



NEW MEXICO WOMEN.ORG

Advancing Opportunities for Women and Girls.

INDICATORS REPORT:

*A Statistical Resource
Guide to Women and Girls
in New Mexico.*



Acknowledgments

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Permission to copy, disseminate and use the information gathered in this report is encouraged, so long as appropriate acknowledgement is given to NewMexicoWomen.Org (NMW.O). For more information about NMW.O, please visit NewMexicoWomen.Org.

The information in this data book was compiled using publicly available data and reports. It can be viewed or downloaded at www.NewMexicoWomen.Org. Please direct any feedback regarding this report NewMexicoWomen.Org.

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About NewMexicoWomen.Org

NewMexicoWomen.Org (NMW.O) is a statewide women's fund and initiative of New Mexico Community Foundation. Our mission is to advance opportunities for women and girls statewide so they can lead self-sufficient, healthy and empowered lives. NMW.O's overarching strategic goals are to:

- Strengthen women's capacity across the state of NM by supporting cross-issue organizing and collaboration.
- Serve as a hub, a voice and a statewide educational resource around pressing issues that impact women and girls.
- Increase philanthropic understanding and investment in women and girls in NM.

In order to fulfill our mission and reach our goals, NMW.O has a three-pronged strategy which is to:

Educate – Through research and communications, we bring public attention to the issues affecting women and girls in order to influence policy and philanthropy.

Lead – Facilitate alliances among non-profits, funders and other sectors in order to concentrate resources and foster collaboration.

Invest – Leverage philanthropic investments in programs serving women and girls statewide through our donor education and grant making efforts.

The girls and women of New Mexico are strong, vibrant and culturally diverse. However, many face extreme economic and social adversity in their daily struggle to lead healthy and fulfilling lives. Because women are so integral to their families and their communities, when women struggle, so do the many people who depend upon them. And, when women thrive we are all the better for it.

In New Mexico there are approximately 180 groups statewide who are working on behalf of, and advocating for women and girls in New Mexico. We salute these important grassroots efforts. Many of these programs help young women make better life choices by delaying pregnancy until after graduation, advance women's capacity through economic investment and financial literacy and foster leadership skills. The challenges women and girls face in New Mexico would be far greater were it not for this critical work.

Why this Report?

Through our work at NMW.O and in conjunction with that of our partners, we have come to realize a need for a resource booklet that contains current demographic and statistical information about New Mexico's women and girls. By gathering information from the several and various studies, we can begin to understand the links between the issues. From this vantage point, we can focus and prioritize current needs. We also recognize that if we are to achieve long-term objectives, we need this information in measures that can be tracked. The purpose of sharing this data is to stimulate a healthy conversation and to build a case for why donors and advocates should invest time and resources in addressing the needs of women and girls. The wide lens offered in this report will help us determine the leverage points on which to focus as we consider how to address some of these challenges.

This report begins with a demographic overview of women and girls in New Mexico. It follows with subsequent sections organized over the course of life. Beginning with girlhood, it proceeds through womanhood and motherhood, closing with a section about our state's older women. Additionally, the indicators presented in each section portray the well-being of girls and women across ethnicities and in the areas of economic self-sufficiency, education, gender-based violence, reproductive health, and leadership. They establish a baseline from which to track progress in improving the lives of New Mexico's women and girls and where possible, compares these statistics to those of New Mexico's men, and to those of women in other states. These indicators also help identify and address the often profound disparities in the health, safety, prosperity and opportunities available to women of different races and ethnicities in New Mexico. All the indicators presented here are compiled from known resources that are widely recognized as valid and reliable and which have been collected in a consistent and on-going fashion.

While we have attempted to make certain the data is as current as possible, some may have already been updated further by the original source. Therefore, we do not consider this report as a fixed entity, but rather as a living document that will inevitably shift over time.

How to Use this Report

While this report is a compilation of statistics from various sources, we remind the reader that these numbers represent the *lived experiences of women and girls* from a cross section of our New Mexico communities.

This report is most useful as a resource for data. For communities, it can help substantiate a call to action. For policymakers, donors and other funders, it offers a snapshot of New Mexico to guide legislative and funding decisions. For other allies it serves as an educational tool.

Over time, measuring, comparing and tracking a specific set of well-defined indicators will enable New Mexicans, including policymakers, funders, donors, nonprofits, and other stakeholders to:

1. Identify the issues confronting girls and women in which both the need and potential for improvement are greatest;
2. Recognize and address the often profound racial, ethnic and socio-economic disparities in the well-being of our state's women and girls;
3. Establish ambitious, but attainable goals for improvement in the target areas;
4. Track progress toward those goals over time.

It is hoped that the indicators presented here will become a common language for discussion of women's issues in New Mexico, and that this report will become a trusted source for unbiased information about the status of women.

Next Steps

For NewMexicoWomen.Org this report is part of a greater strategy to educate stakeholders, increase philanthropic investment in, and facilitate coordinated actions around issues affecting New Mexico's women and girls.

Additionally, NewMexicoWomen.Org intends to:

1. Continue the community conversations about the indicators;
2. Gather relevant feedback; and
3. Engage strategic partners as we address pressing needs.

We trust you will find this report meaningful and that you will join us in our efforts to see that every woman and girl in our state thrives.

Note:

The statistics in this report are presented for as many racial and ethnic groups as possible. However, small sample sizes limit the accuracy of statistics for African Americans, Asians and Native Americans. As a consequence, relatively few indicators are presented for New Mexico's African American and Asian populations individually. Also, because of the relatively small samples from which they are drawn, different health data reporting requirements for tribes and the under-sampling of Native American households that may result from telephone surveys, statistics for Native Americans should be interpreted with caution.

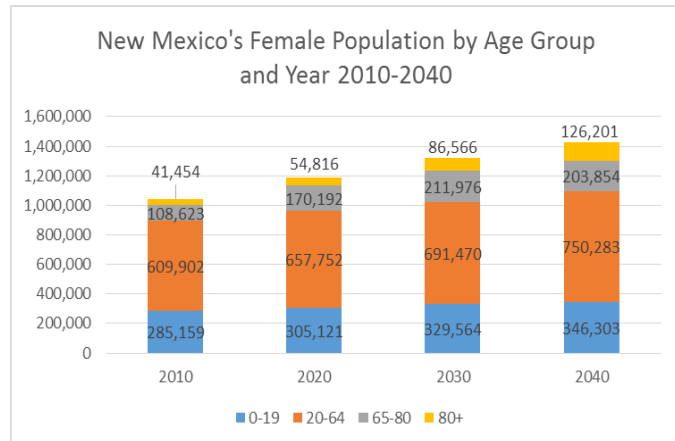
Additionally, while the statistics are broken out by race and ethnicity, the information is general. In other words, it has not been aggregated based on particular subsets of the communities. For instance, the report offers information about women and girls of color, yet it does not filter the information through other specific lenses, such as sexual identity or particular regions of the state. The idea is to produce a series of monographs for the future that focus on these constituents.

I. New Mexico's Women and Girls – The Demographics

New Mexico women are the foundation of our state's families and communities. They are in the workforce, raising children, making purchasing decisions that impact the economy and critical decisions for their families about health care and education. They own businesses, teach in our schools, serve in the state legislature and in the state's highest elected office. They are artists, craftspeople, and athletes. This section explores the demographic and socio-economic characteristics of women and girls in New Mexico.

Population

There are 1.04 million women and girls in New Mexico. Females are 51 percent of our state's population with girls constituting 49 percent of New Mexicans under 18. Four hundred thousand (38%) of New Mexico females are ages 15 through 44, which is considered to be the reproductive years. The percentage of New Mexico's population that is female increases with age to 51 percent for people in their forties and 65 percent for New Mexicans 85 and older.



Source: Geospatial and Population Studies, University of New Mexico

Women outlive men by an average of three years in the U.S. and five years in New Mexico. The aging of the baby boom generation and advances in health care are expected to increase New Mexico's senior population by over three-fold by 2040,¹ from 150,000 to over 330,000. (See Section V for more on New Mexico women over 65).

Almost half of New Mexico females (46%) are Hispanic, 41 percent are Non-Hispanic White and 9 percent are Native American. African Americans and Asians each constitute about two percent of New Mexico's female population. New Mexico's Hispanic population is increasing rapidly; 61 percent of New Mexico girls 0 to 17 are Hispanic.

Urban and Rural

Sixty-seven percent of New Mexico's women and girls reside in one of the state's five metropolitan areas. Thirty-three percent, or about 348,000 women and girls, live in non-metropolitan rural areas. Rural residents are more likely to live in poverty and often have limited access to employment opportunities and critical resources such as health care, child care, grocery stores that sell a variety of fresh foods, and crisis services such as domestic violence shelters and food banks.

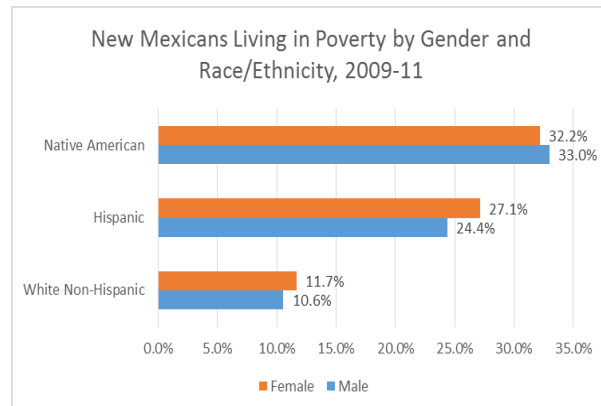
Immigrant Women

Four percent of New Mexico girls and 12 percent of New Mexico women were born outside the U.S. Eighty-eight percent of New Mexico's 9,159 foreign-born girls and 61 percent of our state's 92,000 foreign-born women are not U.S. citizens.² Seven-in-ten immigrant girls and women are from Mexico, 12 percent are Asian. Over one third of New Mexico's non-citizens live in poverty and over 60 percent of non-citizens lack health insurance.

Poverty

New Mexico is second only to Louisiana in the percentage of women living in poverty (annual income below \$19,053 for a family of three in 2013³). Over 217,000 New Mexico women and girls, 21 percent of our state's female population, live in poverty. New Mexico's female poverty rate is considerably higher than the 16 percent poverty rate for women and girls nationwide. Poverty is also more prevalent among New Mexico women than New Mexico men, 19 percent of whom are poor.

Women of color are more likely than White Non-Hispanic women to be poor. Twelve percent of New Mexico's White Non-Hispanic females are poor compared to 27 percent of Hispanic females and 32 percent of Native American females. Only among our state's Native Americans is poverty more prevalent among men than women.



Source: US Census Bureau American Community Survey 2009-2011

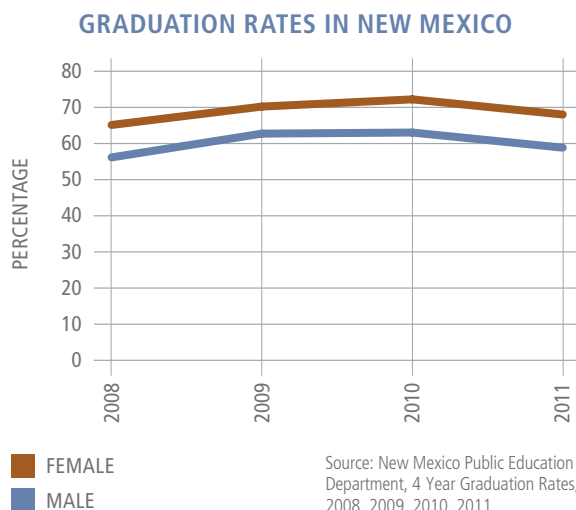
Poverty is perhaps the most common and well-accepted measure of financial hardship in the U.S., but the impoverished population is in fact a subset of those who struggle financially. Households with income below twice the federal poverty level (\$39,060 for a family of 3 in 2013⁴) are considered "low income" and are likely to have difficulty meeting one or more basic needs due to income. Overall, about 16 percent of New Mexicans are "poor," but fully 47 percent of New Mexicans are considered "low income."

Households Headed by Women

Over three-quarters (77%) of New Mexico households are headed by women, either singly or as part of a married couple.⁵ One third of New Mexico households headed by women include children.

Education

Almost 16 percent of New Mexico women over 25 (over 109,000 women) have not graduated from high school. However, New Mexico women are more likely than New Mexico men to have a high school diploma and to have attended college.

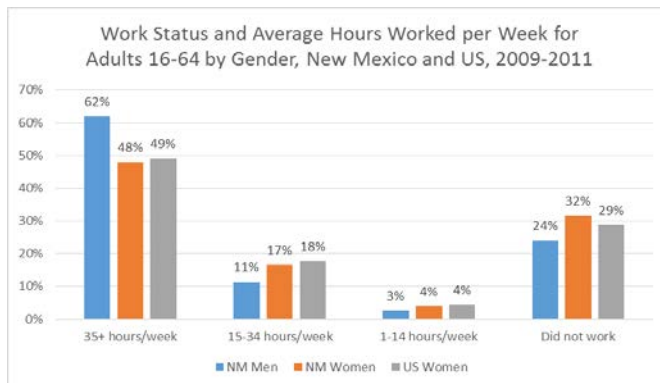


Fifty-nine percent of all college degrees and 60 percent of all advanced degrees granted by New Mexico colleges and universities in academic year 2011-12 were awarded to women.

Employment

Fifty-six percent of New Mexico women 16 and over and 59 percent of U.S. women 16 and over are in the labor force. Even though "New Mexico's female labor-force participation rate is below that of the U.S. overall, New Mexico women comprise a larger share of the state's full-time labor force (44%) than do women nationally (43%).

Forty-eight percent of New Mexico women ages 16 to 64 work full-time and year round, however, New Mexico women are less likely to be employed than New Mexico men or women in other states. Additionally, in all occupations that employ significant numbers of New Mexico women, the median earnings of women are significantly below the statewide median for all workers and the national median for women.



Source: American Community Survey, 2011

In Brief

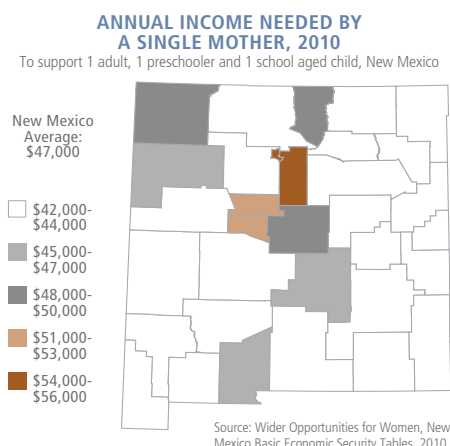
New Mexico's unique demography and socioeconomic characteristics impact many of the indicators presented in this report. Indeed, most of the indicators presented in the foregoing sections differ substantially for women of different races, ethnicities and ages. Most of the outcomes tracked here are **worse for the 10 percent of our state's women and girls who are Native American and the 48 percent who are Hispanic**. This is due in part to the much higher rates of poverty experienced by these populations. Also at greater risk for the many negative outcomes related to poverty are New Mexico's immigrant women and single mothers.

Because poverty is so widespread in New Mexico and contributes to many of the most significant challenges facing our women and girls, programs and services that ameliorate the impact of poverty and address its root causes have the potential to benefit at-risk populations and the young. In so doing, this will measurably improve numerous statistics and indicators.

The occupations that predominate with the percentage of women working full-time and year-round are office and administrative support (75% of jobs in this occupation), health care support (82%) and the category of education, training and library (72%). Within management positions, New Mexico women occupy 39% of the jobs in that occupation, 75% of health technologies or technician occupations and 61% of the jobs within business financial operations.

The top five employment sectors that employ the largest number of New Mexico women are healthcare and social assistance (61,514), educational services (40,525), public administration, i.e. government (27,964) and arts, entertainment and recreation (23,781).

Citation: American Community Survey 2009-11



II. New Mexico's Girls

This section measures and tracks the well-being of New Mexico's girls 17 and under on the basis of their academic performance and their physical, emotional and reproductive health. Comparison to the U.S. overall finds that for most key indicators New Mexico girls are doing worse, sometimes much worse, than girls in other states and that New Mexico's girls of color are at an especially severe disadvantage.

Education

Early Childhood Education

Key Indicator—60 percent of New Mexico girls ages 3 and 4 are not enrolled in preschool

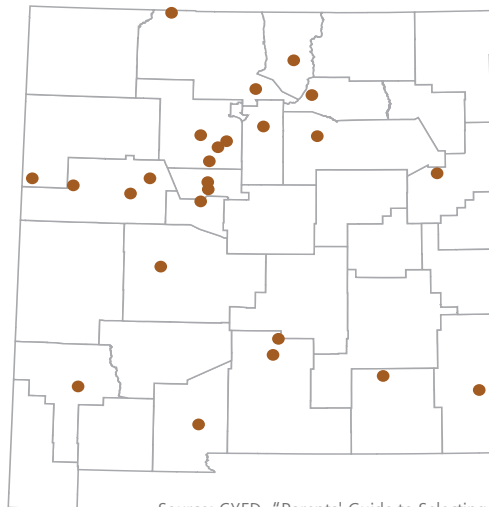
The developmental period between ages 0 and 5 is critical to a child's later academic success. High quality early childhood education can dramatically improve outcomes for all children,⁶ but has been shown to be particularly beneficial for youngsters who are low-income and otherwise "at risk" for poor outcomes. Four-in-ten New Mexico girls ages three and four are enrolled in nursery school or preschool. Nationally, almost half (47%) of girls ages three and four are enrolled in school.

HEAD START LOCATIONS IN NEW MEXICO

Head Start is a federally funded program for preschool children. Children must be between the ages of 3-5.

30 locations

Acoma
Albuquerque (2)
Artesia
Bernalillo
Dulce
Hobbs
Isleta
Jemez Pueblo
Laguna (2)
Las Cruces (4)
Las Vegas
Los Lunas
Magdalena
Mescalero
Mora
Pine Hill
Ruidoso
San Felipe Pueblo
San Juan Pueblo
Santa Fe
Santo Domingo
Silver City
Taos
Tucumcari
Zuni



Source: CYFD, "Parents' Guide to Selecting Quality Child Care," newmexicokids.org.

New Mexico's Early Childcare and Education System:

New Mexico's system of early care and education is a continuum of services for mothers and children starting in early infancy, or even prior to birth, and extending until the children enter elementary school, usually at age five.

High quality early care and education is provided in a variety of settings including private center-based and home-based child care programs, New Mexico Pre-K, Head Start and Early Head Start.

The New Mexico Children, Youth and Families Department uses a "star system" to rate the quality of licensed child care programs. Programs that receive 2 stars have met the basic standards required to operate. Those that receive 4 or 5 stars are considered to be "high quality." About 30 percent of licensed child care provided in New Mexico is rated high quality.¹

New Mexico Pre-K is a voluntary public preschool program administered by the state of New Mexico. It serves communities in which at least 40 percent of children qualify for free or reduced price lunches. In school year 2012-13, New Mexico Pre-K is expected to serve an estimated 6,569 four year olds, which represents a 40 percent increase in students over the previous school year.¹

Head Start and Early Head Start are federally funded preschool programs that serve children from impoverished families. Head Start provided services to 11,000 New Mexico young children in 2012.)

