The Burden of Diabetes in New Mexico

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes and face its devastating consequences. What’s true nationwide is also true in New Mexico.

New Mexico’s diabetes epidemic:
- Approximately 184,000 people in New Mexico, or 11.6% of the adult population, have diagnosed diabetes.
- An additional 53,000 people in New Mexico have diabetes but don’t know it, greatly increasing their health risk.
- There are 587,000 people in New Mexico, 36.1% of the adult population, who have prediabetes with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.
- Every year an estimated 12,000 people in New Mexico are diagnosed with diabetes.

Diabetes is expensive:
People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.
- Total direct medical expenses for diagnosed diabetes in New Mexico were estimated at $1.5 billion in 2017.
- In addition, another $480 million was spent on indirect costs from lost productivity due to diabetes.

Improving lives, preventing diabetes and finding a cure:
In 2019, the National Institute of Diabetes and Digestive and Kidney Diseases at the National Institutes of Health invested $1,662,133 in diabetes-related research projects in New Mexico. The Division of Diabetes Translation at the CDC provided $1,549,253 in diabetes prevention and educational grants in New Mexico in 2018.

Sources include:
- Diabetes Incidence: 2016 state diabetes incidence rates, cdc.gov/diabetes/data
- Research expenditures: 2019 NIDDK funding, projectreporter.nih.gov; 2018 CDC diabetes funding, cdc.gov/fundingprofiles