

## New Mexicans with Weight Problems

Weight Category	Adults	High school students	2- to 5-year old participants in federally funded nutrition programs
% obese	20.3 <sup>1</sup>	N/A <sup>2</sup>	N/A <sup>2</sup>
% overweight	36.4 <sup>3</sup>	10.2 <sup>4</sup>	9.3 <sup>4</sup>
% at risk for overweight	N/A <sup>5</sup>	13.4 <sup>6</sup>	12.7 <sup>6</sup>
% with weight problem	56.7 <sup>7</sup>	23.6 <sup>8</sup>	22.0 <sup>8</sup>

1=Body mass index (BMI)  $\geq$  30

2=Obesity based on BMI-for-age is not used in persons less than 21 years old

3=BMI  $\geq$  25.0-29.9

4=BMI-for-age  $\geq$  95<sup>th</sup> percentile

5= "At risk for overweight" based on BMI is not used in persons 21 years and older

6=BMI-for-age  $\geq$  85<sup>th</sup> percentile to  $<$  95<sup>th</sup> percentile

7=Combined rates of obese and overweight adults

8=Combined rates of overweight and at risk for overweight adolescents and children