Academic Performance

Key Indicator – 42 percent of New Mexico's 3rd grade girls are not proficient in reading and 47 percent are not proficient in math

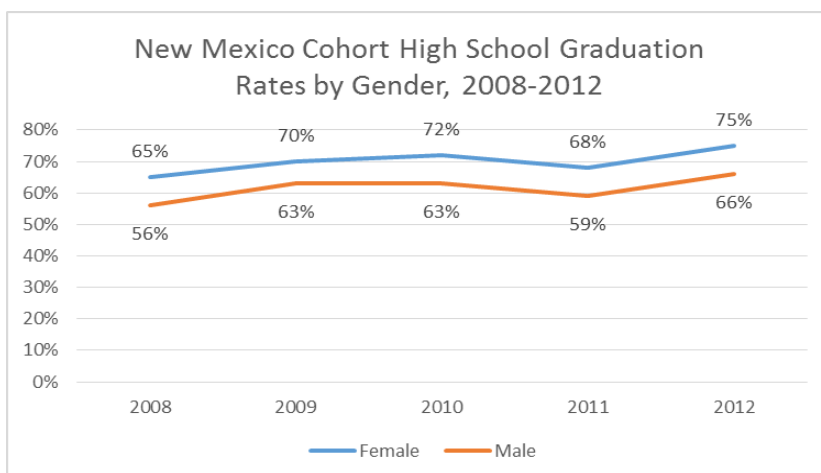
Academic *achievement* – how well girls do in school – and academic *attainment* – how far they go in school – are key factors in determining the quality of their entire lives and those of their families. While New Mexico girls are more likely than boys to graduate from both high school and college and consistently evidence greater proficiency than boys in reading, girls' faltering performance in science and math puts them at a disadvantage for many of New Mexico's highest paid and highest growth professions including engineering, computer science, and technical specialties in health care.

High School Graduates

How is New Mexico Doing?

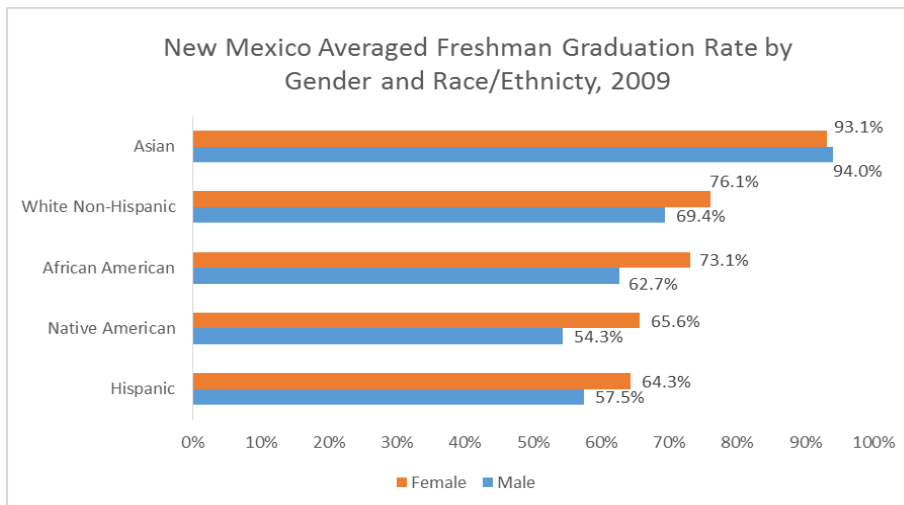
New Mexico working women with a high school diploma earn over 50 percent more than those who never finished high school (See Section III "Earnings"). This statistic, although striking, does not capture the full economic impact of dropping out, because it captures only those women who actually find work. Over 5,000 New Mexico women ages 16 through 19 do not have a high school diploma and are not currently enrolled in school. Only one-in-five of these young women is employed.⁷

In 2012, 12,700 girls and 13,400 boys graduated from New Mexico public high schools. These graduates represented 75 percent of the females who could potentially have graduated and 65 percent of the males. New Mexico graduation rates are on the rise, but remain far too low given the high social and economic costs of inadequate education. While it is true that most students who do not graduate on time will never graduate, about four percent of New Mexico female high school students who do remain enrolled for more than four years eventually graduate.⁸



In academic year 2008-09, 70 percent of girls and 63 percent of boys who entered New Mexico public high schools graduated on time. In New Mexico, girls of Asian descent are the most likely to graduate on-time from high school. Only 64 percent of New Mexico's Hispanic girls graduate on-time, but their on-time graduation rate exceeds that of Hispanic boys by over six percentage points.⁹

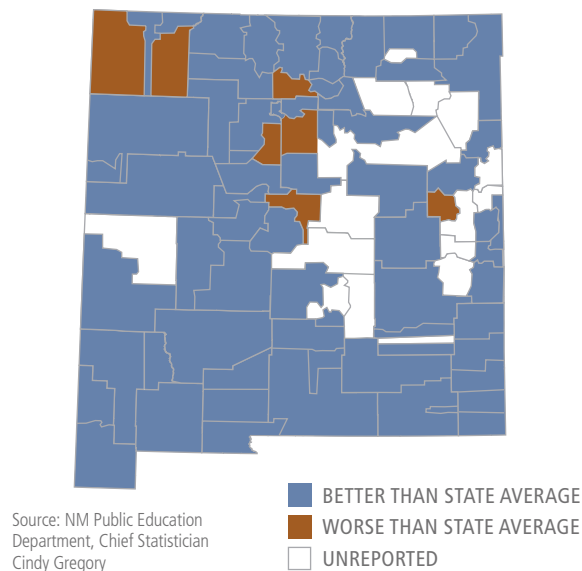
Source: New Mexico Public Education Department



The gender disparity in graduation rates is greatest among New Mexico's Native American students: 66 percent of Native American girls and 54 percent of Native American boys graduate on-time from high school.¹⁰

Source: U.S. Department of Education, National Center for Education Statistics, Common Core of Data (CCD), State Dropout and Completer Data File: School year 2008–09, version 1b.

FEMALE GRADUATION RATES BY SCHOOL DISTRICT



Nationally, pregnancy and lack of support at home are the primary reasons students (both male and female) fail to complete high school. In a recent national survey, 23 percent of high school drop outs blamed lack of parental support or encouragement as the primary reason they left school and 21 percent cited becoming a parent as the primary reason. The same national study found that young women were three times more likely than young men — 27 percent versus nine percent — to leave school due to parenthood. 1. Education Week November 14, 2012 citing results from the 2012 High School Dropouts in America survey of 513 adults aged 19 to 35.

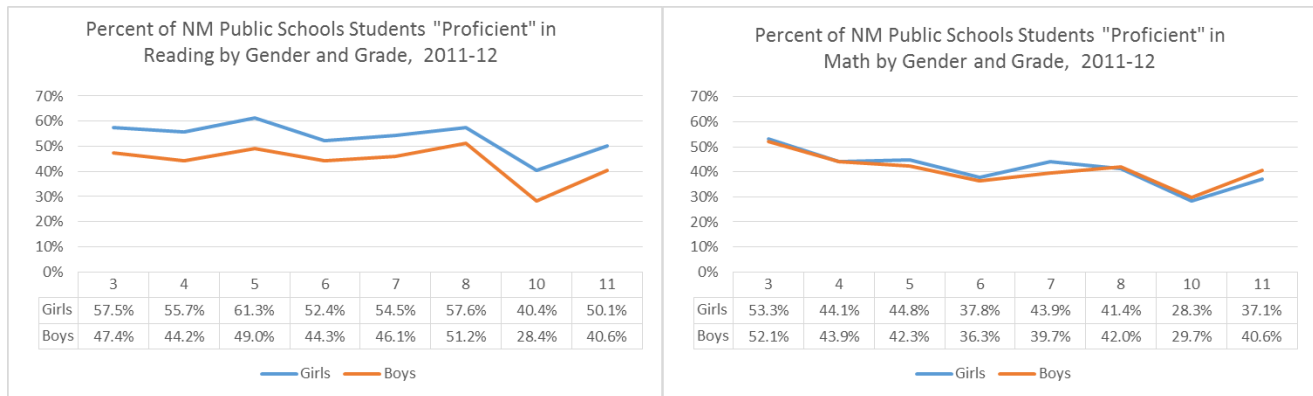
Academic Proficiency

Key Indicator – 81 percent of New Mexico's 8th grade girls are not proficient in science

How is New Mexico Doing?

The percentage of girls attending New Mexico public schools who score "Proficient" or "Advanced" on the state's Standards Based Assessment (SBA)¹¹ declines with age. In third grade, 58 percent of New Mexico girls are proficient in reading and 53 percent are proficient in math, but by the time they reach

11th grade, only 50 percent of girls are proficient in reading and 37 percent are proficient in math.



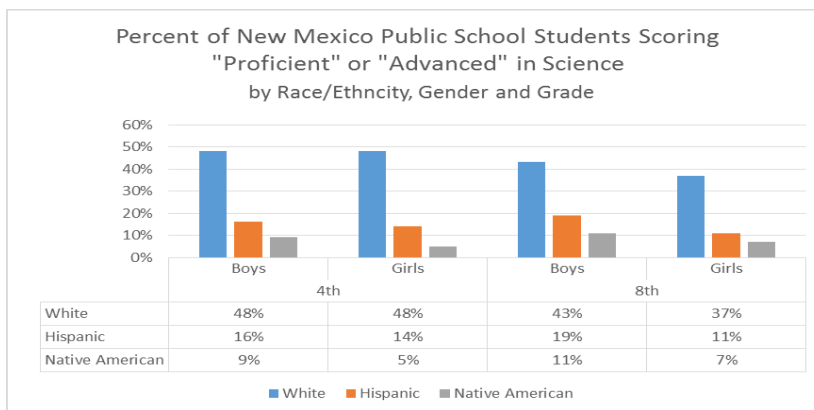
SOURCE: New Mexico Standards Based Assessment, New Mexico Public Education Department

The reading proficiency of New Mexico girls exceeds that of boys at all grade levels. Until eighth grade girls also score higher than boys in math.

Nine of the ten occupations with the highest starting salaries for recent college graduates are in technical fields, primarily engineering and computer science, all of which rely heavily on both science and math.¹²

Starting in the early grades New Mexico girls are less proficient than boys in science. Twenty-five percent of New Mexico's fourth grade boys and 23 percent of girls are proficient in science. In eighth grade science proficiency remains 25 percent for boys but drops to 19 percent for girls.

There is also substantial racial and ethnic disparity in science proficiency among New Mexico girls. Only five percent of Native American fourth grade girls are proficient in science, compared to 48 percent of the state's White Non-Hispanic girls. In eighth grade, seven percent of Native American girls and 37 percent of White Non-Hispanic girls are proficient in science.

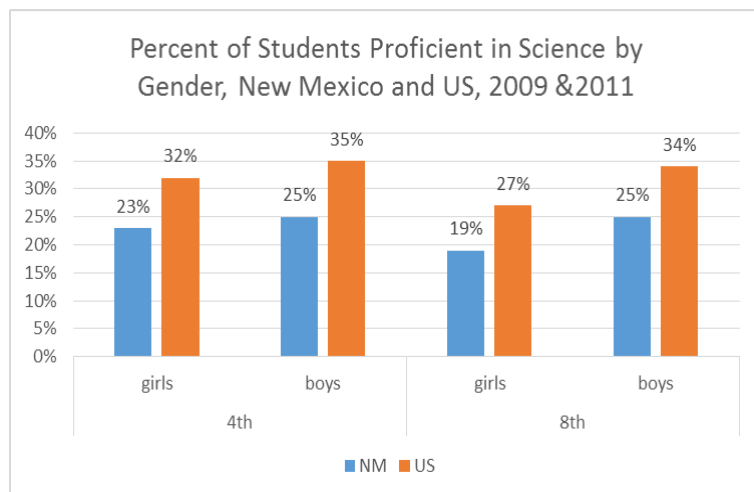


SOURCE: U.S. Department of Education, Institute of Education Sciences, National Center for Education Statistics, National Assessment of Educational Progress (NAEP), 2009 and 2011 Science Assessments. <http://nces.ed.gov/nationsreportcard/pdf/stt2009/2011453NM4.pdf>

How Does New Mexico Compare to the Nation?

New Mexico's rate of on-time graduation lags behind the nation's rate for both girls and boys. The graduating class of 2009 represented 71 percent of New Mexico girls vs. 81 percent of U.S. girls who had entered high school as freshman four years earlier.

New Mexico girls are also behind girls in other states in science proficiency. The percentage of New Mexico fourth and eighth grade girls who are **proficient in science is 29 percent lower than the national average**. As in New Mexico, U.S. girls consistently lag behind boys in science, and the gender gap in science proficiency widens between 4th and 8th grades.¹³ Overall, New Mexico's average science score is lower than those in 38 states and higher than those in only three.¹⁴



SOURCE: U.S. Department of Education, Institute of Education Sciences, National Center for Education Statistics, National Assessment of Educational Progress (NAEP), 2009 and 2011 Science Assessments. <http://nces.ed.gov/nationsreportcard/pdf/stt2009/2011453NM4.pdf>

Title IX and the New Mexico School Athletics Equity Act

Title IX is the federal law that prohibits discrimination on the basis of sex by any educational entity that receives federal funds. Title IX prohibits a wide variety of discriminatory behaviors including sexual harassment and discrimination against pregnant women, but it is best known for requiring public schools and universities to provide female students equal opportunity in athletics.

Since 1972 when Title IX became law, female participation in college sports has increased by 900 percent in the U.S. and the percentage of female high school students who play on one or more team has increased from less than 4 percent to over 40 percent. However, much progress remains to be made in fostering equal athletic opportunity both nationally and in New Mexico.

In 2011, 1,587 men and 1,137 women at a New Mexico college or university participated in at least one varsity athletic team. Women made up 42 percent of the student athletes and received 41 percent of the athletically-related student aid. However, overall spending by New Mexico colleges and universities on men's sports was 86% higher than spending on women's sports.¹

The New Mexico School Athletics Equity Act (SAEA), which became law in 2009, requires the New Mexico Public Education Department (PED) to collect Title IX compliance data from schools and make that data available to the public. During the 2013 state legislative session, opponents of the SAEA attempted to have it repealed saying that it was administratively burdensome.² Without the transparency afforded by SAEA there is no way to ensure that public schools are complying with Title IX and that girls have an equal opportunity to benefit from athletics in school.

1. US Department of Education Equity in Athletics Data Analysis Cutting Tool.
<http://ope.ed.gov/athletics/GetAggregatedData.aspx>

2. ("Protect equality for girls in athletics" Carolyn Silby, Albuquerque Journal, Mar 10, 2013).

Health

Physical Activity

Key Indicator – Only nineteen percent of New Mexico high school girls obtain the recommended levels of daily physical activity

The U.S. Department of Health and Human Services recommends that children and youth participate in at least 60 minutes of moderate-to-vigorous physical activity every day.¹⁵ Regular exercise contributes to physical and emotional health. Research has also demonstrated that U.S. girls who participate in sports are more likely to use contraceptives and are over 50 percent less likely than non-athletes to get pregnant.¹⁶

How is New Mexico Doing?

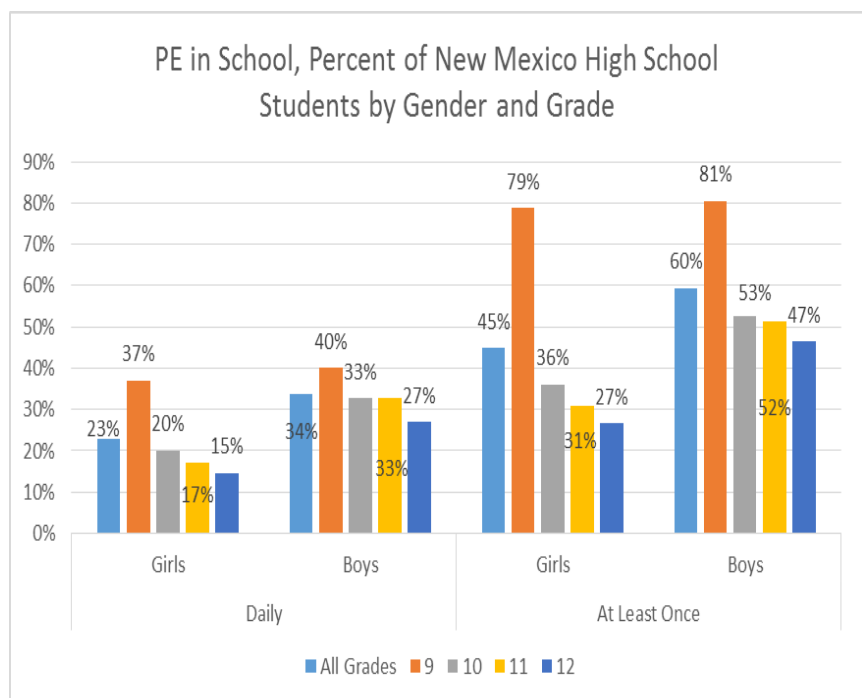
Among New Mexico high school students, 34 percent of boys and 19 percent of girls obtain the recommended levels of exercise. White Non-Hispanic girls are more likely than girls of other races to exercise at least an hour a day.

One reason that New Mexico girls are less likely than boys to get recommended levels of exercise is that they are less likely than boys to participate in PE at school. Thirty-seven percent of New Mexico's ninth grade girls and 40 percent of ninth grade boys take part in PE every day at school. PE participation decreases in the higher grades and the gap between rates of participation by girls and boys widens. Twenty-seven percent of 12th grade boys and 15 percent of 12th grade girls have daily PE. Just under half of 12th grade boys and just over one quarter of 12th grade girls have PE at least once per week.

Hispanic girls have the lowest overall rates of PE participation – 42 percent have PE class at least once a week. However, Asian girls are less likely than New Mexico girls of other races to take a daily PE class.

How does New Mexico Compare to the Nation?

New Mexico teens are similar to U.S. teens in the frequency with which they exercise. Eighteen percent of U.S. girls and 38 percent of U.S. boys obtain recommended levels of exercise. In 2011, 47 percent of U.S. high school girls and 57 percent of U.S. high school boys attended a PE class at least once a week. Twenty seven percent of U.S. high school girls and 35 percent of US high school boys had PE every day.



