

New Mexico Childhood Obesity Prevalence Trends, 2010-2025

Table 1: Percent of Students Overweight and Obese by Grade

	Kindergarten															
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²
Obese	13.2	15.0	14.6	13.7	11.6	11.8	14.9	13.9	13.3	15.4	N/A	18.0	16.9	18.2	17.3	18.6
Combined Overweight/Obese	30.3	30.5	28.1	27.7	24.7	25.6	28.6	27.9	26.2	29.2	N/A	32.0	31.0	31.9	30.8	34.8
Number in Sample	1,800	1,885	2,116	3,928	3,192	3,863	3,579	3,892	3,098	3,653	N/A	1,597	2,151	2,256	1,390	2,194

	Third Grade															
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²
Obese	22.6	21.9	21.4	19.9	18.1	18.9	19.4	19.9	20.8	22.9	N/A	28.6	28.0	27.5	24.1	26.7
Combined Overweight/Obese	38.7	38.6	36.8	34.7	34.2	34.4	34.0	34.2	35.3	36.2	N/A	45.1	42.7	43.2	41.1	42.9
Number in Sample	1,642	1,768	1,833	3,803	3,395	4,304	3,978	4,173	3,506	3,693	N/A	1,683	2,332	2,528	1,556	2,385

Table 2: Percent of Students Overweight and Obese by Gender

	Girls															
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²
Obese	16.8	17.0	15.4	15.6	13.1	13.7	14.0	15.3	15.8	16.9	N/A	21.0	21.1	21.5	17.7	20.1
Combined Overweight/Obese	33.6	32.9	29.9	30.1	28.4	29.1	29.7	29.6	29.7	30.9	N/A	36.2	35.8	36.9	33.8	37.0
Number in Sample	1,757	1,776	1,977	3,730	3,246	3,948	3,708	3,929	3,180	3,606	N/A	1,616	2,194	2,347	1,496	2,270

	Boys															
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²
Obese	19.0	19.5	20.3	17.7	16.5	17.2	20.4	18.6	18.3	21.4	N/A	25.8	24.2	24.6	24.2	25.5
Combined Overweight/Obese	35.4	35.8	34.6	31.9	30.5	31.2	33.0	32.6	31.9	34.5	N/A	41.2	38.4	38.8	38.8	40.9
Number in Sample	1,685	1,877	1,972	4,001	3,341	4,219	3,849	4,136	3,424	3,740	N/A	1,664	2,289	2,437	1,450	2,309

Table 3: Percent of Kindergarten Students Overweight and Obese by Race/Ethnicity

	American Indian																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	25.5	20.6	23.8	21.6	23.5	16.4	23.3	22.8	22.5	21.5	N/A	24.3	31.7	31.2	20.9	27.2	
Combined Overweight/Obese	41.0	42.7	36.8	39.6	37.4	32.4	43.9	42.7	34.9	38.0	N/A	44.7	47.7	44.9	39.0	46.8	
Number in Sample	232	369	222	339	392	475	391	545	265	447	N/A	152	350	410	182	496	
	Hispanic																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	12.9	17.7	14.2	14.6	11.8	13.0	16.8	14.8	14.0	16.9	N/A	21.7	16.4	17.5	19.7	19.4	
Combined Overweight/Obese	31.8	31.5	29.2	28.6	26.2	27.4	31.3	29.3	28.1	30.4	N/A	35.3	32.1	31.9	33.8	35.3	
Number in Sample	927	842	1,279	2,417	1,738	2,178	2,093	2,085	1,776	2,140	N/A	975	1,102	1,193	862	1,069	
	White																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	8.8	8.7	11.8	9.3	6.7	7.8	8.4	8.4	7.0	8.7	N/A	6.5	9.3	10.4	8.2	12.3	
Combined Overweight/Obese	24.8	21.9	22.1	22.2	18.7	20.6	18.3	20.2	19.5	21.7	N/A	19.8	20	23.7	17.8	25.2	
Number in Sample	466	532	505	1,018	881	1,052	909	1,034	812	954	N/A	369	589	556	281	536	

Table 4: Percent of Third Grade Students Overweight and Obese by Race/Ethnicity

	American Indian																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	36.6	35.6	30.0	29.5	32.6	31.0	27.1	37.8	28.2	29.3	N/A	42.8	46.8	35.9	33.0	37.0	
Combined Overweight/Obese	55.4	49.7	50.0	47.3	52.8	50.4	48.7	55.6	42.3	46.2	N/A	59.1	62.6	53.6	47.8	55.4	
Number in Sample	194	342	201	291	379	580	413	569	289	450	N/A	166	419	491	224	543	

	Hispanic																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	22.6	20.0	22.7	22.7	20.2	20.4	22.8	22.1	22.3	24.5	N/A	29.5	28.7	29.1	25.1	25.4	
Combined Overweight/Obese	39.4	39.7	39.3	38.8	36.0	36.4	36.0	36.6	37.7	38.3	N/A	46.6	44.5	45.5	43.0	43.2	
Number in Sample	983	802	1,038	2,262	1,915	2,452	2,399	2,316	2,016	2,137	N/A	993	1,173	1,298	925	1,177	

	White																
	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020 ¹	2021 ²	2022 ²	2023 ²	2024 ²	2025 ²	
Obese	17.8	13.7	15.2	12.8	10.0	9.8	9.2	10.4	14.9	15.8	N/A	20.6	15.9	17.8	16.3	18.0	
Combined Overweight/Obese	31.7	26.5	26.5	25.1	24.9	22.4	25.9	22.6	27.3	26.4	N/A	35.9	28.3	13.0	32.8	30.3	
Number in Sample	369	460	495	1,086	947	1,059	966	1,047	920	984	N/A	432	628	646	338	583	



Notes:

- 1) Due to school closures during the COVID-19 pandemic, BMI data was not collected in 2020.
- 2) Estimates reported for 2021 - 2025 only represent children outside of the metro area and were analyzed without survey weighting. These estimates should not be compared to estimates from before 2021.