

A SNAPSHOT

DIABETES IN NEW MEXICO

DIABETES IN 2016

234
THOUSAND

New Mexico adults had diabetes



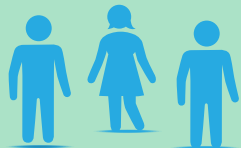
8 in 10 were aware of it

6th

Leading cause of death in New Mexico

PREDIABETES IN 2016

538
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 2016



671
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

2X

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



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



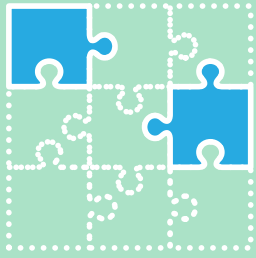
STROKE



LOSS OF TOES, FEET, OR LEGS

TYPES OF DIABETES

TYPE 1

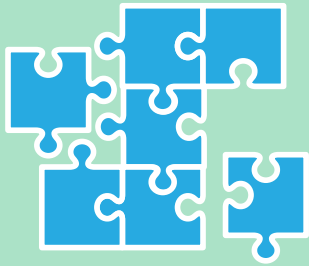


**BODY DOESN'T
MAKE ENOUGH
INSULIN**

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

In adults, type 1 diabetes accounts for approximately **5%** 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 **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

SOURCES

2011-2014 National Health And Nutrition Examination Survey (NHANES)

2016 NM Behavioral Risk Factor Surveillance System (BRFSS)

American Diabetes Association Fact Sheet (2018)

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.

**NEW MEXICO
DEPARTMENT OF
HEALTH**