Source: New Mexico Risk and Resiliency Survey, 2011 High School Results

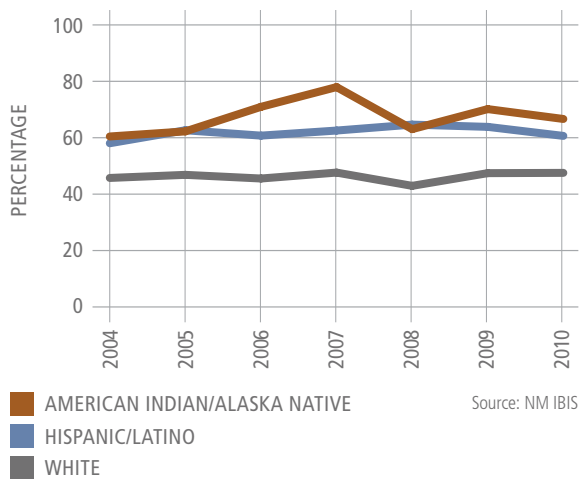
Childhood Obesity

Key Indicator – 33 percent of New Mexico girls in kindergarten and third grade are either overweight or obese

Being overweight or obese increases a child's risk for numerous current and future medical problems including heart disease, high blood pressure and diabetes. Being obese as a teenager increases the risk of becoming an obese adult by 70 percent.¹⁷ But even when childhood obesity doesn't persist into adulthood, having been obese as a child increases an individual's risk of lifelong health problems.¹⁸ Childhood overweight and obesity can also undermine emotional well-being and intensify social isolation, increasing the risk for depression and suicide. Obesity and the health complications related to obesity such as Metabolic Syndrome and Type 2 Diabetes, once only adult afflictions, are now being diagnosed in children.

OVERWEIGHT OR OBESE WOMEN IN NEW MEXICO

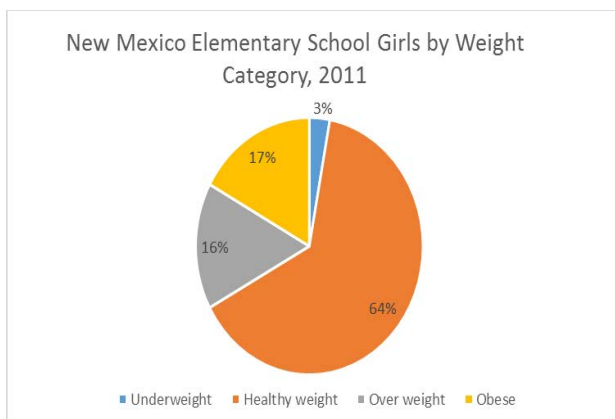
With BMI 25+, by race/ethnicity



How is New Mexico Doing?

Thirty-three percent of New Mexico elementary school girls (data are collected in kindergarten and third grade) weigh more than is healthy – 16 percent are overweight and 17 percent are obese.¹⁹ Overweight and obesity are defined in terms of Body Mass Index (BMI), a measure of weight relative to height. Children are considered *overweight* if their BMI is higher than 85 percent of children of the same age and sex and *obese* if their BMI higher than 95 percent of children of the same age and sex.²⁰ Rates of overweight and obesity do not differ significantly for New Mexico girls and boys.

Native American children have especially high rates of childhood obesity. According to the New Mexico Department of Health, **one-in-three New Mexico Native American third graders were obese** in 2011 compared to 20 percent of Hispanic and 12.5 percent of White Non-Hispanic third graders. (Note: This statistic does not include children who are overweight but not obese.)²¹



Source: New Mexico Department of Health

How does New Mexico Compare to the Nation?

Since 1980, the prevalence of obesity in the U.S. has more than doubled among adults and more than tripled among children and adolescents. According to *F as in Fat: How Obesity Threatens America's Future 2011*, a report from the Trust for America's Health (TFAH) and the Robert Wood Johnson Foundation (RWJF), adult obesity rates increased in 16 states last year and did not decline in any state. Twelve states currently have obesity rates above 30 percent. Four years ago, only one state was above 30 percent. New Mexico is the 33rd most obese state in the nation. Rates of obesity in the state have doubled in the past fifteen years.

Native American Youth Suicide

The suicide mortality rate for New Mexico's Native American girls is five times higher than the rate for our state's Hispanic girls and almost three times higher than the suicide mortality rate for all New Mexico girls.¹ The high rate of suicide among New Mexico's Native American youth parallel suicide rates for Native American youth throughout the U.S.²

¹ New Mexico Department of Health Death Certificate Database

² Indian Country Today

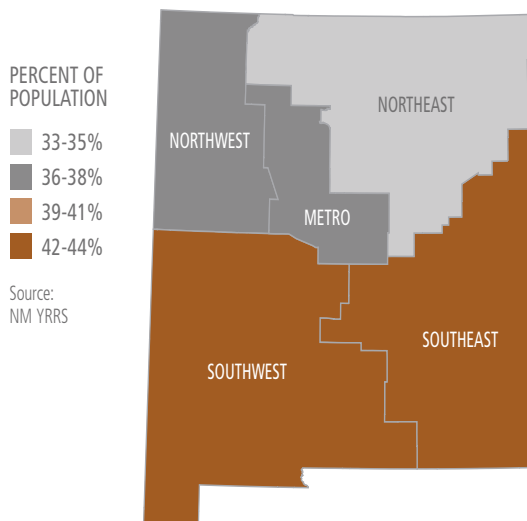
<http://indiancountrytodaymedianetwork.com/article/american-indian-youth-in-crisis%3A-tribes-grapple-with-a-suicide-emergency-138794>

Depression and Suicide

Key Indicator – 37 percent of New Mexico high school girls report experiencing persistent feelings of sadness or hopelessness within the past month

Feelings of sadness and hopelessness are among the risk factors for attempted suicide.²² Thirty-seven percent of New Mexico high school girls reported experiencing persistent feelings of sadness or hopelessness. Girls are more likely than boys to experience prolonged melancholy across all of New Mexico's major racial and ethnic groups. Hispanic girls report prolonged sadness with the greatest frequency.

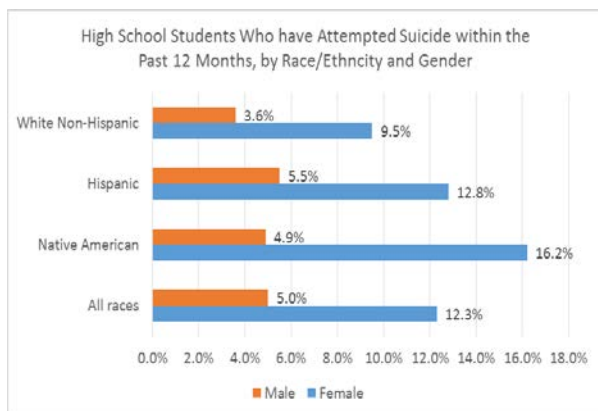
GIRLS WHO HAVE FEELINGS OF SADNESS OR HOPELESSNESS by Health Region



How is New Mexico Doing?

New Mexico girls are more than twice as likely to attempt suicide as New Mexico boys. Twelve percent of female high school students and 5 percent of male students report having attempted suicide at least once in the previous twelve months. The highest rate of reported suicide attempts is among Native American girls, over 16 percent of whom say they have tried to take their own life within the last year.

Factors documented by the New Mexico Youth Risk and Resiliency Survey that appear to reduce the likelihood of a teenager attempting suicide include having a parent who is "interested in my school work," having a parent or teacher who "believes I will be a success," and being involved in sports, clubs and extra-curricular activities.²³ See "Girls are Supported" later in this section for more about protective factors.



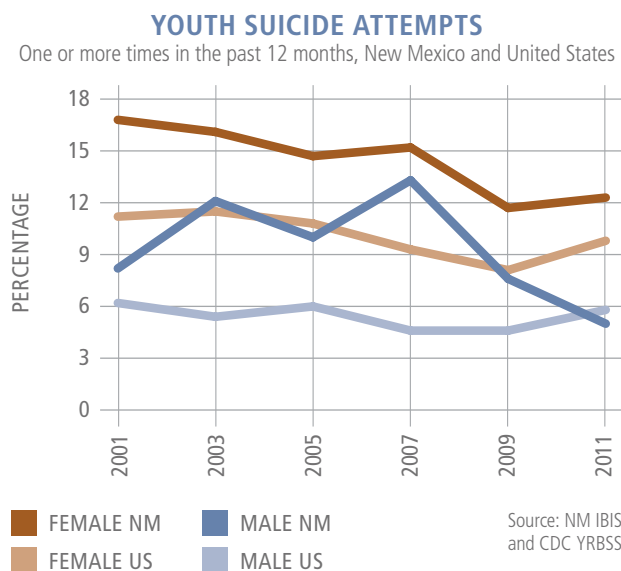
Even though girls report far more suicide attempts than boys, the suicide mortality rate for boys is almost three times higher than the rate for girls.²⁴ Between 1999 and 2011, an annual average of 14 New Mexico boys and 4 New Mexico girls 17 and under took their own lives.²⁵

Source: New Mexico Risk and Resiliency Survey, 2011 High School Results

How Does New Mexico Compare to the Nation?

Persistent feelings of sadness and hopelessness are experienced by New Mexico girls with about the same frequency as they are by girls nationwide. As is the case in New Mexico, girls in the U.S. report these feelings far more frequently than boys.

The percentage of New Mexico girls who reported having attempted suicide at least once in the past year is significantly higher than the rate for girls nationwide. In contrast, the percentage of New Mexico boys who report one or more suicide attempts is slightly lower than the U.S. rate.



Cyber-bullying

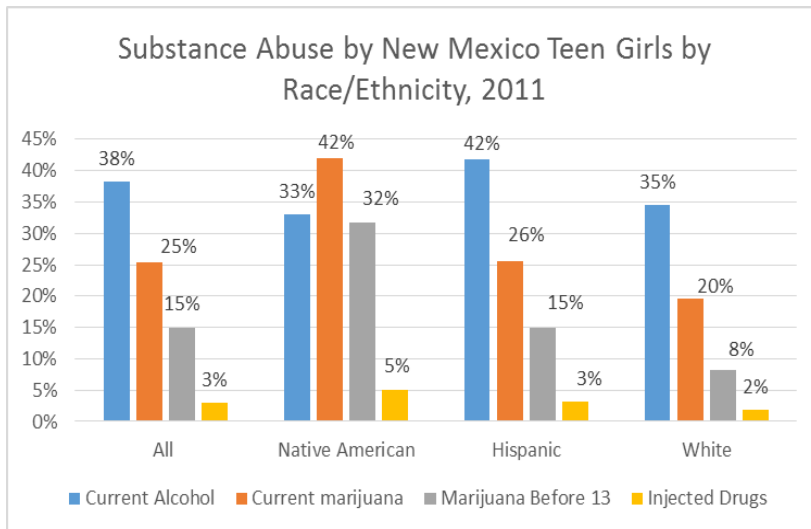
"Cyber-bullying" is defined as willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices. New Mexico girls are more likely to be electronically bullied than boys (18.5% vs. 8.2% in 2011). Cyber-bullying has been shown to contribute to low self-esteem, family problems, academic problems, school violence, and delinquent behavior.

¹Hinduja S, Patchin JW. *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying*. Thousand Oaks, CA: Sage Publications (Corwin Press); 2009.

Substance Abuse

How is New Mexico doing?

Thirty-eight percent of female New Mexico high school students have consumed alcohol and 25 percent have smoked marijuana recently (within 30 days of the date they were surveyed). Nationally, over 90 percent of the alcohol consumed by youth is consumed during episodes of “binge drinking,” the consumption of five or more drinks over a period of two hours. Twenty-two percent of New Mexico’s female high school students report binge drinking. Rates of binge drinking are statistically comparable for New Mexico boys and girls. The percentage of girls who engage in binge drinking increases from 17 percent in ninth grade to 23 percent for high school seniors. Rates of both alcohol and marijuana consumption are higher for New Mexico girls than boys. However, New Mexico boys also report higher rates of methamphetamine and injection drug use than girls.



Source: New Mexico Risk and Resiliency Survey, 2011 High School Results

Over 40 percent of Native American girls currently smoke marijuana and almost one-third smoked marijuana before their thirteenth birthday. Hispanic girls have the highest rate of alcohol consumption. White Non-Hispanic girls have the lowest rates of consumption in all four categories of substance abuse analyzed.

How Does New Mexico Compare to the Nation?

The rate of alcohol consumption reported by New Mexico girls is comparable to that reported by girls nationally. Rates of prescription drug abuse are also comparable for U.S. and New Mexico girls. However, New Mexico girls are considerably more likely than girls elsewhere in the U.S. to currently smoke marijuana (25% vs. 20%), to have smoked marijuana before age 13 (15% vs. 6%) and to have been offered, sold or given drugs at school (32% vs. 22%).

School-Based Health Centers

In New Mexico there are over 80 school-based health centers (SBHCs) that deliver confidential, low- or no-cost health care to teens. Research has demonstrated a broad spectrum of benefits to students who have access to SBHCs including reduced school absenteeism, improved health knowledge, decreased routine use of emergency rooms, and improvements in sexual health. Sexually active female teens with access to a SBHC are more likely to use hormonal contraceptives and to have been screened for a sexually transmitted disease.² Utilization of school-based health centers by New Mexico teens increased from 35,409 visits in 2007 to 60,817 visits in 2010. Although the increase in SBHC utilization coincided with a substantial decrease in teen births during a period in which rates of sexual activity remained unchanged, the extent to which school based clinics contributed to the teen birth reduction is not yet known.

Ethier KA, Dittus PJ, DeRosa CJ, Chung EO, Martinez E, Kerndt PR. School-based health center access, reproductive health care, and contraceptive use among sexually experienced high school students. *J Adolesc Health*. 2011 Jun;48(6):562-5. doi: 10.1016/j.jadohealth.2011.01.018.

²Kaplan DW, Brindis CD, Phibbs SL, Melinkovich P, Naylor K, Ahlstrand K. A comparison study of an elementary school-based health center: effects on health care access and use. *Arch Pediatr Adolesc Med*. 1999 Mar;153(3):235-43.

Sexual Activity

Key Indicator – 18 percent of sexually active female high school students did not use birth control the last time they had sex

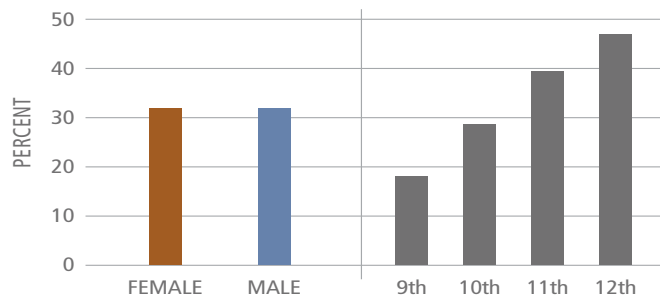
How is New Mexico Doing?

Early sexual activity has numerous potential consequences for youth including unplanned pregnancy and sexually transmitted diseases. Thirty-two percent of New Mexico high school students are sexually active. The rate of sexual activity by New Mexico youth has remained fairly constant over the last decade.

Fifteen percent of New Mexico's ninth grade girls are sexually active, but by their senior year 50 percent are sexually active. Girls with better grades in school are less likely than those with poor grades to be sexually active, as are girls who plan to go to college. **The presence of a parent or other adult at home who takes an interest in her school work and/or believes she will be a success diminishes the likelihood that a girl will be sexually active, as does having "clear rules and standards" both at home and at school.**²⁶ See "Girls are Supported" later in this section for more about these and other factors that contribute to resiliency in female youth.

SEXUALLY ACTIVE TEENS BY GRADE LEVEL, 2011

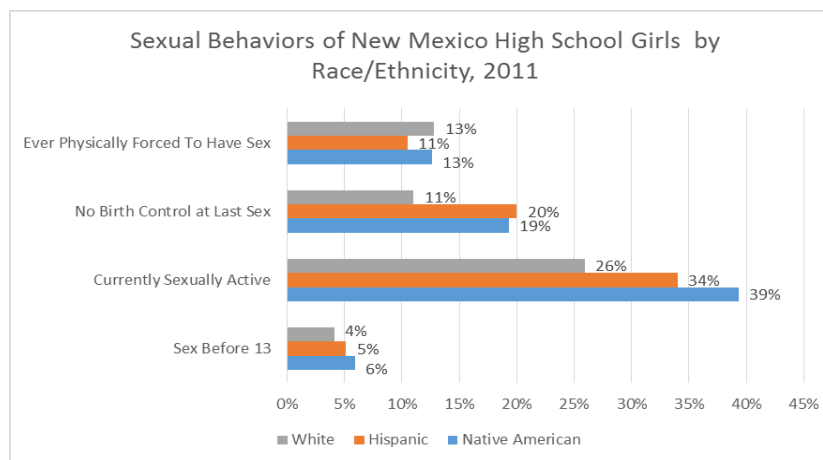
Grades 9-12, New Mexico



Source: http://youthrisk.org/pdf/YRRS_2011_Report_HS_WebReady.pdf

Eleven percent of New Mexico high school girls say they have been physically forced to have sex. **Girls are twice as likely as boys to report having been physically forced into sex. Girls are also 50 percent more likely than boys to say that they did not use any birth control the last time they had sex.**

Native American girls are more likely than Hispanic and White Non-Hispanic girls to be sexually active and to report having had sex before age 13. White Non-Hispanic girls are 33 percent less likely to be sexually active than Native American girls, but equally likely to have been physically forced to have sex.

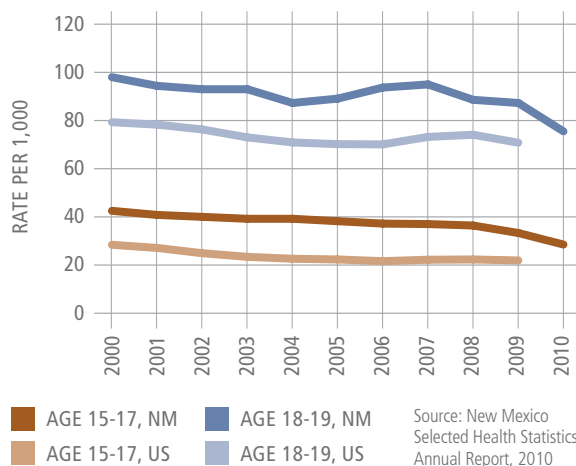


*Sexually active teens. Source: New Mexico Risk and Resiliency Survey, 2011 High School Results

Unintended Pregnancy

Over 71 percent of New Mexico mothers ages 15 to 17 did not intend to become pregnant.²⁷ Having access to family planning or contraception at teen friendly clinics has been demonstrated to reduce teen pregnancies.²⁸

TEEN BIRTH RATES



How Does New Mexico Compare to the Nation?

The percentage of New Mexico high school students who are sexually active is comparable to the rate nationwide. However, New Mexico female teens are more likely than U.S. teens to report having sex before their thirteenth birthday.

Emotional and Social Support

Protective Factors

Key Indicator – 68 percent of female high school students say there is an adult in their home who believes they will be a success

Research shows that youth who have some form of mentorship and adult guidance at home, in school and in their community, are more likely to succeed academically and less likely than their unsupported peers to engage in risky behaviors including violence, substance abuse and unsafe sex.²⁹ The 2011 New Mexico Youth Risk and Resiliency Survey found that New Mexico students who said it was “very much true” that their parent or guardian “talks with me about my problems” were less likely than other students to smoke cigarettes, use cocaine, binge drink, be involved in physical fights or attempt suicide. The survey found similar patterns for students who reported strong positive relationships with their teachers, friends their own age or adults in the community.

