



Diabetes in New Mexico: the Facts

Scope of the Problem

Approximately 1 in 11 adults in New Mexico has diabetes.^{1,2}

- 130,000 New Mexicans have diabetes.
 - ✓ 92,000 know they have diabetes.
 - ✓ 38,000 do not know they have diabetes.
- Of those with diagnosed diabetes, 5 to 10% have type 1 diabetes; 90 to 95% have type 2 diabetes.
- American Indians are about 3 times more likely to have diagnosed diabetes than non-Hispanic Whites.
- Hispanics, as well as African-Americans are about 2 times more likely to have diagnosed diabetes than non-Hispanic Whites.

Estimated prevalence of diagnosed diabetes is based on the Behavioral Risk Factor Surveillance. The undiagnosed portion is estimated from the National Health and Nutrition Examination Survey (NHANES III).

Approximately 1662 children in New Mexico have diabetes (type 1 + type 2).³

In New Mexico in 2003, diabetes was the 6th leading cause of death. Diabetes was the primary cause of 639 deaths.⁴

Risk Factors

Among New Mexicans **without diabetes**, there are serious, though potentially modifiable factors placing many at risk for developing diabetes.

- Over 1 in 2 adults in NM without diabetes are overweight or obese.¹
- Nearly 1 in 2 adults in NM without diabetes have no regular physical activity.⁵

Preventive Care

Among adult New Mexicans with diabetes¹:

- 9 in 10 see a doctor or nurse at least once a year for their diabetes.
- More than 7 in 10 have had a dilated eye exam in the past year.
- More than 7 in 10 have had a foot exam by a health professional in the last year.
- More than 5 in 10 have taken a class on self-management at some point.

Long Term Complications

The risk of cardiovascular disease and stroke are 2 to 4 times higher in people with diabetes.⁶

- Over half of adults with diabetes in New Mexico have been told by a doctor they have high blood pressure.⁵
- New Mexicans with diabetes are about 3 times more likely than those without to have been told by a doctor that they have high blood pressure.⁵
- In 2003, there were 25,832 diabetes-related hospitalizations in New Mexico. Of these, 73.5% or 18,986 discharges also involved cardiovascular disease.⁷

Diabetes is the leading cause of non-traumatic lower extremity amputations.⁶

- In 2002, 372 New Mexicans lost one or more limbs or part of a limb to diabetes.⁸
- American Indians are approximately 3.5 times more likely to have an amputation than non-Hispanic Whites.⁸

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Diabetes is the leading cause of end-stage renal disease (ESRD), or kidney failure.⁹

- In 2004, diabetes accounted for about 60% of new cases of ESRD.
- There were 354 new cases of ESRD among New Mexicans with diabetes.
- A total of 1358 patients with diabetes were on dialysis.

Diabetes is the leading cause of blindness among people aged 20-74.⁶

- In 2001, there were an estimated 37,557 cases of diabetic retinopathy in New Mexico.¹⁰

Gestational Diabetes

Diabetes during pregnancy puts both mother and infant at risk. The infant has a higher chance of developing both diabetes and obesity as an adult. The mother is also at risk for developing type 2 diabetes later in life.¹¹

- Women who were overweight were 3 times more likely to be treated during pregnancy for gestational diabetes.
- From 1997 to 1999, 6% of New Mexican mothers with live births were treated during pregnancy for diabetes. This translates into approximately 1500 women with gestational diabetes each year.

Economic Cost

The direct cost (medical care) and indirect cost (lost productivity and premature death) of diabetes in New Mexico in 2002 totaled over \$1 billion.¹²

National Statistics

Diabetes in the United States:

- Among persons aged 18 years and older in the U.S in 2004, 7.0% of all people in this age group had diagnosed diabetes.¹³
- In comparison, among persons aged 18 years and older in NM, 6.5% had diagnosed diabetes.¹³

- Diabetes was the sixth leading cause of death listed on U.S. death certificates in 2002. This is based on the 73,249 death certificates in which diabetes was listed as the primary cause of death.¹⁴

References

¹New Mexico Behavioral Risk Factor Surveillance System (BRFSS) 2004 data.

²Harris, MI et al. 1998. Prevalence of Diabetes, impaired fasting glucose, and impaired glucose tolerance in US adults: The Third National Health and Nutrition Examination Survey, 1988-1994. *Diabetes Care* 21(4): 518-524.

³New Mexico Children's Chronic Conditions Registry (3CR) (2000).

⁴NM Vital Selected Health Statistics Annual Report for 2003. Santa Fe, New Mexico: New Mexico Department of Health, Bureau of Vital Records and Health Statistics. 2005.

⁵New Mexico Behavioral Risk Factor Surveillance System (BRFSS) 2003 data.

⁶www.cdc.gov/diabetes/pubs/factsheet.htm

⁷Health Policy Commission. NM Hospital Inpatient Discharge Data, 2003.

⁸Health Policy Commission, NM Hospital Inpatient Discharge Data, 2002; Santa Fe Indian Hospital data, 2001.

⁹Intermountain End Stage Renal Disease Network. Annual Report, 2003.

¹⁰Prevent Blindness America. 2002. Vision Problems in the US. Prevalence of Adult Vision Impairment and Age-Related Eye Disease in America.

¹¹NM Pregnancy Risk Assessment and Monitoring System, Maternal and Child Health Epidemiology Program, Family Health Bureau, Public Health Division, New Mexico Department of Health, Santa Fe, NM. 2001. 95% CI = 4.6% to 7.3%.

¹²American Diabetes Association. 2003. Economic costs of diabetes in the US in 2002. *Diabetes Care* 26: 917-932.

¹³www.cdc.gov/brfss. National data is median percent, whereas state data is mean percent.

¹⁴<http://wonder.cdc.gov>

Contact Information

This fact sheet is updated annually. Please contact Heidi Krapfl at 505.476.7617 or email her at heidi.krapfl@state.nm.us for more information.