

Highlights from the Otero County Community Health Assessment - 2019
Recommendations to support HEAL (Healthy Eating & Active Living)

Otero County Healthcare Services Department

Full report available at: <https://www.co.tero.nm.us/374/Community-Health-Assessment>



Obesity, Nutrition, & Physical Activity in Otero County

- 32% of adults have obesity (defined as a Body Mass Index of 30 or higher)¹
- 16% of adults reported consuming fruits or vegetables 5 or more times per day²
- 53% of adults reported meeting physical activity recommendations³

Diabetes in Otero County⁴

- In 2017, diabetes was the *6th leading cause of death* in New Mexico and the 7th leading cause in the U.S.
- Diabetes complications include premature death, cardiovascular disease, blindness, end stage kidney disease, and lower extremity amputations
- People with diabetes are two to four times more likely to develop cardiovascular disease and stroke; about 65% of deaths in people with diabetes nationwide are due to these conditions
- Costs of diabetes extend beyond medical costs, such as costs due to lower productivity, disability, loss of productive life due to premature death, and caretaking by family members
- Between 2014 and 2018, there were 126 diabetes deaths in Otero County, or 30.7 deaths per 100,000 population; this is significantly higher than the 2016 U.S. rate⁵

Diabetes: Age-adjusted Rates, deaths per 100,000 Population, 5 year moving time periods

	2012-2016	2013-2017	2014-2018
Otero County	30.6	32.4	30.7
New Mexico	26.8	26.5	26.2
US	21.0 (in 2016)		

What can we do?^{6,7}

- Increasing access to appropriate healthcare and chronic disease management programs is vital to improving quality of life and reducing complications from obesity and related health consequences in individuals
- **Healthy eating and active living (HEAL)** are individual health behaviors that can help prevent obesity
- There are many scientifically supported strategies that communities can use to support HEAL in different settings - multi-component obesity prevention interventions are the most effective, and involve combining educational, environmental, and behavioral strategies and activities in various settings



Community-level strategies to support HEAL:

- Community-based places for *physical activity*
- *Activity programs* for older adults
- *Community fitness programs*
- *Multi-component obesity prevention interventions* that combine educational, environmental, and behavioral activities
- *Screen-time interventions* for children that promote time away from TV and other media
- *School breakfast and additional meal programs*
- *Prescriptions for physical activity* with tailored exercise plans
- *Farmer's markets* and incentivizing *healthy food purchases* in various settings
- Community-based *restaurant interventions* to promote healthy eating
- *Healthy food initiatives in food banks*



These strategies are **scientifically supported** (tested in multiple studies with consistently positive results) or have **some evidence** of positive results in several studies

Recommendations based on evidence, community input, and priorities:

- Support existing community efforts that increase *availability/affordability of healthy foods and nutrition education* throughout the County
- Support *community-based places* (e.g., community centers, senior centers) throughout the County that provide *activity programs* for older adults and *multi-generational physical activity programs* that are accessible and affordable for all residents
- Prioritize *building and maintaining safe parks and playgrounds* in communities with fewer resources
- Advocate for *increased SNAP benefits to support* families with low incomes



- Leverage resources and partnerships to create *community environments that support HEAL and reduce sedentary time*

For more information on what works to improve health: [What works for Health](#) and [What works? Strategies to Improve Rural Health](#)

Sources:

¹NM-IBIS, BMI; ²NM-IBIS, Nutrition – Adult Fruit and Vegetable Consumption; ³NM-IBIS, Physical Activity; ⁴NM-IBIS, Diabetes Deaths; ⁵NM-IBIS, Custom query; ⁶RWJF, What Works for Health; ⁷CPSTF Obesity Task Force Findings