Social support can also help to ameliorate the impact of childhood poverty. Poverty is a potent risk factor for negative outcomes including academic failure, teen pregnancy and violence. However, poor children and youth who have consistent, supportive relationships characterized by clear, high expectations for their behavior are far less likely than their unsupported peers to experience these impacts. Children who have responsibilities at home and opportunities to contribute to their communities also show greater resiliency in the face of poverty.³⁰

How is New Mexico Doing?

Fifty-one percent of New Mexico girls live in homes in which at least one adult “cares about my schoolwork” and 68 percent say that one or more adult at home believes they will be a success. New Mexico girls and boys report these protective factors at comparable rates.

New Mexico High School Students with Protective Factors by Gender, 2011		
	Statement is "Very True" (% of students)	
Protective Factor Statement	Male	Female
In my home, a parent or other adult talks with me about my problems*	31%	35%
In my home, a parent or other adult is interested in my school work	52%	51%
In my home, a parent or other adult believes I will be a success	64%	68%
My family has clear rules and standards for my behavior*	53%	60%
At my school, a teacher or other adult really cares about me	37%	39%
At my school, a teacher or other adult believes I will be a success*	43%	48%
In my school, there are clear rules about what students can and cannot do	52%	56%
At school I am involved in sports, clubs, or other extra-curricular activities	48%	49%
Outside my home and school, an adult really cares about me*	56%	66%
Outside my home and school, there is an adult I trust	53%	57%
Outside home and school, I am a part of group activities	40%	38%
I have a friend about my own age who really cares about me*	55%	74%
*Statistically significant difference between percentage of males and females who say this is “very true”		
Source: 2011 New Mexico Youth Risk and Resiliency Survey		

Teen Moms

Key indicator – In 2011, 2.5% of New Mexico girls ages 15-17 gave birth.

Nationally, only 38 percent of teen mothers earn a high school diploma by age 22. Sixty-seven percent of teen moms who leave their parents’ homes live in poverty. Children born to teens score significantly lower than their peers on school readiness tests,³¹ putting them at an early disadvantage and increasing the chances that they too will become teen parents and perpetuate the cycle of poverty.

How is New Mexico Doing?

In 2011, 1,107 babies were born to New Mexico girls ages 15 through 17. Births to girls in this age range constituted 4.1 percent of all births in New Mexico.

Between 1993 and 2011, New Mexico’s teen birth rate declined by over 50 percent. In 1993, 5.4 percent of New Mexico girls 15 to 17 gave birth, constituting 7 percent of all births in the state. In 2011, 2.5 percent of girls 15 to 17 gave birth.

New Mexico GRADS

Graduation, Reality, and Dual-Role Skills (GRADS) is an in-school program for pregnant and parenting teens that offers on-site childcare and teaches healthy behaviors, parenting skills, career readiness and goal setting. Twenty-nine New Mexico high schools offer GRADS programs.

Research demonstrates that teens who participate in GRADS are more likely to remain in school both during pregnancy and after childbirth and obtain early prenatal care. GRADS participants are also less likely to deliver low birth weight babies or to have a subsequent pregnancy while still in school.²

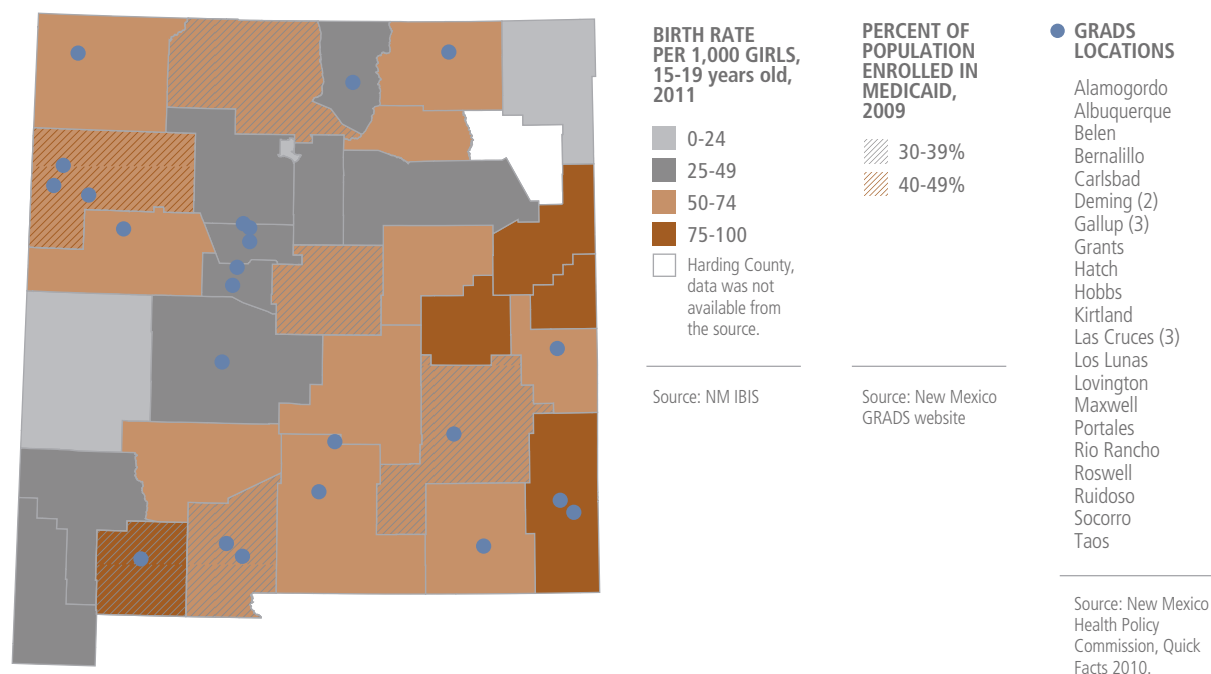
Unfortunately, many of the New Mexico counties with the highest teen birth rates including DeBaca, Quay, Curry, Rio Arriba, Mora, Torrance, Guadalupe and Sierra have no GRADS sites.

¹Pillow, Wanda S. *Unfit Subjects: Educational Policy and the Teen Mother*. New York: Routledge, 2004.

² Ibid

Teen birth rates have declined for all of New Mexico's major racial and ethnic groups. The birth rate for New Mexico's African American teens has declined the most dramatically, falling by over 70 percent since 1993. The birth rate for Hispanic teens declined by 56 percent from its high in 1993, but still remains higher than that of any other racial or ethnic group. In 2011, 3.5 percent of New Mexico's Hispanic girls ages 15 to 17 gave birth, a percentage three times higher than that of White Non-Hispanic girls.

NEW MEXICO GRADS SITES with TEEN BIRTH RATE BY COUNTY



How Does New Mexico Compare to the Nation?

Despite recent declines, New Mexico continues to have the nation's second highest teen birth rate.³² The birth rate for New Mexico girls ages 15 through 17 is 33 percent higher than the national average while the birth rate for New Mexico's 18 and 19 year olds is 31 percent higher than the national rate.

The U.S. Centers for Disease Control attributes declining U.S. teen births to an increased emphasis on pregnancy prevention and contraception. Studies also show that comprehensive sex education lowers overall rates of teen pregnancy³³ while abstinence only programs have little impact on rates of sexual abstinence or teen births.³⁴

In Brief

A girl's preparation for academic success starts in the womb and continues at a rapid pace from birth until she enters kindergarten at age 5. Unfortunately the state programs such as childcare subsidies and public pre-school are not funded to the extent necessary to reach all of the girls who need them. New Mexico has made important progress in expanding Pre-K to an ever-greater number of public schools and communities, but still lags the nation in the percentage of three and four year old girls enrolled in preschool.

New Mexico girls perform better than boys in reading and math, but rank below girls in other states. New Mexico's academic deficits become evident in the early grades, further indicating the need for universal access to high quality early childhood programs that enable all children to enter school ready to learn. Proficiency in science and math diminishes as girls progress through school, putting them at a disadvantage in pursuing many high paying technical careers. Strengthening girls' interest and confidence in these subject areas is critical to female economic advancement.

Thirty-three percent of New Mexico girls in kindergarten and third grade are either overweight or obese. Obesity rates for Hispanic and Native American girls are over twice as high as they are for White Non-Hispanic girls. Access to healthy food at school through the school lunch and breakfast programs and the summer food programs administered by some public school districts can make an important difference in body weight. Physical education at school and encouragement for physical activity and sports outside of school provides much-needed exercise and can also lay the foundation for an active lifestyle. Research has also demonstrated that U.S. girls who participate in sports are more likely to use contraceptives and are over 50 percent less likely than non-athletes to get pregnant.³⁵

Research suggests that with greater parental or adult support, the emotional health of young girls helps reduce suicide attempts. Having a parent who is “interested in my school work,” having a parent or teacher who “believes I will be a success,” and being involved in sports, clubs and extra-curricular activities are all associated with a decreased risk of suicide attempts.³⁶

Between 1993 and 2011 New Mexico’s teen birth rate declined by over 50 percent, however, New Mexico continues to have the nation’s second highest teen birth rate. Motivating girls to defer child bearing by instilling a sense of their potential to become successful adults can help. So too can greater access to birth control.

Social support at home, in school, and in the community has been shown to decrease risky sexual behaviors, substance abuse, violence and suicide among teens. New Mexico girls are more likely than boys to feel supported, but our state’s high rates of teen pregnancy, substance abuse and suicide attempts by female youth suggest that there remains much progress to be made to ensure that our girls have the supportive relationships with parents, peers and mentors that they need to thrive.

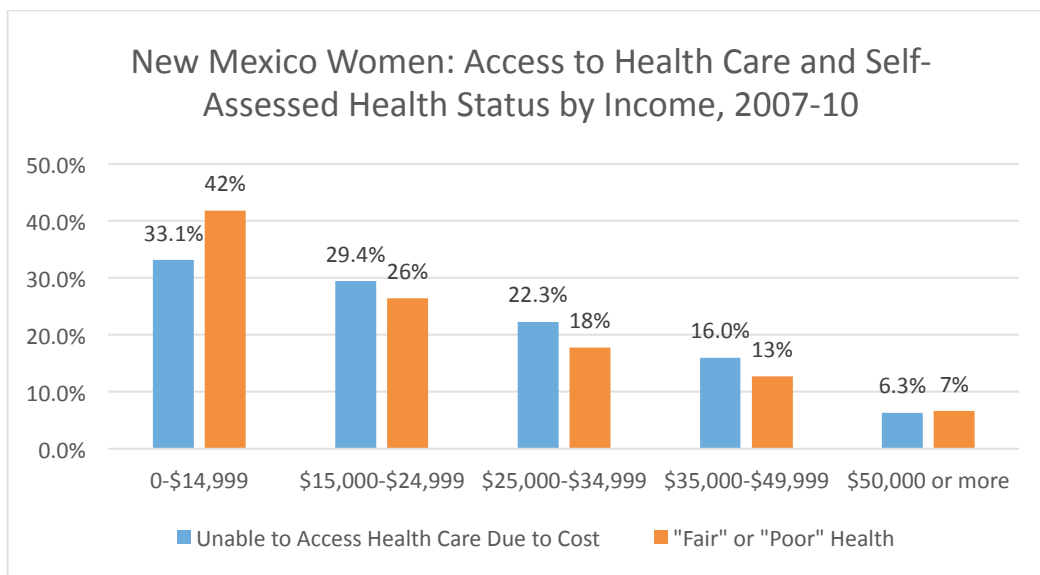
III. New Mexico's Women

Health

Socio-Economic Determinants of Health

Poverty is a potent and well-documented predictor of health outcomes^{37, 38} Numerous dimensions of poverty undermine health; including inadequate or uncertain access to nourishing food and shelter, lack of access to health care and health information, social stigma, acute and chronic stress, limited educational opportunities, unsafe neighborhoods and working conditions, and exposure to environmental toxins. Poverty has been linked to higher incidence of many health conditions, including chronic diseases, some cancers, developmental delays, injury, depression and premature death. Poverty is extremely prevalent in New Mexico, particularly for mothers of young children and women of color.

How is New Mexico Doing?



Source: Behavioral Risk Factor Surveillance System Survey Data. U.S. Department of Health and Human Services, Center for Disease Control and Prevention, with New Mexico Department of Health

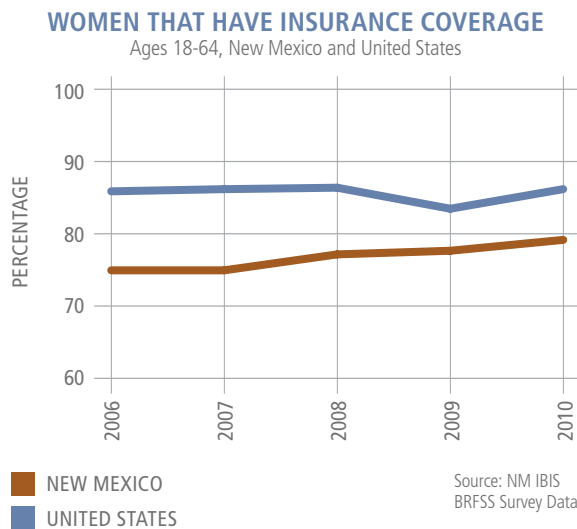
One-third of New Mexico women in households with annual income below \$15,000 report that they were unable to access necessary health care at least once in the past year due to cost, and 42 percent of women in this income category rate their overall health as “fair” or “poor.” The percentage of women unable to access care is five times higher for the lowest income women than it is for women in households with annual income of \$50,000 or more. Low income women are over six times more likely to assess their health as “fair” or “poor” than middle or upper income women.³⁹

One-in-five New Mexico women ages 18 to 64 report that their day-to-day activities are limited by problems with their physical, mental or emotional health.⁴⁰ Low income women are more than twice as likely to be limited by health problems as women with an annual income of \$50,000 or more.

Access to Health Care and Implications of the Affordable Care Act

Key Indicator – 25 percent of New Mexico's working-age women lack health insurance

The cornerstone of wellbeing for women of all ages is their physical and mental health. Because they are often breadwinners and caregivers to other family members, the health of women 18 to 64 profoundly impacts the wellbeing of entire families and even communities. Yet women in this age range face more barriers to health care than do female children, youth or seniors.

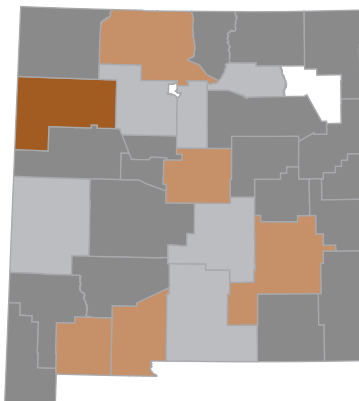


Children's Health Insurance
Medicaid is the single largest insurer of New Mexico children. Almost 60 percent of New Mexico girls under 18, or about 170,000 girls, have Medicaid coverage, 30 percent have private coverage, usually through their parents' employment, and 10 percent are uninsured.

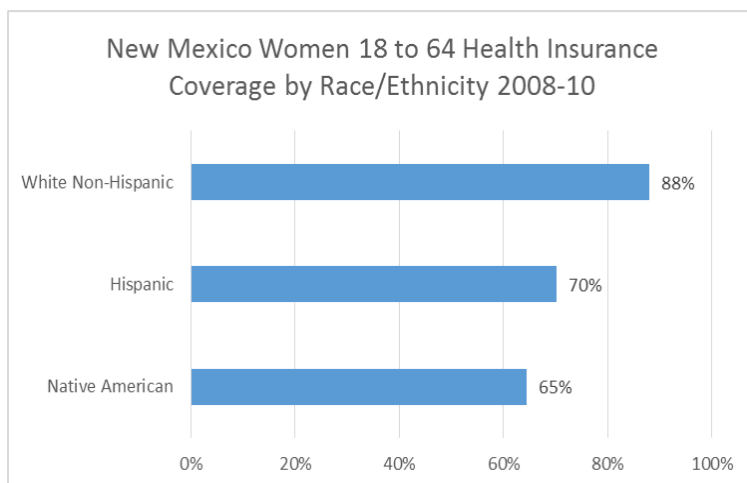
American Community Survey, 2009-11

How Is New Mexico Doing?

Individual characteristics that impact a woman's ability to access the health care she needs include her health insurance coverage (or lack thereof), income, language and immigration status. Health system factors that influence access to care include the number of health care facilities and providers within a reasonable geographic proximity who treat uninsured or under-insured patients.



One-in-four New Mexico women ages 18 to 64 do not have health insurance. Federal health care reform will dramatically reduce the number of uninsured New Mexicans, but even after full implementation, New Mexico will still have one of the nation's highest rates of uninsured adults⁴¹ (See "The Impact of Health Care Reform" later in this section). In New Mexico, White Non-Hispanic women are considerably more likely to be insured than either Hispanic or Native American women.



Source: American Community Survey, 2008-10

Employment is the single largest source of coverage for working-age women, but 18 percent of New Mexico women with year-round full-time employment still lack health insurance. Over 40 percent of New Mexico's working women are employed part-time or only part of the year. Twenty-eight percent of women who work part-time and/or part-year are uninsured. Uninsured rates are higher still for New Mexico women seeking work (40%) and women who describe themselves as homemakers (34%).⁴²

Merely being insured does not, however, guarantee a woman access to health care. Twenty-one percent of New Mexico's working-age women say that, due to cost, they were unable to obtain needed health care at least once in the previous twelve months. Hispanic women were more likely than White Non-Hispanic and Native American women to face cost-related barriers to care.

Preventive screenings are key to the early detection and prompt treatment of many common cancers. The percentage of women who have recently been screened for cervical and breast cancer through pap tests and mammography is an indication of women's access to primary health care. Among New Mexico women ages 18 to 49, White Non-Hispanics are more likely than Native Americans or Hispanics to have received a pap smear with the past three years. They are also more likely than other New Mexico women 50 and over to have received a screening mammography within the past two years.⁴³

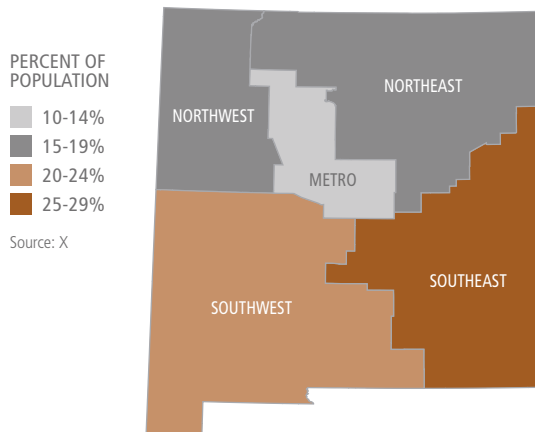
Geographic proximity to health care providers and facilities is another key determinant of access, particularly in rural New Mexico. Over half of New Mexico women live outside a major city, but two thirds of the state's physicians and dentists practice in urban areas.⁴⁴ Health Professional Shortage Areas (HPSAs) are geographic areas or specific populations deemed by the federal government's Health Resources and Services Administration to have an inadequate supply of health care based on the ratio of the population to health care providers.⁴⁵ Primary care HPSAs have over 3,500 hundred residents for every one primary care provider. Over 40 percent of New Mexico women are part of a primary care HPSA. Fifty-five percent of New Mexico women are within a mental health HPSA and 38 percent are in a dental HPSA.⁴⁶

Promotoras

Community health workers, or promotoras, are women who promote connections between the community and the health care system. Promotoras are lay community members who are specially trained to provide basic health education. They enhance access to health services in rural areas and for community members who experience cultural, linguistic and financial barriers to access. Promotoras can improve health outcomes for women and children, enhance continuity of care for chronic disease patients, and increase the general health knowledge of families and youth.¹ Many nonprofits that focus services and outreach to women utilize the promotora model, as do some government funded health agencies.

