



NATIONAL CONFERENCE *of* STATE LEGISLATURES

The Forum for America's Ideas

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Diabetes Statistics at a Glance

October 2015

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Risk Factors Associated with Developing Diabetes

- Being a person of Asian or Pacific Islander descent
- Being a person of Hispanic descent
- Being a person of African American descent
- Being a person of Native American descent
- Being a woman over the age of 25 raises the risk for gestational diabetes
- Being over the age of 45, regardless of sex
- Having a history of gestational diabetes
- Having a family history of diabetes,
- Being a woman with polycystic ovary syndrome,
- Obesity,
- High blood pressure/Hypertension,
- Physical inactivity, and
- High cholesterol (high blood lipid levels)

Diet and Obesity

- 25% of New Mexican adults were obese in 2010.
- 27.5% of adults are estimated to be obese nation-wide.
- Less than a quarter of New Mexican adults consumes 5 or more servings of fruit or vegetables every day.
- 22.5% of New Mexican high school students eat 5 or more servings of fruit or vegetables every day.
- In 2009, 53.3% of New Mexican adults engaged in 150 minutes or more of aerobic exercise each week.

- *Demographics*
- 10.7% of New Mexicans had diabetes in 2011-2013.
- 47.4% of New Mexico's population has Hispanic ancestry.
 - 12.6% have been diagnosed with diabetes
- 9% percent of the state's population is of Native American heritage
 - 18% have been diagnosed with diabetes
- 42% of New Mexican residents are over 45 years of age.