

Weight Classification of NM Adults 18 Years of Age and Over by Diabetes Status

New Mexico Behavioral Risk Factor Surveillance System Data (2004)

	No Diabetes	Diabetes
Obese	19.9	43.3
Overweight	36.4	36.8
Normal	43.7	19.9
TOTAL	100%	100%

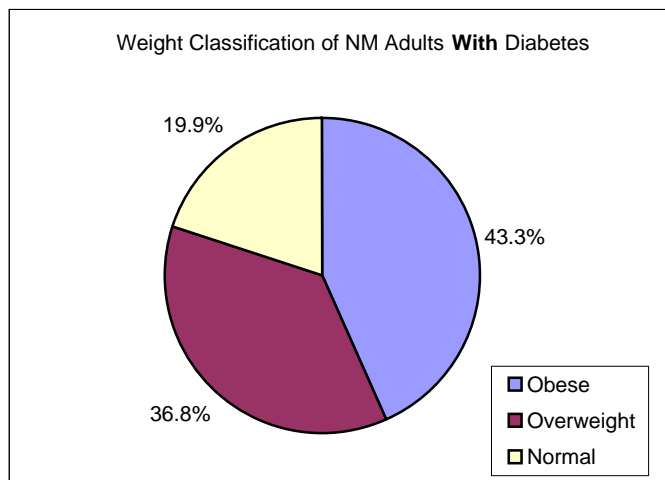
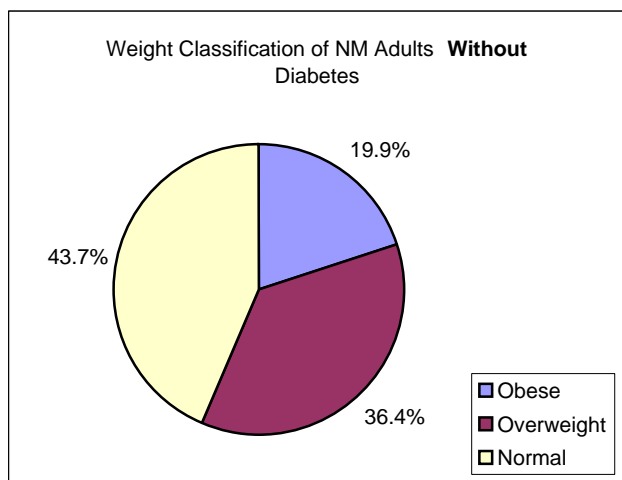
Notes:

Obese: BMI (Body Mass Index) of $\geq 30 \text{ kg/m}^2$

Overweight: BMI of $\geq 25 \text{ kg/m}^2$ but $< 30 \text{ kg/m}^2$

Normal: BMI $< 25 \text{ kg/m}^2$

Note: normal includes those who are underweight



Interpretation: A higher percentage of people with diabetes are obese (43.3%) compared to those without diabetes (19.9%). The individuals without diabetes who are overweight or obese (56.3%) are at higher risk for developing diabetes than their normal weight counterparts.