

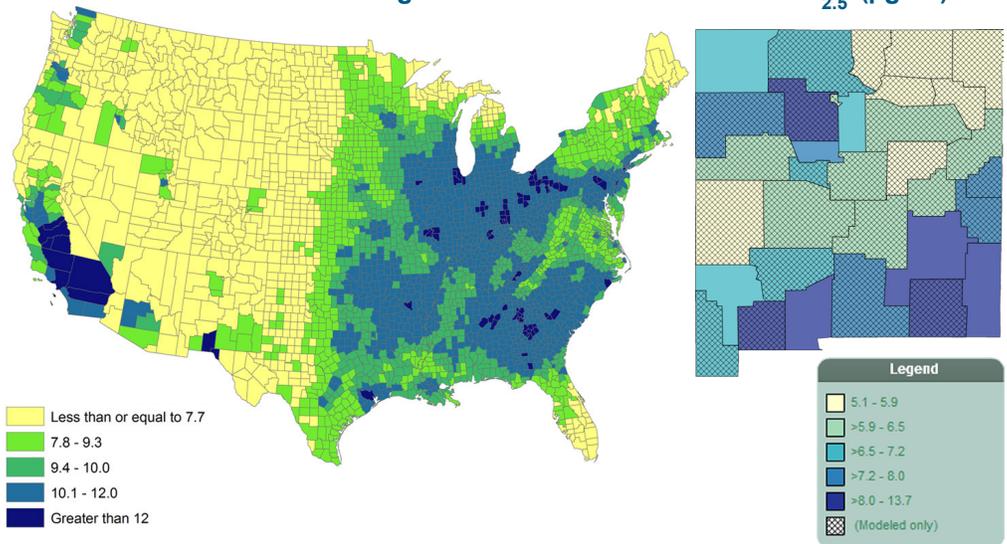
CDC's National Environmental Public Health Tracking Network

The Environmental Public Health Tracking Network is a dynamic system that provides information and data about environmental hazards and potentially related health problems. It presents what is known about environmental hazards, such as air pollution, and where they might exist, where people are exposed to hazards, and how targeted action can protect health, reduce illness, and save lives.

AIR POLLUTION (PM_{2.5}) AND HEALTH

Air pollution is a leading environmental threat to human health. Particles in the air such as dust, dirt, soot, and smoke are kinds of air pollution that have been linked with health problems. Some particles in the air are large or dark enough to be seen, like some kinds of smoke and soot. Other particles are so small that you cannot see them. Very small particles that are less than 2.5 micrometers wide (smaller than a grain of sand) are known as fine particulate matter or PM_{2.5}.

2011 Annual Average Ambient Concentrations of PM_{2.5} (µg/m³)



PM_{2.5} particles are small enough to be inhaled deeply into the lungs. Once fine particles are in the lungs, they can affect the heart, blood vessels, and lungs. People exposed to fine particles over a long period of time can have more heart and lung problems than people who are not breathing this kind of air pollution. Being exposed to any kind of particulate matter may lead to increased emergency department visits and hospital stays for breathing and heart problems and other health problems. In New Mexico:

43 Age-adjusted Rate of Emergency Department Visits for Asthma - 2014
/10,000



28 Age-adjusted Rate of Hospitalizations for Heart Attacks (over 35) - 2012
/10,000



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Environmental Risk Factors and Chronic Diseases

When people breathe very small bits of air pollution, known as particulate matter (PM), and especially fine particulate matter (PM_{2.5}), their risk for cardiovascular disease (CVD) increases. CVD, including heart disease, is a leading cause of death in New Mexico. Smoking habits are more common in some areas of the state than in others. When the air is polluted, those that have heart disease have an increased risk for heart attacks. Plus, the risk for cardiovascular disease increases when people smoke or are exposed to second-hand smoke.

New Mexicans can make health-conscious choices about outdoor activities using air quality data from the New Mexico Environmental Health Tracking Network (New Mexico Tracking Network). By tracking particulate matter concentrations, smoking habits, and CVD hospitalizations and deaths, the New Mexico Tracking Network helps New Mexicans understand the link between air quality and heart health. Epidemiologists and public health professionals use these data to strategize health promotion activities and smoking cessation programming in communities where people are likely breathing in polluted air.

Environmental Effects



Average PM_{2.5} concentrations as high as **14.5 µg/m³** in one New Mexico community(2011)



Smoking prevalence statewide: current smokers **19.3%** and ever smokers **44.3%**

Health Effects



Age-adjusted cardiovascular disease mortality rate **197.3** deaths per 100,000 population (2013)

Arsenic in Drinking Water Associated with Bladder Cancer

Too much arsenic in drinking water can increase the risk of bladder cancer. Arsenic has been measured in both water from private wells and community water systems at concentrations above the U.S. Environmental Protection Agency maximum contaminant level (MCL) of 10 µg/L. About 20 percent of the population in New Mexico receive their water from private wells, which are not monitored routinely.

New Mexico is tracking data on bladder cancer potentially associated with arsenic in drinking water. Private well water data on the New Mexico Tracking Network assist communities in understanding local water quality issues and encourage well owners to test their water. Community water system data help community leaders and water consumers make decisions about water quality management and consumption. Data on bladder cancer are available at the county level to help public health leaders organize resources to address this health issue.

Environmental Effects



20 percent of New Mexicans get drinking water from private wells



Average arsenic drinking water concentrations exceed 10 µg/L in **18** community water systems, or among an estimated 64,000 people (2012)

Health Effects



State age-adjusted bladder cancer incidence of **15.1** per 100,000 population for both sexes; **26.0** per 100,000 for males and **6.3** per 100,000 for females (2006-2010)