¹. A Guide to Promotora Programs
[http://www.nmsu.edu/~bec/bien/consumer_pages/programs-promotoras-guide\[1\].pdf](http://www.nmsu.edu/~bec/bien/consumer_pages/programs-promotoras-guide[1].pdf)

WOMEN UNABLE TO GET NEEDED CARE BECAUSE OF COST, 2010 by Health Region



How Does New Mexico Compare to the Nation?

New Mexico has one of the nation's lowest rates of health insurance coverage, particularly among working age adults. In the U.S., 19 percent of women ages 18 to 64 lack health insurance; in New Mexico the rate is 25 percent.⁴⁷ The percentage of New Mexicans living in a Primary Care HPSA (41%) is more than twice that of U.S. women (19%).

Access to care, as indicated by rates of preventive screenings, is more limited for New Mexico women than those elsewhere in the U.S., although not as much as differentials in rates of insurance coverage and the supply of providers might suggest.

Source: Behavioral Risk Factor Surveillance System, 2008-2010

The Impact of Health Care Reform on Women

By 2019, it is expected that over two-thirds of New Mexico's 160,000 uninsured working-age women will become insured as a result of the Affordable Care Act (ACA). When ACA is fully implemented in 2014, moderate and middle income uninsured women will be able to obtain federally-subsidized private coverage through state-regulated health insurance marketplaces known as health care exchanges. As a result of the ACA-funded Medicaid expansion recently authorized by New Mexico's Governor Martinez, lower income women will be eligible for Medicaid coverage.

Effective January 1, 2014, eligibility for New Mexico Medicaid will be expanded to cover adults with income below 138 percent of the federal poverty level (annual income of \$26,951 for a family of three in 2013). As a result, over 90,000 New Mexico women will be newly eligible for Medicaid coverage and approximately 45,000 women will be eligible for tax credits to help them purchase coverage through the health insurance exchange.⁴⁸ Even so, it is difficult to predict at this stage what the full effect of the law will be. It is likely, however, that over 50,000, or about eight percent of New Mexico's working age women, will remain uninsured even after ACA is implemented.

ACA also requires health plans to cover many women's preventive services with no co-payments, including the full range of FDA-approved contraception methods, well-woman visits, screening for gestational diabetes, breastfeeding support, supplies and counseling, and domestic violence screening and counseling.⁴⁹

Healthy Weight

Key Indicator – 56 percent of New Mexico women ages 18 to 64 are clinically overweight or obese

How Is New Mexico Doing?

Almost six-in-ten New Mexico women are either overweight or obese. Being overweight or obese is a risk factor for numerous debilitating conditions, including all of the leading causes of death in New Mexico. Body Mass Index (BMI) is a measure of weight in relation to height. Adults with a BMI of 25 to 29.9 are considered overweight, while those with a BMI of 30 or more are considered obese.

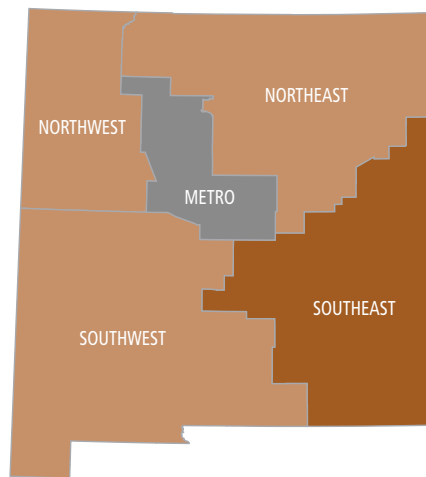
OVERWEIGHT OR OBESE WOMEN, 2010

by Health Region

PERCENT OF
POPULATION

40-49%
50-59%
60-69%

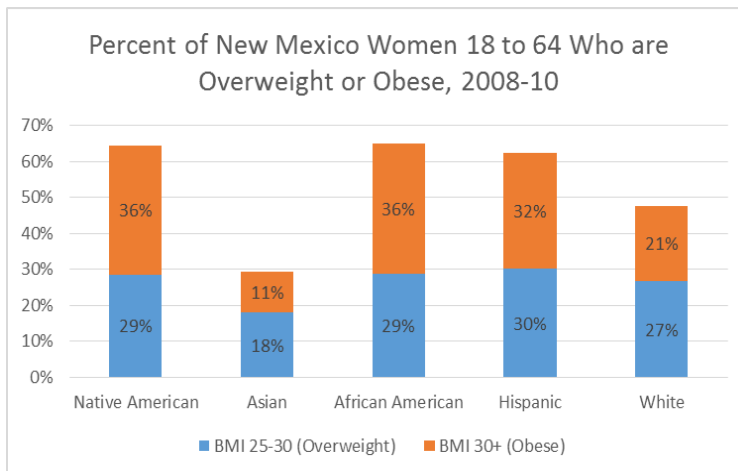
Source:
NM IBIS



Rates of obesity among New Mexico women have doubled over the last 20 years. New Mexico men and women 18 to 64 have comparable rates of obesity (27%), but rates of overweight are significantly higher for New Mexico's men than women. Forty-one percent of New Mexico men and 28 percent of New Mexico women are overweight.⁵⁰

Almost two thirds of New Mexico's adult Native American and African American women are either overweight or obese.

Percent of New Mexico Women 18 to 64 Who are Overweight or Obese, 2008-10



How Does New Mexico Compare to the Nation?

In 2011, the percentage of women who were overweight or obese in New Mexico was on par with the rate of women nationally with 56 percent in New Mexico and 57 percent in the U.S. New Mexico ranks in the 50th percentile among all states for the rate of obesity among adult women.⁵¹

Source: Behavioral Risk Factor Surveillance System, 2008-2010

Safety

Sex Crimes

Key Indicator – 21 percent of New Mexico females will be raped at some point in their lives

Most sexual and domestic violence against women is perpetrated by men. Gender inequality both contributes to and is reinforced by violence against women.⁵²

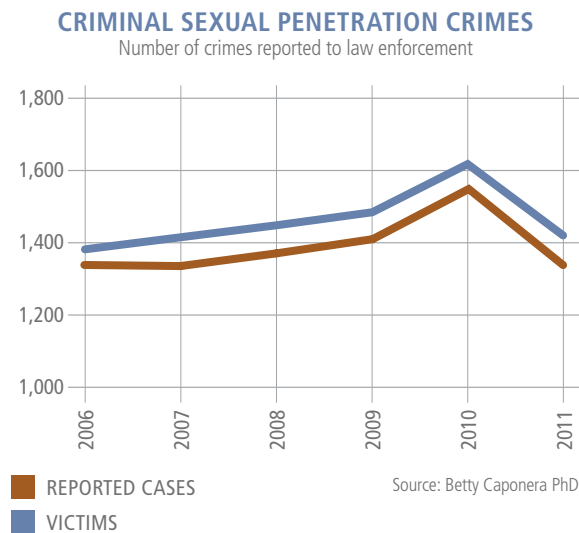
How is New Mexico Doing?

In 2011, 1,097 women and girls reported a rape to New Mexico law enforcement.⁵³ However, the number of rapes reported to the police is a fraction of those that actually occur.

Approximately 19 percent of all female rapes in New Mexico are reported to law enforcement.⁵⁴ For the one third of female victims over the age of 18 the rate of reporting is even lower. Only 8 percent of adult female rape victims report their rape to law enforcement.⁵⁵ Based on these statistics, it is estimated that 5,774 New Mexico women and girls were raped in 2011.⁵⁶

Eighty-seven percent of the New Mexico rape victims who sought help from rape crisis centers and other service providers in 2011 were female.⁵⁷

Only 11 percent of the New Mexico women and girls who were raped in 2011 were victimized by strangers. Twenty-seven percent of female rape victims were physically injured during their rape.⁵⁸



Roughly half of female rape victims have a history of domestic violence. Female rape victims are twice as likely as women who have not been victimized to suffer from a serious disabling injury in their lives and six times more likely to suffer from one or more chronic mental health conditions.⁵⁹

How Does New Mexico Compare to the Nation?

Female rape is more prevalent in New Mexico than in the U.S. overall. It is estimated that 21 percent of New Mexico women and 18 percent of U.S. women will be raped at some point in their lives.⁶⁰

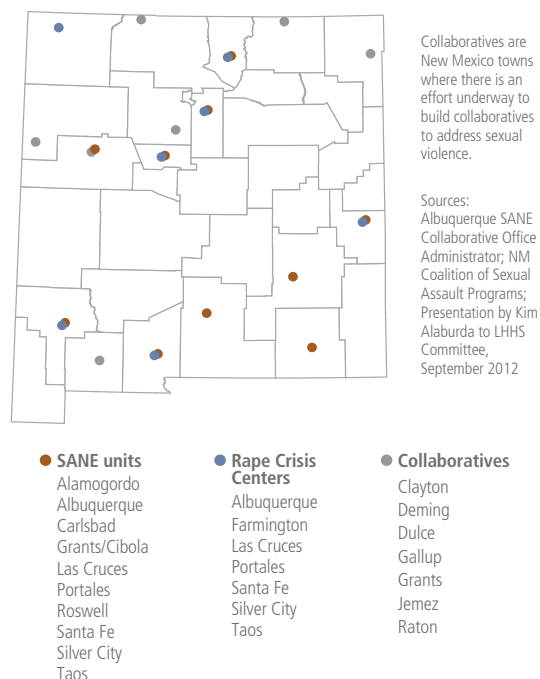
Human Trafficking

Human trafficking is an organized criminal activity in which human beings are treated as possessions to be exploited for commercial gain, often in the sex trade. Trafficking is a form of slavery that preys on the vulnerable. Female immigrants and young runaways are at particularly high risk for human trafficking.

Estimates of human trafficking in the U. S. differ widely, and reliable state-level estimates have not yet been developed. However, the U.S. Department of Justice estimates that between 15,000 and 18,000 victims, primarily women and children, are trafficked into the U.S. annually. The number of calls to the National Human Trafficking Resource Center hotline increases each year. Between 2009 and 2011, the hotline reported a six-fold increase in human trafficking calls from New Mexico. However, the extent to which the increase in these calls is indicative of an increase in trafficking, or an increase in public awareness of the problem, is not known.

1. US Department of State Trafficking in Persons Report 2006

SANE UNITS, RAPE CRISIS CENTERS AND COLLABORATIVES IN NEW MEXICO, 2012



New Mexico Sexual Assault Nurse Examiners (SANE)

SANE served 1,077 sexual assault patients in 2011. The SANE program provides free and confidential support and treatment for sexual assault victims utilizing specially trained nurses in a private and safe setting. SANE nurses are trained to provide medical care and emotional support, objectively document injuries using special equipment, ensure that evidence is collected properly and backed by chain of custody and provide effective testimony in court. SANE units address the needs of both the victim and the justice system through active coordination with law enforcement, district attorney offices, crime lab and crisis service providers.

The number of SANE units in New Mexico increased from 4 in 2000 to 11 in 2012. However, many New Mexico communities are without SANE units. For example rape victims in Las Vegas, NM must travel to Santa Fe to receive the services of a nurse with SANE training.

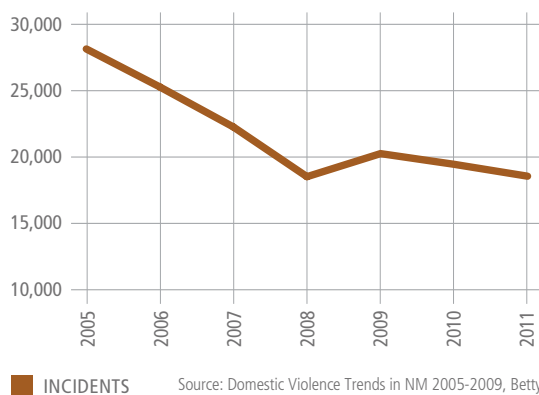
Domestic Violence

How Is New Mexico Doing?

In 2011, New Mexico law enforcement identified 21,368 victims of domestic violence, 15,400 (72%) of whom were female. Because domestic violence often goes unreported the actual incidence of this crime is probably much higher.

It is estimated that 59 percent of domestic violence incidents are never reported to law enforcement.⁶¹ The 2005, New Mexico Statewide Violence and Victimization Survey found that 2.7 percent of New Mexico's adult women had been the victim of domestic violence in the previous 12 months. Applying this statistic to the 2011 population of adult women suggests that 21,300 New Mexico women, 5,900 more than the number identified by police, were victims of domestic violence in 2011. Approximately one-in-three New Mexico women will be a victim of domestic violence at some point in their lives.⁶²

DOMESTIC VIOLENCE INCIDENTS
Number of incidents identified by law enforcement



Source: Domestic Violence Trends in NM 2005-2009, Betty Caponera, PhD, February 2011 (http://www.nmcadv.org/wp-content/uploads/2012/08/Betty_Caponera_DV_Trends_in_NM_2005-2009_ABRIDGED_web.pdf)

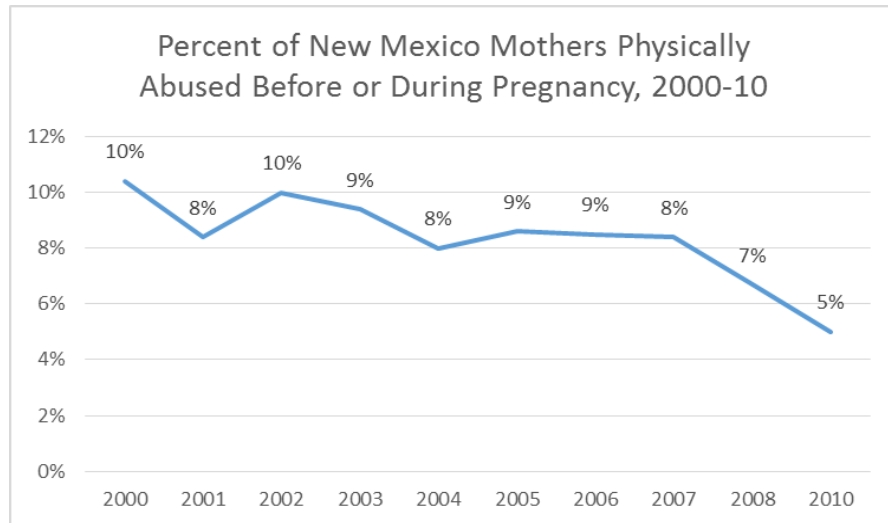
Since 2005, the number of domestic violence incidents reported to New Mexico law enforcement has declined by over one-third. Decreases in domestic violence in New Mexico parallel reductions seen nationally.⁶³

As with sexual assault, the percentage of domestic violence incidents reported to law enforcement is a fraction of those that actually occur. However, national surveys indicate that U.S. women are increasingly likely to report the crime to the police.⁶⁴ Thus, the decline in incidents reported to the police appears to be evidence that domestic violence is actually less prevalent in the U.S. than it once was. Comparable data are not, however, available at the state level.

Single mothers are at especially high risk for domestic violence. In the U.S., single mothers with children at home experience domestic violence at a rate that is 10 times higher than that of

married mothers with children and six times higher than that of single women without children.⁶⁵ New Mexico-specific data on domestic violence rates for single mothers is not available, so a direct comparison to the U.S. rate is not

possible. However, the percentage of New Mexico *new* mothers who report having been physically abused prior to and/or during pregnancy is over three times higher for single women (4.7%) than it is for married women (1.3%).



Over 1,300 new or expectant mothers experience domestic violence each year in New Mexico. Five percent of new mothers surveyed through the New Mexico Pregnancy Risk Assessment Monitoring System in 2009 and 2010 said they had been physically abused prior to pregnancy and four percent said they had been physically abused during pregnancy⁶⁶. Since 2000, the percentage of new mothers who report having been abused by an intimate partner has declined by 50 percent.⁶⁷

Source: New Mexico Pregnancy Risk Assessment Monitoring System 2000-2010

How Does New Mexico Compare to the Nation?

Although data limitations prevent a side-by-side comparison of New Mexico's 2011 rate of domestic violence against women to that of the U.S. as a whole, the lifetime prevalence of domestic violence appears to be somewhat higher for women in New Mexico than those in other states. An estimated 25 percent of U.S. women will experience domestic violence in their lifetime.⁶⁸ For New Mexico women the estimated lifetime prevalence of domestic violence is 32 percent.

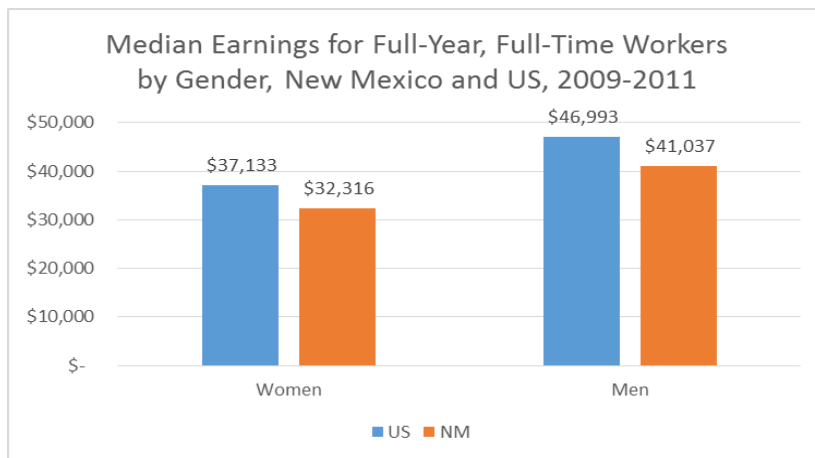
Incidents of domestic violence have decreased both in New Mexico and nationwide. From 1994 to 2010, the overall rate of intimate partner violence in the U.S. declined by 64 percent⁶⁹. The rate of decline in domestic violence in New Mexico between 2005 and 2011 (-30%) outpaced the decline in the U.S. (-6.5%).

Economic Security

Earnings

Key Indicator - New Mexico women working full-time and year-round earn 79 cents for every \$1 earned by men

How Is New Mexico Doing?



