New Mexico State Fact Sheet

**Leading Causes of death in New Mexico in 2010***

- Heart Disease 20%
- Stroke 5%
- Cancer 21%
- Unintentional Injury 8%
- All Others 26%
- Diabetes Mellitus 4%
- Influenza & Pneumonia 2%
- Alzheimer's Disease 2%
- Liver Disease 2%
- Suicide 3%
- Chronic Lower Respiratory Disease 6%

**New Mexico has the 45th highest death rate from cardiovascular disease in the country.**

- Heart disease is the No. 2 killer in New Mexico
- Stroke is the No. 5 killer in New Mexico
- 3,224 people in New Mexico died of heart disease in 2010
- 806 people in New Mexico died of stroke in 2010

**Heart Disease and Stroke Risk Factors in New Mexico**

<table>
<thead>
<tr>
<th>Risk Factor</th>
<th>New Mexico</th>
<th>US</th>
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</thead>
<tbody>
<tr>
<td>Adults who are current smokers</td>
<td>21.5%</td>
<td>21.1%</td>
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<tr>
<td>Adults who participate in 150+ min of aerobic physical activity per week</td>
<td>52.2%</td>
<td>51.6%</td>
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<tr>
<td>Adults who are overweight or obese+</td>
<td>62.2%</td>
<td>63.5%</td>
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<tr>
<td>Adults who have been told that they have had a heart attack</td>
<td>4.4%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Adults who have been told that they have had a stroke</td>
<td>2.6%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Adults who have been told that they have angina or coronary heart disease</td>
<td>3.7%</td>
<td>4.1%</td>
</tr>
<tr>
<td>Population of adults (18-64) who have some kind of health care coverage</td>
<td>73.9%</td>
<td>78.9%</td>
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<tr>
<td>High school Students who are obese++</td>
<td>12.8%</td>
<td>13%</td>
</tr>
</tbody>
</table>

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* Based on total number of deaths in 2010. Centers for Disease Control and Prevention. WISQARS Leading Cause of Death Reports. 2010.

** Also known as COPD (Chronic Obstructive Pulmonary Disorder): COPD and allied conditions (including asthma); the term in the ICD/10 is "chronic lower respiratory diseases."**


+ Overweight is defined as having a body mass index (BMI) of 25.0-29.9. Obese is defined as having a body mass index of 30.0 or more.

++ Students who were ≥ 95th percentile for body mass index, by age and sex. Centers for Disease Control and Prevention, Youth Risk Behavior Surveillance System, 2011.