A SNAPSHOT

DIABETES IN NEW MEXICO

DIABETES IN 2017

220 THOUSAND
New Mexico adults had diabetes
8 in 10 were aware of it

6th
Leading cause of death in New Mexico

PREDIABETES IN 2017

549 THOUSAND
New Mexico adults had prediabetes

Only 3 OUT OF 10 adults with prediabetes were aware of it

COST

$2 BILLION a year
Estimated costs for people with diagnosed diabetes

In 2017
673 deaths
were listed as diabetes being primary cause

Medical costs for people with diabetes are more than twice as high

2X
as for people without diabetes

People who have diabetes are at higher risk of serious health complications

- BLINDNESS
- KIDNEY FAILURE
- HEART DISEASE
- STROKE
- LOSS OF TOES, FEET, OR LEGS

If you have prediabetes, losing weight by:
EATING HEALTHY & BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in HALF
TYPES OF DIABETES

TYPE 1

BODY DOESN'T MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately 5% of all diagnosed cases of diabetes

TYPE 2

BODY CAN'T USE INSULIN PROPERLY

- Can develop at any age
- Many cases can be prevented

In adults, type 2 diabetes accounts for approximately 95% of all diagnosed cases of diabetes

RISK FACTORS FOR TYPE 2 DIABETES

- BEING OVERWEIGHT
- HAVING A FAMILY HISTORY
- BEING PHYSICALLY INACTIVE
- BEING 45 AND OLDER

IF YOU HAVE PREDIABETES

You can prevent or delay type 2 diabetes

- LOSE WEIGHT IF NEEDED
- EAT HEALTHY
- BE MORE ACTIVE

IF YOU HAVE DIABETES

You can manage diabetes

- WORK WITH A HEALTH PROFESSIONAL
- EAT HEALTHY
- STAY ACTIVE

Enroll in a FREE diabetes prevention or self-management program today
Visit www.pathstohealthnm.org

SOURCES

2011-2014 National Health And Nutrition Examination Survey (NHANES)
2016 NM Behavioral Risk Factor Surveillance System (BRFSS)
American Diabetes Association Fact Sheet (2018)
New Mexico Death Certificate Database, Office of Vital Records and Health Statistics, New Mexico Department of Health.

We attribute credit to the Centers for Disease Control & Prevention for their material design resources.