



dementia caregiving in New Mexico

DATA FROM THE 2021 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM

More than 1 in 5 caregivers in New Mexico (20.8%) is providing care to an individual with Alzheimer's or other form of dementia.

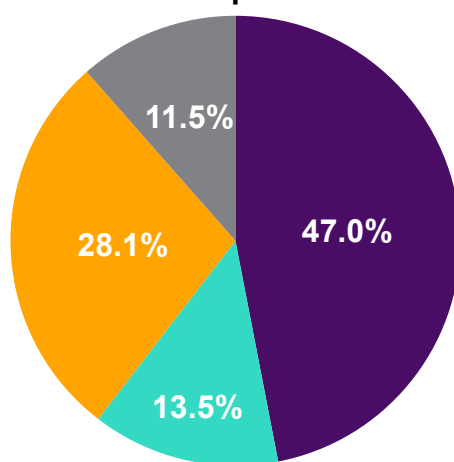
Who are dementia caregivers?

Female	67.9%
Male	32.1%
Urban	94.4%
Rural	5.6%
Also caring for a child	20.7%

Health Effects

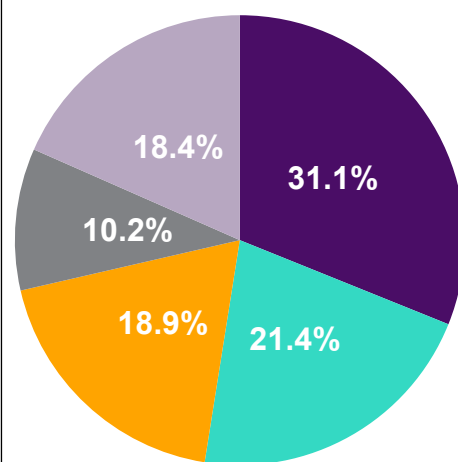
In frequent poor physical health	12.6%
In frequent poor mental health	18.7%
History of depression	31.3%

Relationship to Care Recipient



■ Child/Child-in-Law ■ Partner/Spouse
■ Other Relative ■ Non-Relative

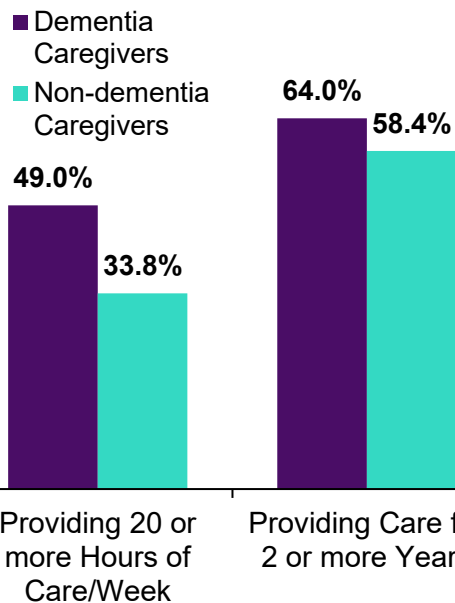
Age



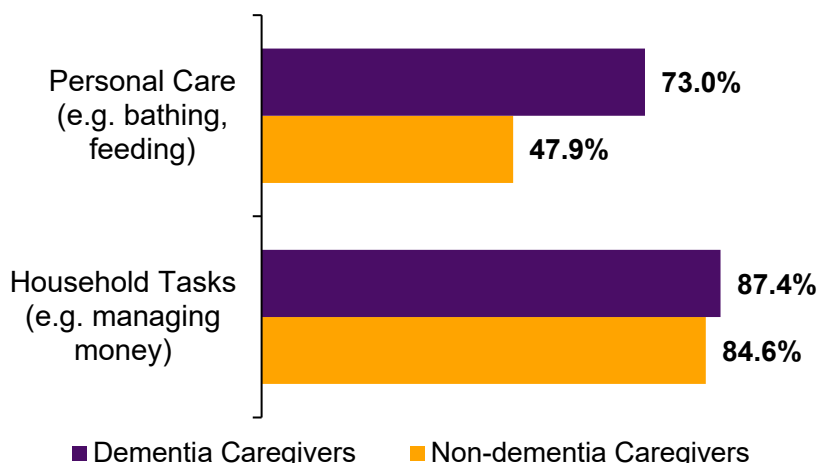
■ 65+ ■ 55-64 ■ 45-54
■ 35-44 ■ Under 35

What does dementia caregiving entail?

Length of Care



Type of Assistance Provided



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