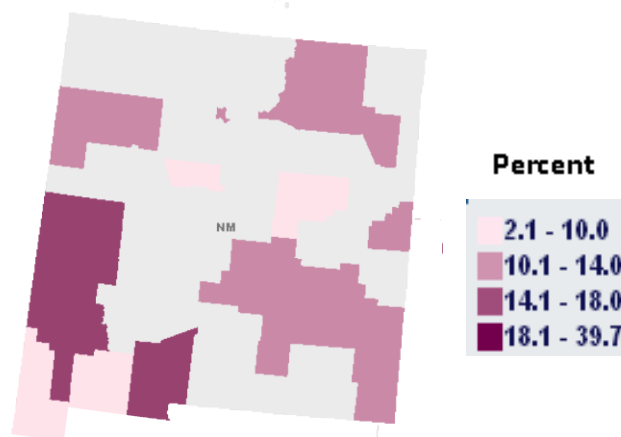


New Mexico State Factsheet ⁱ

Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county ⁱⁱ

Key Points

- New Mexico ranked 21st for protective factors against childhood obesity and 47th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 8 percent in 1998 to 12 percent in 2008.
- Among adults, the prevalence of obesity increased to 32.6 in 1 of 33 counties by 2007.
- 36 percent of adults in New Mexico are overweight and 26 percent are obese.
- New Mexico will spend over \$2 billion dollars annually by 2018 on health care costs attributable to obesity.



Source: Pediatric Nutrition Surveillance System data mapped in the Food Environment Atlas

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		NM(%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		62.7	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	72.6	69	74.7 NC
	Hispanic	58.8	51.8	72.2 MT
by household income	0-99% FPL	55.2	53.8	78.6 MN
	400% +	71.5	70.9	77.6 AL
by insurance status	None	57.8	54.5	81.1 HI
	Public	57.2	60	74.3 AK
	Private	68.1	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		79.7	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	85.1	82.9	96.9 DC
	Hispanic	78.9	75.2	93.3 UT
by household income	0-99% FPL	72.9	68.8	82.4 UT
	400% +	87.7	86	92.5 WA
by insurance status	None	77.3	72.4	89.3 UT
	Public	75.8	70.1	86.1 WY
	Private	83.6	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/New%20Mexico.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week	NM(%)	Nation (%)	Best state(%)	
Mother	33.8	32.9	42.9	VT
Father	47.6	44.9	57.6	HI

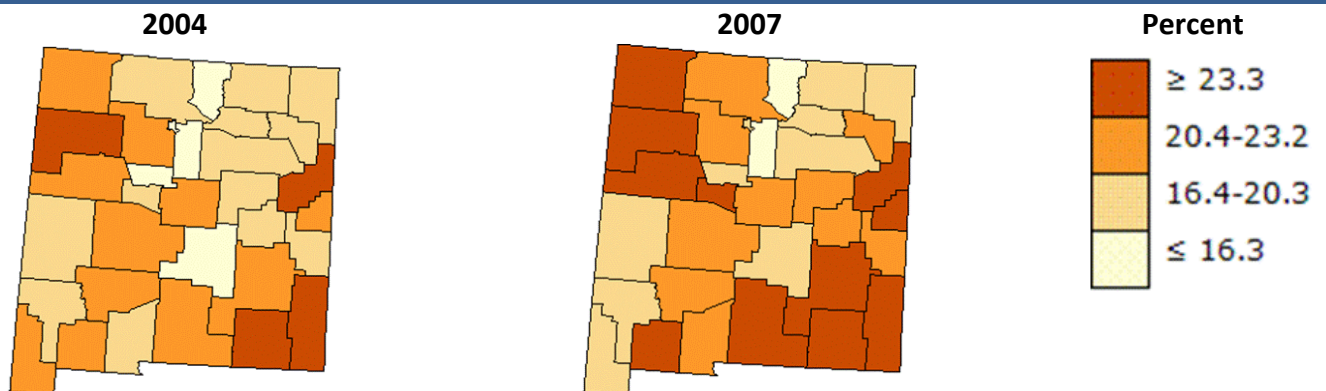
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		NM(%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		80.9	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	86.4	88.8	94.7	UT
	Hispanic	79.1	76.1	90.6	VT
by household income	0-99% FPL	74.1	70.7	89.2	UT
	400% +	90.8	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		58.8	71.4	78	MA
by race/ ethnicity	White non-Hispanic	65.3	75.6	81.9	CT
	Hispanic	56.8	66.5	86.8	AL
by household income	0-99% FPL	53.7	57.4	72.9	CO
	400% +	72.3	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		56.4	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	60.6	62.6	95.2	DC
	Hispanic	53.3	62.7	82.1	SD
by household income	0-99% FPL	46.7	57.6	88.2	MA
	400% +	67.2	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	NM(%)	Nation (%)	Best state(%)	
Positive social skills	95	93.6	97.1	MN
Usually or always engages in school	81.7	80.5	86	MA
Involved in at-least one after-school activity	74.9	80.7	90.5	MN
Family eats meals together every day	54.2	45.8	54.2	ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN NEW MEXICO



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN NEW MEXICO, MILLIONS OF DOLLARS				Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 -
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)	

324

430

817

2,058

2018 projected estimates are from Thorpe: *"The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"*