

# A SNAPSHOT

# DIABETES IN NEW MEXICO

## DIABETES IN 2022

**254**  
THOUSAND

New Mexico adults had diabetes



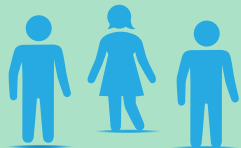
8 in 10 were aware of it

**7th**

Leading cause of death in New Mexico

## PREDIABETES IN 2022

**587**  
THOUSAND



New Mexico adults had prediabetes



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

If you have prediabetes, losing weight by:



EATING HEALTHY



BEING MORE ACTIVE

can cut your risk of getting type 2 diabetes in

**HALF**



## COST



**\$2**  
BILLION  
a year

Estimated costs for people with diagnosed diabetes

In 2022



**819**  
deaths



were listed as diabetes being primary cause

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



\$\$

\$

as for people without diabetes

**2.6X**

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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



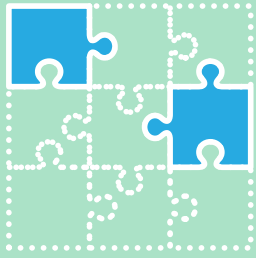
STROKE



LOSS OF TOES, FEET, OR LEGS

## TYPES OF DIABETES

### TYPE 1



**BODY DOESN'T  
MAKE ENOUGH  
INSULIN**

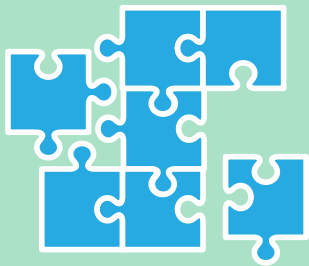
- Can develop at any age
- No known way to prevent it

In adults, type 1 diabetes accounts for approximately

**5-10%**

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

**90-95%**

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](http://www.pathstohealthnm.org)

#### SOURCES

2022 NM Behavioral Risk Factor Surveillance System (BRFSS)

American Diabetes Association Fact Sheet (2022)

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.