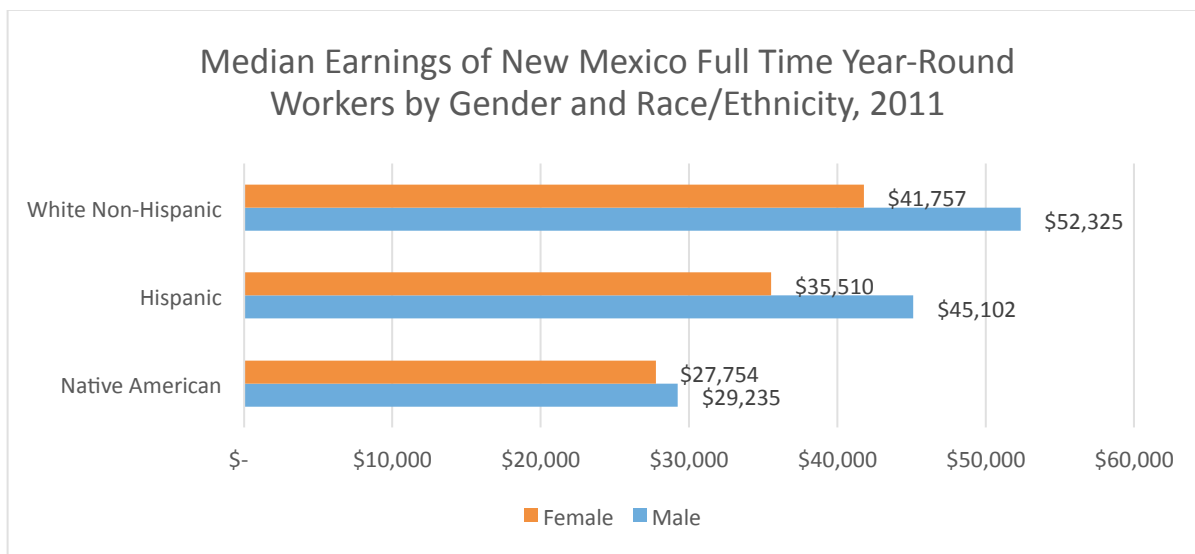
Source: American Community Survey, 2009-2011

Poverty-Despite Work

Even people employed full time and year round experience poverty. Poverty-despite-work exists at both the state and national levels, but is more common in New Mexico. Five percent of New Mexico women who work full time and year round live in poverty compared to three percent of U.S. women and four percent of New Mexico men.¹

¹. American Community Survey 2009-11

The gender wage gap is the ratio of women's median annual earnings to men's median annual earnings for full-time, year-round work. In New Mexico the gender wage gap is 0.79. New Mexico women who work full time earn 79 cents for every \$1.00 earned by their male counterparts.



Source: American Community Survey, 2011

Median earnings for New Mexico women employed full time vary significantly by race and ethnicity. Native American women earn one third less than White Non-Hispanic women. In New Mexico the gap between male and female workers is largest for Hispanics (79%) and smallest for Native Americans (94%).

At all levels of educational attainment the earnings of New Mexico men exceed those of New Mexico women.

Highest and Lowest Income Occupations, Median Annual Earnings and Percent Female Workers				
	Women as a % of all NM workers in this occupation	Median Annual Earnings		
		All NM Workers	NM Female Workers	
Architecture & engineering	15%	\$74,756	\$58,273	\$63,888
Life, physical & social science	29%	\$70,162	\$47,151	\$55,838
Health care practitioners & technical	69%	\$64,519	\$61,018	\$63,977
Computer & mathematics	30%	\$64,252	\$54,878	\$67,381
Health care support	82%	\$24,164	\$23,316	\$26,430
Cleaning & maintenance	36%	\$21,563	\$17,949	\$20,521
Personal care & services	71%	\$19,222	\$17,551	\$21,717
Food preparation & serving	55%	\$17,450	\$16,621	\$19,327

Source: U.S. Census American Community Survey, 2009-11

Women comprise 44 percent of New Mexico's full-time year round workforce; however, they are under-represented relative to their share of the workforce in three of the state's four highest paying occupations, and are predominant relative to their share of the workforce in three of the state's four lowest paying occupations. Women are under-represented relative to the total workforce in three of New Mexico's highest paying industrial sectors such as science and technical services and management of companies and enterprises.

How Does New Mexico Compare to the Nation?

In 2011, the median earnings of New Mexico women were 13% less than the median earnings of U.S. women for full-time work. Statistics reflect that New Mexico men also make considerably less than men in other states, therefore the gender wage gap in New Mexico is roughly comparable to the gender wage gap in the entire U.S.

Basic Economic Security Tables (Workers with Employment-based Benefits)	
New Mexico	
Monthly Expenses for: 1 Worker, 1 Preschooler, 1 Schoolchild	
Housing	\$503
Utilities	\$115
Food	\$522
Transportation	\$481
Child Care	\$1,066
Personal & Household Items	\$307
Health Care	\$417
Emergency Savings	\$110
Retirement Savings	\$15
Taxes	\$656
Tax Credits	-\$265
Monthly Total	\$3,927
Annual Total	\$47,124
Hourly Wage	\$22.31
Additional Asset Building Savings	
Children's Higher Education	\$35
Homeownership	\$102

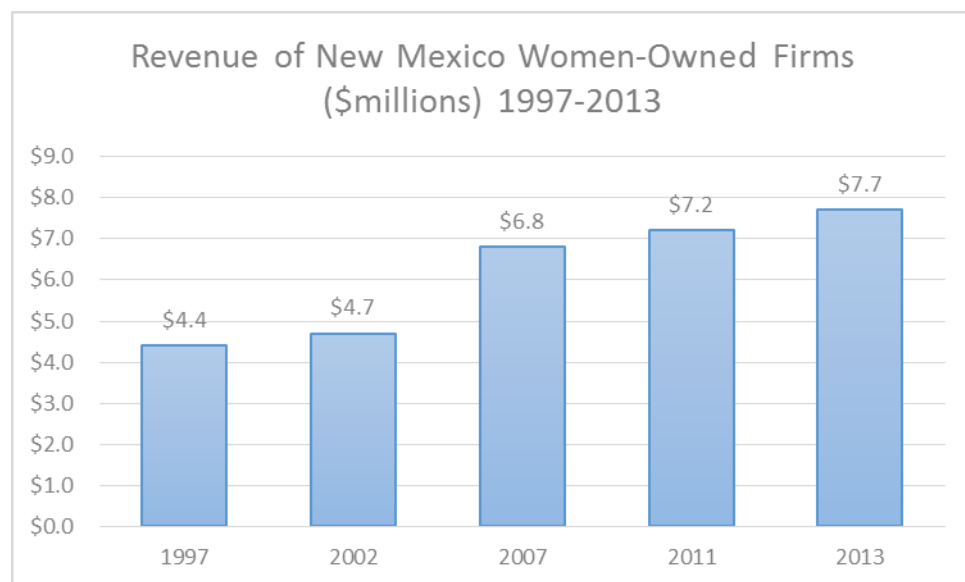
Note: "Benefits" include unemployment insurance and employment-based health insurance and retirement plans.

Research demonstrates that the median earnings of a New Mexico single mother with two children employed year round and full time are not sufficient to cover her basic living expenses.

Women-Owned Businesses

How is New Mexico Doing?

Women own 53,900 New Mexico businesses.⁷⁰ Between 1997 and 2013 the number of women-owned businesses in New Mexico increased 39 percent and sales at New Mexico's women-owned businesses increased by 72 percent.



Source: U.S. Bureau of the Census, 2007 and 2012 Economic Census: Survey of Business Owners.

Twenty-nine percent of New Mexico's women-owned businesses are owned by Hispanics and nine percent are owned by Native Americans.⁷¹ Since 1997, the number of Hispanic women-owned New Mexico businesses increased 92 percent and the number of businesses owned by Native American women increased by 78 percent.

How Does New Mexico Compare to the Nation?

Women own 29 percent of all firms in the U.S. and 32 percent of all firms in New Mexico.⁷² Between 1997 and 2013, the number of women-owned firms in the U.S. increased by 59 percent and their annual sales increased by 63 percent.⁷³ New Mexico ranks 33rd among states in growth of the number of women-owned businesses since 1997 and 24th in revenue growth.

New Mexico ranks first among states in the percent of women-owned firms that are owned by Hispanics (29%) and is second only to Oklahoma for the percent of women-owned businesses owned by Native Americans (9%). Nationally, Hispanics own 11 percent and Native Americans own one percent of all women-owned firms.

Characteristics of Women-Owned Firms in New Mexico 1997-2013							
	Year					% Change 1997-2013	
	1997	2002	2007	2011	2013	NM	US
Number of Firms	38,706	42,254	49,886	51,800	53,900	39.30%	59.10%
Employment	48,236	42,037	49,378	49,600	49,800	3.20%	9.60%
Sales (thousands)	\$4,449,686	\$4,714,288	\$6,814,989	\$7,226,600	7,658,000	72.10%	63.10%

Source: U.S. Bureau of the Census, 2007 and 2012 Economic Census: Survey of Business Owners.

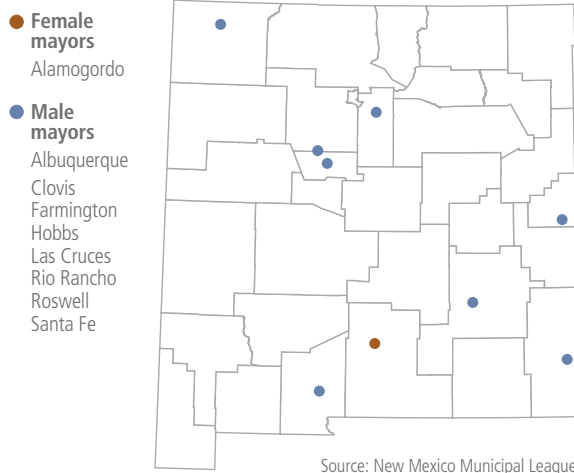
Elected Leaders

How Is New Mexico Doing?

New Mexico's governor, Susana Martinez, is the state's first female governor and the nation's first female Hispanic governor. At the time of publication of this report, ten of the 28 members of the Martinez cabinet are also female.

FEMALE MAYORS IN NEW MEXICO, 2012

For cities with populations over 30,000

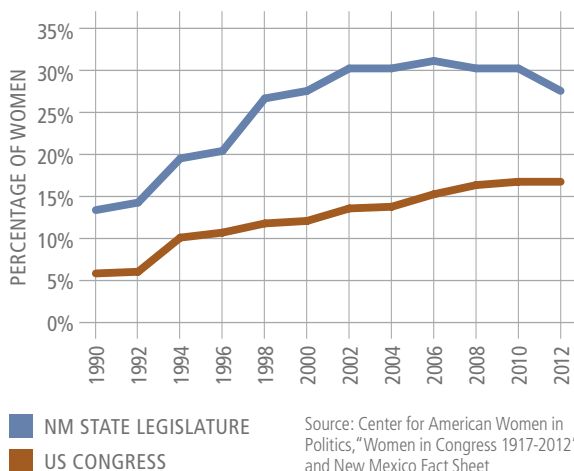


Women hold 31 seats (28% of total seats) in the New Mexico Legislature.⁷⁴ In addition, 28 percent of New Mexico's state and federal judges are women.⁷⁵ Four of New Mexico's 13 district attorneys and three of New Mexico's five Public Regulation commissioners are women. Of the nine New Mexico municipalities with 30,000 or more residents, only one, Alamogordo, has a female mayor.

How Does New Mexico Compare to the Nation?

As of February 2013, women held 24 percent of all state legislative seats in the U.S.⁷⁶ The share of state legislative seats held by women ranges from 10 percent in South Carolina to 40 percent in Colorado.⁷⁷ New Mexico ranks 14th highest out of the 50 states for female representation in state legislatures.

FEMALE ELECTED OFFICIALS



In Brief

The contributions of New Mexico's working-age women are integral to the success of entire families, communities, businesses and institutions. Yet, in many ways, New Mexico women ages 18 to 64 face even greater challenges than girls or senior citizens in accessing the supports they need to truly thrive.

Rapidly escalating rates of overweight and obesity – 56 percent of New Mexico women 18 to 65 are clinically overweight or obese – further compromise women's health. Increased access to primary care through implementation of federal healthcare reform has the potential to benefit large numbers of currently uninsured women. Action must also be taken to ensure that more

coverage translates into improved access to health care by increasing the supply of health care providers, particularly in rural and other underserved areas of the state.

New Mexico women experience sexual and domestic violence at rates that exceed the national averages. Widespread availability of services that help survivors and their children cope with the impact of assault and access to the support necessary to build independent lives free of violence are critical to breaking the cycle of abuse. Gender inequality contributes to, and is reinforced by, sexual and domestic violence. Research indicates that school and community-based programs that challenge gender stereotypes and promote equality reduce domestic violence and that programs for young teens that discourage intimate partner violence are particularly effective.⁷⁸

Despite their enormous and increasing contribution to the state labor force, New Mexico women working full time and year round still earn 79 cents for every \$1 earned by men. The enduring prevalence of wage inequality is due, in part, to the low representation of women in many of our state's highest paying occupations and industrial sectors. To increase the number of women in high wage technical fields such as engineering we must work to keep girls engaged in science and math, starting in the early elementary grades and continuing through high school and college.

IV. New Mexico's Mothers

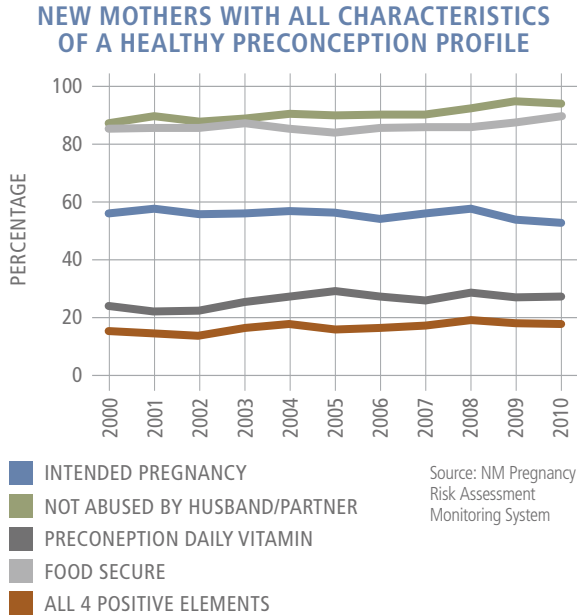
Child bearing and child rearing can be rewarding, challenging and life-altering experiences. In caring for children women make valuable contributions to society. Yet many women in New Mexico undertake this momentous responsibility inadvertently, lacking the financial resources and social support necessary to ensure the best outcome for themselves and their children. This section profiles the experience of pregnancy and preconception as well as the post-partum and early childhood periods for New Mexico mothers.

Health

Preconception Health

Certain characteristics prior to conception help maximize a woman's chances of a healthy pregnancy and a good birth. The four elements of a healthy preconception profile are: (1) the desire to become pregnant; (2) daily prenatal vitamins; (3) consistent access to healthy food; (4) a home environment that is free of domestic violence.

Fewer than one-in-five (17%) New Mexicans who gave birth in 2009 and 2010 had all four of these characteristics. This is, however an improvement over 2000, when only 15 percent of New Mexico's new mothers had all four markers prior to pregnancy.

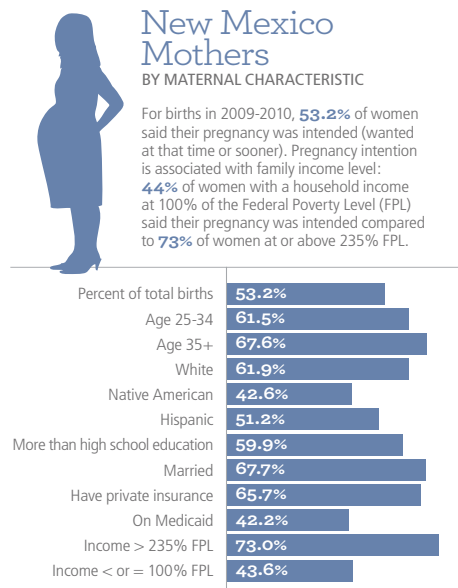


Pregnancy

Key Indicator - 47 percent of births in New Mexico are to women who did not intend to become pregnant

How Is New Mexico Doing?

Each year on average, 28,000 babies are born in New Mexico. Despite substantial increases in the state's population, the *number* of births to New Mexico residents has remained fairly constant since 1990 because the birth rate for New Mexico women has declined by almost 27 percent. Many factors including an aging population, reduced child bearing by teens and the depressed economy have contributed to the decline in birth rates. Birth rates have fallen among all the state's major racial and ethnic groups, but the 40 percent reduction in Native American births is by far the most dramatic.⁷⁹



New Mexico Medicaid provides health insurance coverage for pregnant women up to 235 percent of the federal poverty level (\$36,449 for a family of 2 in 2013). Medicaid covers prenatal care, birth and health services for the mother in the immediate post-partum period. Over 71 percent of births in New Mexico are paid for by Medicaid.¹

¹New Mexico Human Services Department "Improving Outcomes for Pregnant Women and Infants Through Medicaid September 27, 2012." New Mexico Legislative Finance Committee Report 12-10.

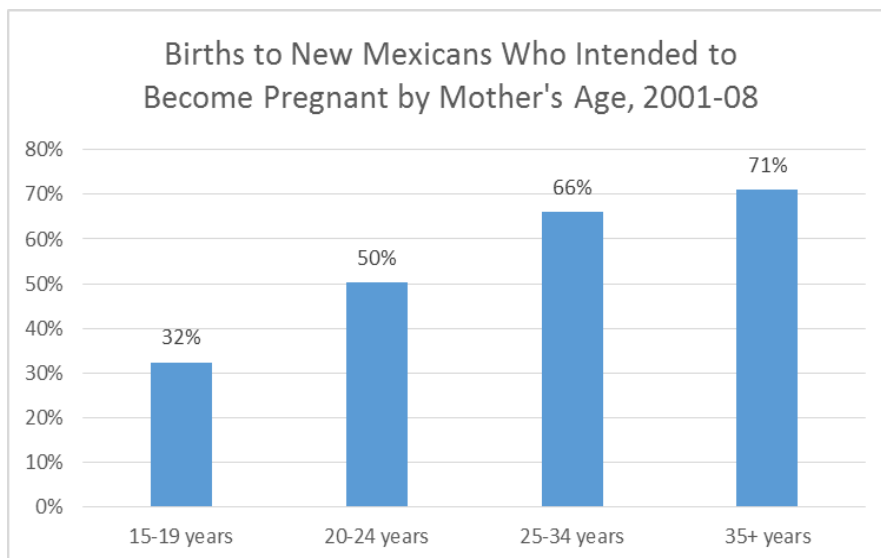
Intended Pregnancy

How is New Mexico Doing?

Forty-seven percent of New Mexico women who gave birth in 2009 and 2010 did not intend to become pregnant. Women who want to become pregnant are more likely than those who become pregnant unintentionally to maximize their chances of a healthy birth by consuming a nutritious diet, ensuring adequate folic acid intake by taking a daily multivitamin, abstaining from cigarettes, alcohol and illegal drugs, and seeking prompt prenatal care.

New Mexico mothers whose pregnancy was intentional are considerably less likely to suffer from postpartum depression than those who did not intend to become pregnant (See "Postpartum Depression" later in this section).

The likelihood that a pregnancy was intended increases with maternal age. The rate of intentional pregnancy for mothers over 24 is over twice that of teen moms.



