to service the disabled.</p>	<p>DOT, County &amp; City</p>
<p>*Zia Therapy Center <a href="http://www.ziatherapy.org">www.ziatherapy.org</a></p>	<p>900 First Street Phone: 439-4900</p>	<p>Persons with developmental disabilities</p>	<p>Developmental Disabilities</p>	<p>Assisting individuals to function as independently as possible through training and education</p>	<p>Medicare, Medicaid, DOH</p>

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<b>Wellness &amp; Fitness Services</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Alamogordo Family Recreation Center	1100 Oregon Avenue Phone: 439-4142	County residents	Health and fitness education	Variety of recreation equipment and classes, swimming pool	
*Curves  <a href="http://www.curves.com">www.curves.com</a>	1701 E 10 <sup>th</sup> Street Phone: 434-1818  1216 Mechem Drive, Suite 6 Ruidoso, NM 88345 Phone: 258-1111	Women	Health and fitness	Fitness and exercise  Mon-Fri: 5:45-1:30/3:30-7:00 Sat 8:00-10:00am	Membership dues
Alamogordo Physical Therapy & Wellness Center  1401 E. 10 <sup>th</sup> Street	Phone: 437-3351	County residents	Health and fitness education	Variety of recreation equipment and classes, swimming pool  Mon-Fri: 6:00am-7:00pm	
HAFB Health and Wellness Center	Phone: 572-3229	Department of Defense employees and dependants	Health and fitness education	Exercise prescription, nutrition counseling, tobacco cessation, and weight loss counseling	
*Premier Fitness  <a href="http://www.premierfitness.com">www.premierfitness.com</a>	2360 Indian Wells Road Phone: 439-1400	Adults 35-55 years of age (but we have members as young as 12 yrs. & older than 75 yrs; 82% female membership)	Weight loss, toning, strength training, health promotion & injury prevention.	Super shape weight loss classes, personal training, aerobics & toning classes, free fitness instruction with membership	Membership dues

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<b>Food &amp; Clothing Banks</b>					
<b>Resource (Service or Program)</b>	<b>Contact Information</b>	<b>Target Population</b>	<b>Issue Addressed</b>	<b>Services Provided</b>	<b>Funding Source</b>
Calvary Baptist Church	1200 Indian Wells Phone: 437-0110	Local area residents	Clothing	Free clothes: Tues & Thu, 2:00-4:00 pm	Donations
Church of Christ	1300 Cuba Avenue Phone: 437-4795	Local area residents	Food	Food pantry: Mon & Fri: 10:00-11:30 am	Donations
First Assembly	801 10 <sup>th</sup> Street Phone: 437-8922, ext 101	Local area residents	Food	Food Pantry: Mon: 9:00 to noon	General Fund & donations
Grace United Methodist Church	16 <sup>th</sup> Street & Cuba Avenue Phone: 437-7640	Local area residents	Meals	Meals served: Saturdays from 11:00-1:30	
Our Savior Lutheran Church	1212 Washington Avenue Phone: 437-2970	Local area residents	Variety	Helping Hands Program: vouchers for food, rent, gas, and car gasoline	
Primera Iglesia Bautista	1711 Ocotillo Drive Phone: 434-8650	Local area residents	Food & Clothing	Food/Clothing Pantry: Wed: 9:00-1:00	
St. John's Episcopal Church	1114 Indiana Avenue Phone: 437-3891	Anyone welcome	Meals	Meals served: Tue & Thu: 5:00-6:00 pm	Donations & volunteers
Tularosa United Methodist Church	107 Granado Street Phone: 585-2314	Local area residents	Food	Food Pantry: Thursday's 9:00-11:00 am	Contributions
Wesley United Methodist Church	101 Dale Scott Road Phone: 437-5054	Local area residents	Food & Clothing	Pantries are open: Monday's 9:00 to noon	