Over half of Native American mothers and less than 40 percent of births to White Non-Hispanic mothers resulted from unintentional pregnancies.

Source: Pregnancy Risk Assessment and Monitoring System, New Mexico Department of Health, Public Health Division

How Does New Mexico Compare to the Nation?

New Mexico's rate of unintended pregnancy exceeds that of most other states. Between 2006 and 2010 thirty-seven percent of U.S. births were unintended.⁸⁰

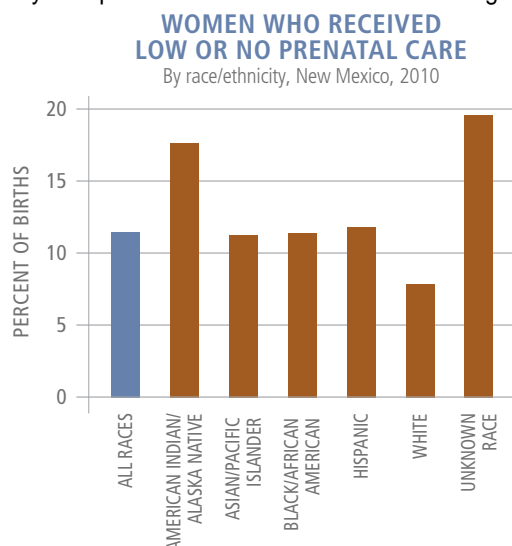
Prenatal care

Prenatal care is related to better health outcomes for both mother and child. Doctors recommend that expectant mothers see their health care provider before the 13th week of pregnancy and regularly thereafter for a total of at least 13 visits prior to delivery.⁸¹

A "typical" woman who has two children will spend about five years of her life pregnant, postpartum or attempting to become pregnant and at least 25 years trying to avoid pregnancy. Thus, the 400,000 New Mexico women who are currently between the ages of 15 and 44 will spend a major portion of their adult lives avoiding pregnancy.

How is New Mexico Doing?

Sixty-four percent of New Mexico women who gave birth in 2011 began prenatal care in the first trimester.



Between 2008 and 2010 the percentage of New Mexico mothers who reported first trimester prenatal care increased from 47 percent to 64 percent.⁸²

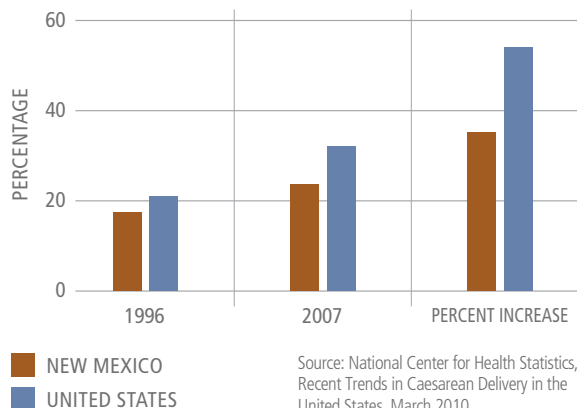
In 2011, over half of births in New Mexico were to unmarried women.⁸³ Just over half (54%) of single women and two-thirds of married women (68%) obtain first trimester prenatal care.

In New Mexico, half of Native American mothers and two thirds of White Non-Hispanic mothers receive prenatal care in the first trimester.

Source: New Mexico Selected Health Statistics Annual Report 2010, 60.

INCREASE IN CAESAREAN DELIVERIES

New Mexico and United States

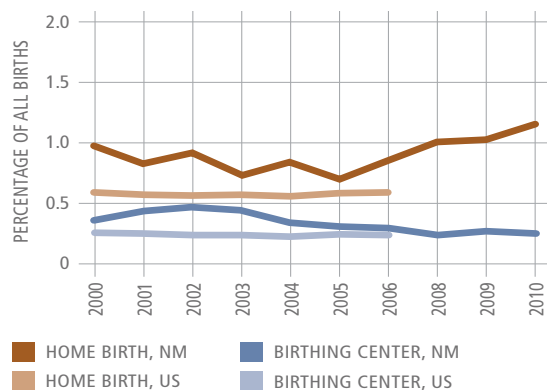


How Does New Mexico Compare to the Nation?

Data on the timing of prenatal care is derived from birth certificates. States are not uniform in the method they use to register births and collect birth data, making it difficult to calculate national statistics and to compare New Mexico's rate of early prenatal care to the nation's. In 2008, New Mexico's rate of first trimester prenatal care was 47 percent and U.S. value (which includes only the 27 states using a birth certificate comparable to New Mexico's) was 71 percent.⁸⁴

OUT OF HOSPITAL BIRTHS

New Mexico and United States



Home visiting

Home visiting programs help new and expectant mothers be the best parents possible by providing culturally-appropriate mentorship, support, health care and developmental screenings to women and infants in their homes through the services of specially-trained nurses and community health workers. These programs have been shown to improve birth outcomes, enable early detection and prompt, cost effective remediation of health problems and developmental delays, facilitate more efficient use of the health care system, lower rates of child abuse and neglect, improve school achievement, enhance parental attachment to the labor force and produce more self-sufficient and resilient families.

In 2013, an estimated 1,673 New Mexico families will receive home visiting services through the First Born Program, the Nurse Family Partnership or one of the other home visiting programs under contract to the State of New Mexico. In addition, approximately 800 infants ages up to age one and roughly 4,000 toddlers between the ages of one and two who are at physical or environmental risk for developmental delays will receive home-based early intervention services through the New Mexico Department of Health's Family, Infant Toddler program.² The 2,473 New Mexico families expected to receive home visiting services in 2013 will constitute less than one in ten New Mexico births and one in four first births.

www.pewstates.org/uploadedFiles/PCS_Assets/2011/Home_Visiting_model_policy_framework.pdf

²New Mexico Family Infant Toddler Program Annual Report FY 2010, April 2012
<http://nmhealth.org/ddsd/nmfit/Documents/documents/nm-apr-2012c.pdf>

Postpartum Depression

Due to hormonal fluctuations, the physical stress of childbirth and the demands of caring for a newborn, women may experience mood changes and fatigue in the days and weeks following childbirth. More serious postpartum depression (PPD) is said to occur when these symptoms are especially severe and last more than a couple of weeks. PPD can be debilitating, putting mothers at increased risk for suicide and dramatically impairing their ability to care for and bond with their infant. Early deficits in bonding can have long-lasting emotional and developmental consequences for both the mother and child. Postpartum depression is correlated with many risk factors including poverty, domestic abuse and unintentional pregnancy, all of which are prevalent in New Mexico.

How is New Mexico Doing?

Nineteen percent of New Mexico mothers report symptoms of postpartum depression (PPD).⁸⁵ The prevalence of PPD decreases with maternal age. Twenty-four percent of New Mexico's teen mothers experience PPD compared to 13 percent of mothers 35 and over. Native American mothers and mothers who did not intend to become pregnant experience the state's highest rates of PPD.⁸⁶

How Does New Mexico Compare to the US?

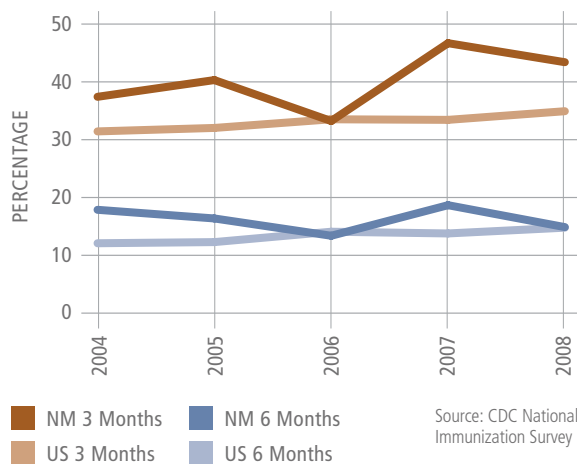
Nationally, 10 to 15 percent of new mothers report symptoms of postpartum depression in the first year after giving birth.⁸⁷ In a Center for Disease Control comparison of 2004-2005 results for 17 states,⁸⁸ New Mexico had the highest rate of self-reported post-partum depression.

Breastfeeding

Breastfeeding is highly beneficial for both mother and infant. Babies fed breast milk are healthier than formula-fed babies because breast milk contains the optimal combination of nutrients, enzymes, immunoglobulin, anti-infective and anti-inflammatory substances, hormones, and growth factors. Nursing also helps mothers' bodies transition back to their pre-pregnancy state, enhances mood and facilitates mother-child bonding.

EXCLUSIVE BREASTFEEDING BY YEAR OF BIRTH

New Mexico and United States



How is New Mexico Doing?

Four out of five New Mexico mothers initiate breastfeeding and over half are still nursing at six months.

The World Health Organization and the American Academy of Pediatrics recommend that babies be fed breast milk exclusively for the first six months of life.⁸⁹ The percentage of New Mexico infants who are *exclusively* breastfed declines by over 50 percent between three and six months of age.⁹⁰

Policies to Support Breastfeeding

Two New Mexico state laws protect the rights of nursing mothers and encourage them to continue nursing after they return to work. New Mexico State Statute (28-20-1 NMSA 1978) permits a woman to breastfeed anywhere she is legally allowed to be and 28-20-2 NMSA 1978 requires employers to provide flexible break time in a clean space other than a bathroom to express breast milk.

Forty-one percent of New Mexico mothers of infants who work and/or attend school say they can breastfeed at any time and 36 percent say there is a clean place available to them for breastfeeding.¹ However, 49 percent of new mothers in New Mexico do not know their company's policy regarding breastfeeding/pumping.² To encourage the initiation of breastfeeding, fifteen New Mexico hospitals have discontinued the once-common practice of distributing bags containing free formula samples to new mothers when discharged.³

¹New Mexico Pregnancy Risk Assessment and Monitoring System (PRAMS), New Mexico Department of Health. 2011. Just the Facts in New Mexico v.1(4). "Breastfeeding – Is New Mexico Mother Friendly?"

http://nmhealth.org/phd/prams/documents/2011%20breastfeeding%20barriers_final.pdf

²Ibid

³New Mexico Breastfeeding Taskforce

How Does New Mexico Compare to the Nation?

The percentage of New Mexico mothers who nurse their infants exceeds the national average. New Mexico also outperforms the U.S. in the percentage of mothers who are still nursing their infants at 6 months, at 12 months, and in the rate of exclusive breastfeeding.

Nineteen percent of New Mexico newborns receive formula before their second day of life, compared to 25 percent nationally.⁹¹

Breastfeeding in New Mexico and the US, 2009		
	New Mexico	US
Ever breastfed	81%	77%
Breastfeeding at 6 months	55%	47%
Breastfeeding at 12 months	31%	26%
Exclusive breastfeeding at 3 months	41%	36%
Exclusive breastfeeding at 6 months	23%	16%
Source: Centers for Disease Control and Prevention, 2012		

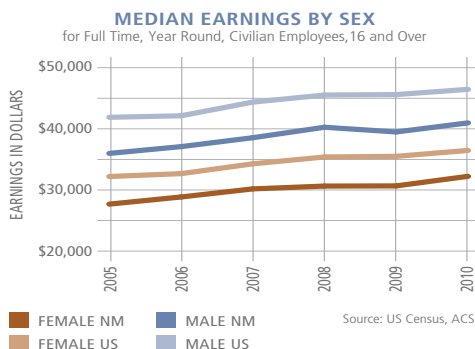
Economic Security

How is New Mexico Doing?

Poverty

Key Indicator – 45 percent of single mothers with young children live in poverty

Poverty in New Mexico is most prevalent among families with children, especially young children. Forty-five percent of New Mexico households headed by a single mother with young children are impoverished.



The median earnings for a New Mexico woman are about \$8,500 below that of their New Mexico male counterparts. New Mexico poverty rates by family type rate as follows:

- Female householder, no husband present, with family – 34%
- With related children under 18 years - 43% and,
- With related children under 5 years - 45%.

Citation: American Community Survey 2009-11

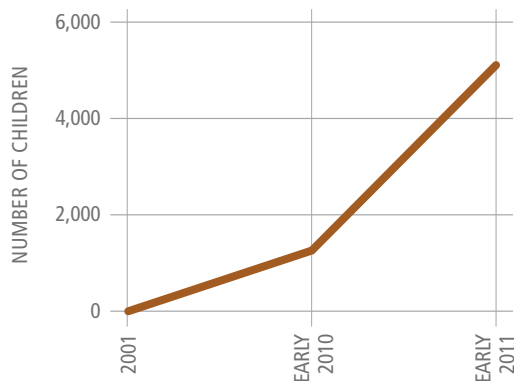
Child Care

Access to affordable, high quality childcare is critical for mothers who are working and/or going to school. In 2011, full time care for one infant at a licensed high-quality center in New Mexico cost about \$650 per month,⁹² or over half of the take-home pay of a single parent working full time and year round for the state minimum wage of \$7.50/hour.

New Mexico's child care assistance program makes childcare and early education affordable for low income families by subsidizing the cost of care for eligible children while their parents go to work or school. Children receiving state subsidies receive care in a variety of settings ranging from registered homes in which one person cares for just a few children to large childcare centers with numerous separate rooms for infants, toddlers and preschoolers. Currently, about 21,500 children ages zero to five receive state child care assistance.⁹³

WAITING LIST FOR CHILDCARE ASSISTANCE IN NEW MEXICO

Note: Children in families under 100% FPL are not put on the list.



Source: National Women's Law Center, "State Child Care Assistance Programs 2011: Reduced Support for Families in Challenging Times," October 2011.

Almost 50,000 children, or 30 percent of New Mexicans ages zero through five, live in poverty. Another 27 percent of New Mexico's young children are "near poor" - living in households with income between 100 percent and 200 percent of the federal poverty level - thus the potential demand for subsidized child care substantially exceeds the program's current size.

High quality care and education requires well-trained staff and low ratios of children to caregivers. It is extremely costly to provide services, and often unaffordable, for many of the families who need them the most. The state of New Mexico provides free home-visiting services to a small subset of mothers and infants, subsidizes private childcare for very low income families and provides half-day public pre-kindergarten (New Mexico Pre-K) to four-year olds in many, but not all, New Mexico school districts. The federal Head Start and Early Head Start programs also serve children in low income families. However, the current publically-funded system of early care and education serves only a fraction of the New Mexico families who need but cannot afford services and not all state-subsidized childcare is of a high enough quality to provide lasting benefits to children.

The Importance of Family Friendly Employment Policies

Legal protections for working parents and family-friendly employment policies, such as paid time off and flextime, help working mothers balance the demands of family and career. New Mexico, however, does not have any laws beyond the federal Family and Medical Leave Act (FMLA) that guarantee job protection or leave for new or expecting parents.¹ The lack of legal protections for working parents and the scarcity family-friendly employment opportunities force many women to choose between having a job and caring for their family. Often the women forced to make this choice are those least able to afford to. Only 5 percent of low-wage private sector workers and 14 percent of low wage public sector workers in the U.S. have access to paid family leave.² And, although the federal FMLA guarantees workers the right to take unpaid maternity leave, most low wage workers cannot afford to do so.

¹ National Partnership for Women and Families. Expecting Better: A State-by-State Analysis of Laws that Protect New Parents. May 2012

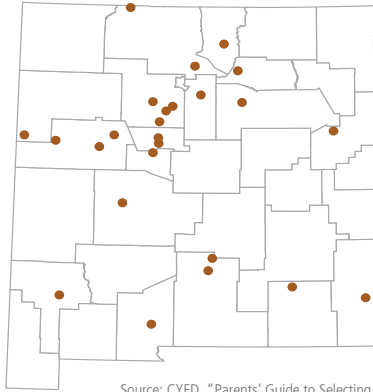
² US Bureau of Labor Statistics, 2011 National Compensation Survey

HEAD START LOCATIONS IN NEW MEXICO

Head Start is a federally funded program for preschool children. Children must be between the ages of 3-5.

30 locations

Acoma
Albuquerque (2)
Artesia
Bernalillo
Dulce
Hobbs
Isleta
Jemez Pueblo
Laguna (2)
Las Cruces (4)
Las Vegas
Los Lunas
Magdalena
Mescalero
Mora
Pine Hill
Ruidoso
San Felipe Pueblo
San Juan Pueblo
Santa Fe
Santo Domingo
Silver City
Taos
Tucumcari
Zuni



Source: CYFD, "Parents' Guide to Selecting Quality Child Care," newmexicokids.org.

In Brief

New Mexico mothers, particularly single mothers, and their young children are some of our state's most vulnerable residents. Forty-seven percent of New Mexico births are to mothers who did not intend to become pregnant. The high prevalence of unintended pregnancy in New Mexico is reflected in low rates of first trimester prenatal care and rates of post-partum depression that exceed those observed nationally. To reduce unintended pregnancy and the many problems it precipitates, we must instill in girls and women a sense of their own agency in deciding when to bear children and provide them with confidential, affordable birth control options at safe and convenient locations. Increased funding for programs that aid new mothers and their young children is also critical. Home-visiting programs such as New Mexico First Born help mothers take better care of themselves and their children by teaching important life skills and connecting families with supports

including health care, developmentally appropriate childcare and programs to address common but serious problems including domestic violence and substance abuse. Increased funding for state childcare assistance would enable more children to receive high quality childcare and more mothers to work or go to school.

V. New Mexico's Older Women

The final section of this report explores the unique characteristics and challenges facing New Mexico women over 65. Our state's population of elder women is growing rapidly. Maximizing women's ability to maintain vital and independent lives as they age must therefore be one of New Mexico's highest priorities.

Over 150,000 New Mexico women are 65 or older. Because women live an average of three years longer than men, the ratio of women to men in the population increases markedly with age.

New Mexicans 65 and Older by Gender, 2009-11

	Men	Women	Percent Women
65 and 66 years	18,005	18,961	51.30%
67 to 69 years	23,599	27,380	53.70%
70 to 74 years	32,021	35,919	52.90%
75 to 79 years	22,836	27,069	54.20%
80 to 84 years	16,171	20,850	56.30%
85 years and over	11,025	20,928	65.50%
All seniors	123,657	151,107	55.00%

Source: American Community Survey 2009-11

Health

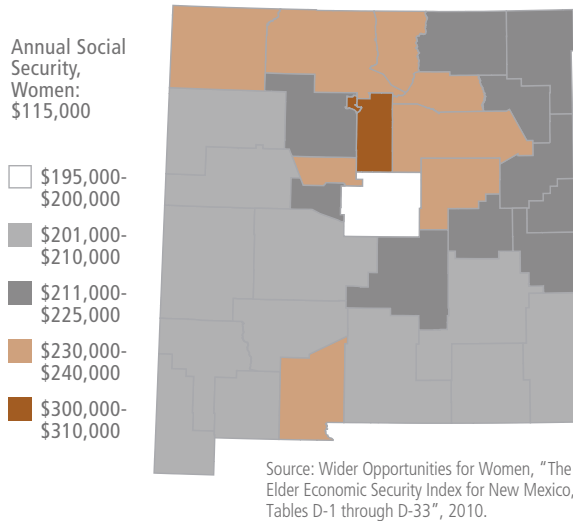
Life Expectancy at Age 65

How is New Mexico Doing?

Life expectancy at age 65 measures the number of additional years an individual who makes it to age 65 can expect to live. It is a widely used indicator of the overall health of those over 65 and their ability to access health services. The average life expectancy of a 65-year-old New Mexico woman increased from 20.0 years in 1999 to 21.4 years in 2011.

ANNUAL EXPENSES OF A SINGLE ELDER, 2010

Homeowner with a mortgage; includes health care costs for an individual in good health.



Unlike life expectancy from birth, life expectancy at 65 is not impacted by differential mortality rates among youth. And thus, contrary to race and ethnic mortality differentials observed in the younger population, life expectancy from age 65 is longest for Native Americans and shortest for White Non-Hispanics. These differences, although modest, are statistically significant and represent one of the rare instances in which health outcomes for women of color are better than those for the state's White Non-Hispanic women.⁹⁴

How Does New Mexico Compare to the Nation?

Life expectancy at age 65 for New Mexico females is higher than the national average. In 2010, life expectancy from 65 was 17.7 years for U.S. men and 20.3 years for U.S. women. Among U.S. Hispanics, life expectancy at age 65 was 18.8 years for men and 22.0 years women.⁹⁵

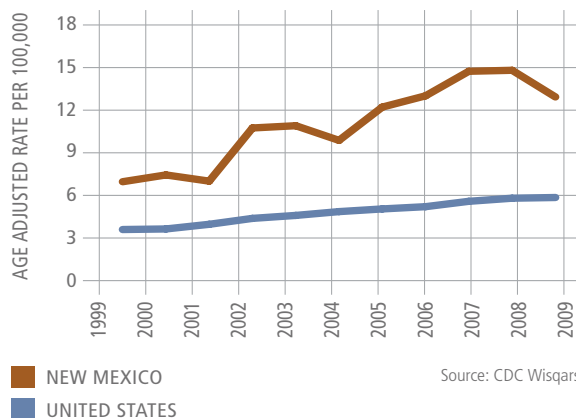
In the U.S., like New Mexico, life expectancy at age 65 is longer for Hispanic and Native American women than it is for White Non-Hispanic women.⁹⁶

How Is New Mexico Doing?

Chronic illnesses including heart disease, cancer, stroke and diabetes account for the vast majority of deaths among New Mexico's elderly. However, over 150 New Mexico women 65 and older die each year from unintentional injuries, primarily falls. Unintentional injuries are the seventh leading cause of death among New Mexico women 65 and older.

Fall-related deaths in the elderly usually result from hip fractures and traumatic brain injury. Seniors who live alone are at greater risk for falling and being unable to summon help.

UNINTENTIONAL FALL DEATHS FOR WOMEN, UNITED STATES AND NEW MEXICO, 1999-2009



Non-fatal fall injuries can severely undermine quality of life by limiting mobility and the capacity for independent living. Each year, New Mexico seniors make over 6,000 visits to hospital emergency rooms as a result of falls. For every fall-related death among New Mexico seniors in 2010 there were 12.5 hospitalizations and 27 emergency department (ED) visits. In 2010, New Mexico women over 65 had a fall-related ED visit rate (2,876/100,000) that was almost twice the male rate (1,540/100,000).⁹⁷

How Does New Mexico Compare to the Nation?

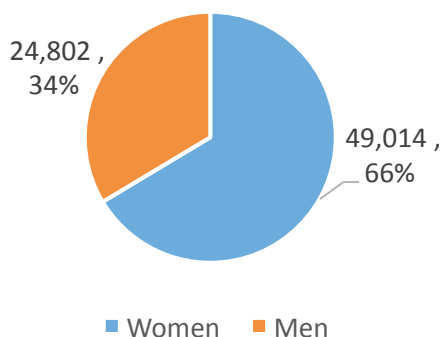
In 2009 New Mexico's fall-related death rate was 99 deaths per 100,000 elderly, almost twice the U.S. rate of 52 deaths per 100,000 elderly.⁹⁸ New Mexico's rate was the third highest among states. Increases in fall-related deaths among the elderly have been observed at both the state and national levels. Increases in life expectancy and thus the prevalence of chronic diseases that heighten the risk of falls and fall-related injuries have no doubt contributed to the rise in mortality rates, but changes in how causes of death are classified may have also played a role.⁹⁹

Social Isolation

For seniors, social isolation is a serious risk factor for poor health and early mortality. A recent national study found that social isolation increased mortality by 26 percent in the elderly.¹⁰⁰ Another study has likened the magnitude of the health risk created by social isolation to the risks from cigarette smoking.¹⁰¹

Key Indicator – 18 percent of New Mexico women 65 and over say that they do not get the social support they need

New Mexicans 65 and Older Living Alone



How is New Mexico Doing?

Over one third of New Mexico's female senior citizens have been widowed and 73 percent of New Mexico women 85 and older are widows. Women make up two thirds of the New Mexico seniors who live alone and 77 percent of the seniors who are widowed.

People over age 65 who live alone are at risk for social isolation and may have limited access to supportive services and inadequate assistance in emergency situations. Eighteen percent of New Mexico women 65 and older say they do not receive the social support they need.¹⁰² As such, lone seniors often lose their independence or become institutionalized earlier than seniors who live with someone else. Because women live longer, on average, than men, older women are twice as likely as men to live alone.

Source: American Community Survey 2009-11

How Does New Mexico Compare to the Nation?

In 2010, 76 percent of U.S. men and 81 percent of U.S. women 65 and over said they "usually" or "always" get the social support they need compared to 77 percent of New Mexico men and 82 percent of New Mexico women.

Economic Security

Key Indicator – 14 percent of New Mexico women 65 and older live in poverty

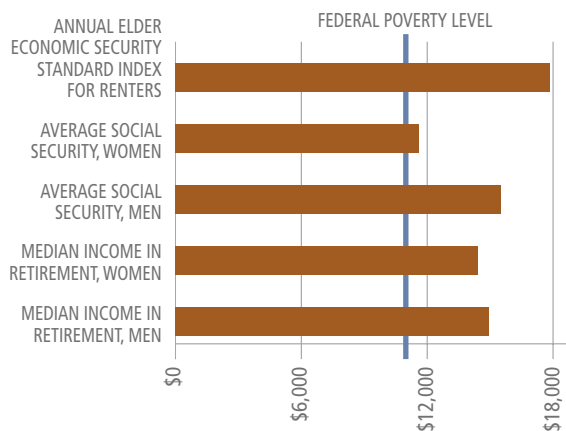
How is New Mexico Doing?

Due to their generally smaller households and the modest economic safety net provided by social security retirement income, seniors are less likely than New Mexicans in any other age group to live in poverty. None the less, at least 14 percent of New Mexico women age 65 and older are impoverished. Among seniors, women are more likely than men to be poor and the prevalence of poverty increases with age.

Because women typically reach retirement age with fewer assets and lower incomes than do men, poverty is more prevalent among senior women. Senior women in the U.S. derive a larger percentage of their total income from social security and are more likely than men to rely exclusively on income from social security to meet all their living expenses.¹⁰³

Numerous characteristics of women's labor market participation contribute to this disparity. Women are less likely than men to have been covered by a pension at work,¹⁰⁴ less likely than men to participate in retirement plans when they are available and, on average, contribute a smaller percentage of their income to such plans.¹⁰⁵

ELDER ECONOMIC SECURITY



Source: Wider Opportunities for Women, "Elders Living on the Edge: When Basic Needs Exceed Income in New Mexico, Figure 2", 2010

And although it constitutes a larger percentage of their income, the average social security retirement benefit for New Mexico's female beneficiaries is 25 percent lower than the average benefit for men. Although social security is progressive – it replaces a larger portion of income for lower income households – it is still, to some degree, a function of lifetime earnings.

Finally, because women live longer than men and are more likely than men to be younger than their spouse, they are far more likely to be widowed and spend at least part of their lives without a partner to share expenses. In New Mexico, 37 percent of female seniors and 13 percent of male seniors are widowed.¹⁰⁶ The financial consequences of widowhood are more severe for women than they are for men. Nationally, women's income decreases an average of

37 percent when they are widowed, while the income of men who become widowers falls 22 percent.¹⁰⁷ The 2011 median income of New Mexico seniors living alone was \$24,000 for men and \$19,300 for women.¹⁰⁸

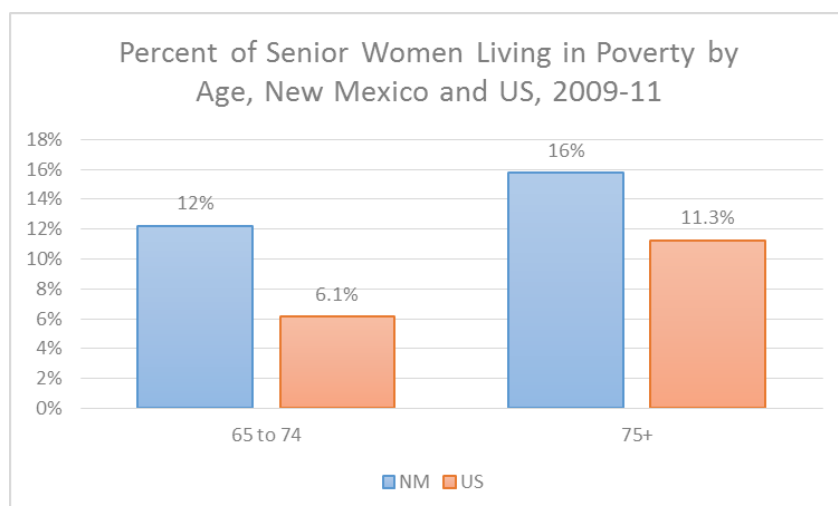
In 2010, the New Mexico Aging and Long Term Services Department partnered with Wider Opportunities for Women to measure the minimum income necessary for an older adult in New Mexico to live with dignity and remain in their own home.¹⁰⁹ Using data from 2009, they produced the 2009 Elder Economic Security Standard™ Index (EESS) for New Mexico. The 2009 EEES was \$17,700 for a single elderly renter and \$22,500 for a single senior with a mortgage, thresholds that exceed the average social security retirement benefit for New Mexico women by 50 percent and 90 percent respectively.

TABLE 1 The Statewide Elder Economic Security Standard Index for New Mexico, 2009						
Monthly Expenses	Elder Person (age 65+)			Elder Couple (both age 65+)		
	Owner w/o Mortgage	Renter	Owner w/ Mortgage	Owner w/o Mortgage	Renter	Owner w/ Mortgage
Housing	\$292	\$544	\$946	\$292	\$544	\$946
Food	\$232	\$232	\$232	\$428	\$428	\$428
Transportation	\$214	\$214	\$214	\$378	\$378	\$378
Health Care (Good Health)	\$281	\$281	\$281	\$562	\$562	\$562
Miscellaneous	\$204	\$204	\$204	\$332	\$332	\$332
Total Monthly (Elder Index) Expenses	\$1,223	\$1,475	\$1,877	\$1,992	\$2,244	\$2,646
Total Annual (Elder Index) Expenses	\$14,676	\$17,700	\$22,524	\$23,904	\$26,928	\$31,752

<http://www.wowonline.org/ourprograms/eesi/state-resources/documents/NMElderIndex.pdf>

How Does New Mexico Compare to the Nation?

New Mexico's elder women experience poverty at twice the national rate. Fourteen percent of New Mexico's female seniors and 7 percent of female seniors in the U.S. live in poverty.

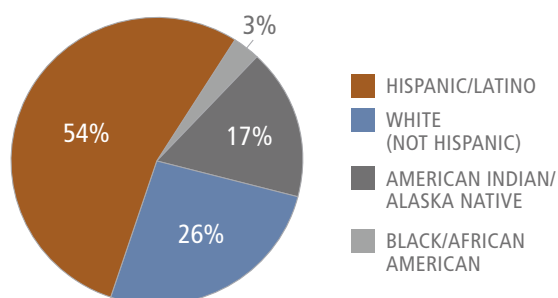


Raising Grandchildren

How Is New Mexico Doing?

GRANDPARENTS RAISING GRANDCHILDREN

In New Mexico, by Race/Ethnicity



Source: AARP Grandfacts New Mexico

Sixteen-thousand-three-hundred New Mexico grandmothers live with and are responsible for their grandchildren. Seven-in-ten grandmothers who reside with and are responsible for their grandchildren are between 30 and 59, but 4,700 New Mexico grandmothers caring for their grandchildren are over 60. Twenty-five percent of New Mexico grandparents over 60 who are raising their grandchildren are poor.¹¹⁰

In New Mexico over half (54%) of grandparents raising grandchildren are Hispanic, 26 percent are White Non-Hispanic and 17 percent are Native American.¹¹¹

How Does New Mexico Compare to the Nation?

Half a million U.S. grandmothers over the age of 60 are raising their grandchildren. Eighteen percent of U.S. grandparents over 60 who are raising their grandchildren live in poverty.¹¹²

In Brief

Women over 65 are our state's fastest growing population. Maximizing the ability of our elders to remain active and independent must therefore be one of our state's highest priorities. Because women, on average, live longer than men, social isolation becomes a critical factor which greatly increases the risk of health problems and premature death. Eighteen percent of New Mexico women over 65 don't get the social support they need. Programs and services that help elder women remain engaged with each other and their communities are, therefore, key to public health. So too are programs which ensure that elders can maintain a decent standard of living when they are no longer able to work.

Conclusion

With this report, NMW.O does not place itself in the position of dictating the way forward, but rather, we hope that by presenting these statistics front and center, that we can help facilitate a collaborative conversation so that the collective wisdom of those already working in the field, as well as those who can institute policies and direct funding, will emerge with specific next steps. Some of this is already occurring under our NMW.O roof with a periodic gathering of likeminded supporters and organizations who discuss the issues, exchange ideas and develop alliances. With power in numbers, we can achieve a real change to the baseline statistics that we have seen in this Indicators Report.

Investments in New Mexico's women and girls ultimately benefit every resident of our state. Investing one dollar in women's economic development leads to a five-fold return on investment. There is much that New Mexico's public and private sectors can do to help our girls and women thrive. NewMexicoWomen.Org hopes this report is but a first step to future coordinated strategies to address these statistics.

Get Involved!

For readers who are committed to supporting the empowerment of women and girls in New Mexico, here are some suggested ways to get involved:

- Educate yourself about the most pertinent issues facing women and girls in your community or region.
- Reach out to groups that advocate and organize on behalf of women in your community.
- Invest in NewMexicoWomen.Org with your time, expertise or resources.

We know there are many more ideas out there, so please be in touch with us at NewMexicoWomen.Org.

End Notes

¹Geospatial and Population Studies, University of New Mexico

²The data presented here are derived from the 2010 decennial U.S. Census and the 2009-11 American Community Survey, also administered by the Census Bureau. The U.S. Census counts all persons including citizens, legal immigrants, non-citizen long-term visitors and undocumented immigrants; however, the Census acknowledges that certain populations including racial minorities and transient populations are undercounted. For instance, the Census Bureau estimates that the Hispanic population is about 1.5 percent larger than its 2010 estimate. The undercount of the undocumented population is likely much larger, estimates of the percent of undocumented immigrants that are not reflected in Census data range from 10 percent to 40 percent (Pew Hispanic Center, [Pewresearch.org](http://pewresearch.org)).

³Federal Poverty Guidelines. *Federal Register*, Vol. 78, No. 16, January 24, 2013, pp. 5182-5183

⁴*Ibid*

⁵Married couples are "headed" by both the husband and the wife.

⁶Barnett, W. S. (1996). *Lives in the balance: Age 27 benefit-cost analysis of the High/Scope Perry Preschool Program*. Ypsilanti, MI: High/Scope Press.

⁷American Community Survey 2009-11

⁸U.S. Department of Education, National Center for Education Statistics, Common Core of Data (CCD), State Dropout and Completer Data File: School year 2008–09, version 1b.

¹⁰*Ibid*

¹¹The New Mexico SBA is a state-mandated, standardized test that is used to assess whether students meet grade-specific state standards. The SBA is taken by public school students in grades 3-8, 10 & 11

¹²National Association of Colleges and Employers. 2013 Salary Survey. www.naceweb.org

¹³National Center for Education Statistics. *The Nation's Report Card: Science 2009 report PDF* (15654K PDF) <http://nces.ed.gov/nationsreportcard/pubs/main2009/2011451.asp>

¹⁴New Mexico's average score was statistically comparable to that of five states/jurisdictions. Not all states/jurisdictions elect to participate in the NAEP.

¹⁵US Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/guidelines/#toc>

¹⁶The Women's Sports Foundation Report: *Sport and Teen Pregnancy*, The Women's Sports Foundation (May 1998); Sumru Ernut & Allison Tracy, *Sports as Protective of Girls' High-Risk Sexual Behavior*, Wellesley Center for Women (2001).

¹⁷US Surgeon General's Vision for a Healthy and Fit Nation.
http://www.surgeongeneral.gov/initiatives/healthy-fit-nation/obesityvision_factsheet.html

¹⁸BARTON, M. CHILDHOOD OBESITY: A LIFE-LONG HEALTH RISK *Acta Pharmacologica Sinica* (2012) 33: 189–193; doi: 10.1038/aps.2011.204

²¹*Ibid*

²²Green D, Peñaloza L, and FitzGerald C. 2012. New Mexico Youth Risk & Resiliency Survey: Middle School Survey Results 2011. Epidemiology and Response Division, New Mexico Department of Health, School and Family Support Bureau, New Mexico Public Education Department, and University of New Mexico Prevention Research Center.

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²⁴The suicide mortality rate for New Mexicans 17 and under was 5.2 deaths per 100,000 boys and 1.8 deaths per 100,000 girls.

²⁵New Mexico Death Certificate Database, Office of Vital Records and Statistics, New Mexico Department of Health

²⁶Green D, Peñaloza L, and FitzGerald C. 2012. New Mexico Youth Risk & Resiliency Survey: High School Survey Results 2011. Epidemiology and Response Division, New Mexico Department of Health, School and Family Support Bureau, New Mexico Public Education Department, and University of New Mexico Prevention Research Center.

²⁷Pregnancy Risk Assessment and Monitoring System, New Mexico Department of Health, Public Health Division, Family Health Bureau, Santa Fe, NM

²⁸Teen Pregnancy, Policy's Role in Prevention. Center for Health Improvement http://www.chipolicy.org/pdf/TEEN_BRF1.pdf

²⁹Benard, B. 1991. *Fostering Resiliency in Kids: Protective Factors in the Family, School, and Community*
<http://friendsofthechildrenboston.org/mentors/articles/Benard%20%20%20Fostering%20Resiliency.pdf>

³⁰*Ibid*

³¹Teen Pregnancy: Why It Matters. National Campaign to Prevent Teen Pregnancy, July 2012.

³²New Mexico Selected Health Statistics Annual Report, 2010. New Mexico Department of Health

³³Douglas Kirby, *Emerging Answers: Research Findings on Programs To Reduce Teen Pregnancy*, National Campaign To Prevent Teen Pregnancy

³⁴Leslie Kantor et al., "Abstinence Only Policies and Programs: An Overview" *Sexuality Research & Social Policy*, September 2008

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