

New Mexico Childhood Obesity Prevalence Trends, 2010-2024

Table 1: Percent of Students Overweight and Obese by Grade

| | Kindergarten | | | | | | | | | | | | | | |
|---------------------------|--------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² |
| Obese | 13.2 | 15.0 | 14.6 | 13.7 | 11.6 | 11.8 | 14.9 | 13.9 | 13.3 | 15.4 | N/A | 18.0 | 16.9 | 18.2 | 17.3 |
| Combined Overweight/Obese | 30.3 | 30.5 | 28.1 | 27.7 | 24.7 | 25.6 | 28.6 | 27.9 | 26.2 | 29.2 | N/A | 32.0 | 31.0 | 31.9 | 30.8 |
| Number in Sample | 1,800 | 1,885 | 2,116 | 3,928 | 3,192 | 3,863 | 3,579 | 3,892 | 3,098 | 3,653 | N/A | 1,597 | 2,151 | 2,256 | 1,390 |

| | Third Grade | | | | | | | | | | | | | | |
|---------------------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² |
| Obese | 22.6 | 21.9 | 21.4 | 19.9 | 18.1 | 18.9 | 19.4 | 19.9 | 20.8 | 22.9 | N/A | 28.6 | 28.0 | 27.5 | 24.1 |
| Combined Overweight/Obese | 38.7 | 38.6 | 36.8 | 34.7 | 34.2 | 34.4 | 34.0 | 34.2 | 35.3 | 36.2 | N/A | 45.1 | 42.7 | 43.2 | 41.1 |
| Number in Sample | 1,642 | 1,768 | 1,833 | 3,803 | 3,395 | 4,304 | 3,978 | 4,173 | 3,506 | 3,693 | N/A | 1,683 | 2,332 | 2,528 | 1,556 |

Table 2: Percent of Students Overweight and Obese by Gender

| | Girls | | | | | | | | | | | | | | |
|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² |
| Obese | 16.8 | 17.0 | 15.4 | 15.6 | 13.1 | 13.7 | 14.0 | 15.3 | 15.8 | 16.9 | N/A | 21.0 | 21.1 | 21.5 | 17.7 |
| Combined Overweight/Obese | 33.6 | 32.9 | 29.9 | 30.1 | 28.4 | 29.1 | 29.7 | 29.6 | 29.7 | 30.9 | N/A | 36.2 | 35.8 | 36.9 | 33.8 |
| Number in Sample | 1,757 | 1,776 | 1,977 | 3,730 | 3,246 | 3,948 | 3,708 | 3,929 | 3,180 | 3,606 | N/A | 1,616 | 2,194 | 2,347 | 1,496 |

| | Boys | | | | | | | | | | | | | | |
|---------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² |
| Obese | 19.0 | 19.5 | 20.3 | 17.7 | 16.5 | 17.2 | 20.4 | 18.6 | 18.3 | 21.4 | N/A | 25.8 | 24.2 | 24.6 | 24.2 |
| Combined Overweight/Obese | 35.4 | 35.8 | 34.6 | 31.9 | 30.5 | 31.2 | 33.0 | 32.6 | 31.9 | 34.5 | N/A | 41.2 | 38.4 | 38.8 | 38.8 |
| Number in Sample | 1,685 | 1,877 | 1,972 | 4,001 | 3,341 | 4,219 | 3,849 | 4,136 | 3,424 | 3,740 | N/A | 1,664 | 2,289 | 2,437 | 1,450 |

Table 3: Percent of Kindergarten Students Overweight and Obese by Race/Ethnicity

| | American Indian | | | | | | | | | | | | | | | | Hispanic | | | | | | | | | | | | | | | |
|---------------------------|-----------------|------|------|------|------|------|------|------|------|------|-------------------|-------------------|-------------------|-------------------|-------------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|--|--|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | | |
| Obese | 25.5 | 20.6 | 23.8 | 21.6 | 23.5 | 16.4 | 23.3 | 22.8 | 22.5 | 21.5 | N/A | 24.3 | 31.7 | 31.2 | 20.9 | 12.9 | 17.7 | 14.2 | 14.6 | 11.8 | 13.0 | 16.8 | 14.8 | 14.0 | 16.9 | N/A | 21.7 | 16.4 | 17.5 | 19.7 | | |
| Combined Overweight/Obese | 41.0 | 42.7 | 36.8 | 39.6 | 37.4 | 32.4 | 43.9 | 42.7 | 34.9 | 38.0 | N/A | 44.7 | 47.7 | 44.9 | 39.0 | 31.8 | 31.5 | 29.2 | 28.6 | 26.2 | 27.4 | 31.3 | 29.3 | 28.1 | 30.4 | N/A | 35.3 | 32.1 | 31.9 | 33.8 | | |
| Number in Sample | 232 | 369 | 222 | 339 | 392 | 475 | 391 | 545 | 265 | 447 | N/A | 152 | 350 | 410 | 182 | 927 | 842 | 1,279 | 2,417 | 1,738 | 2,178 | 2,093 | 2,085 | 1,776 | 2,140 | N/A | 975 | 1,102 | 1,193 | 862 | | |

| | White | | | | | | | | | | | | | | | |
|---------------------------|-------|------|------|-------|------|-------|------|-------|------|------|-------------------|-------------------|-------------------|-------------------|-------------------|--|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | |
| Obese | 8.8 | 8.7 | 11.8 | 9.3 | 6.7 | 7.8 | 8.4 | 8.4 | 7.0 | 8.7 | N/A | 6.5 | 9.3 | 10.4 | 8.2 | |
| Combined Overweight/Obese | 24.8 | 21.9 | 22.1 | 22.2 | 18.7 | 20.6 | 18.3 | 20.2 | 19.5 | 21.7 | N/A | 19.8 | 20 | 23.7 | 17.8 | |
| Number in Sample | 466 | 532 | 505 | 1,018 | 881 | 1,052 | 909 | 1,034 | 812 | 954 | N/A | 369 | 589 | 556 | 281 | |

Table 4: Percent of Third Grade Students Overweight and Obese by Race/Ethnicity

| | American Indian | | | | | | | | | | | | | | | | Hispanic | | | | | | | | | | | | | | | |
|---------------------------|-----------------|------|------|------|------|------|------|------|------|------|-------------------|-------------------|-------------------|-------------------|-------------------|------|----------|-------|-------|-------|-------|-------|-------|-------|-------|-------------------|-------------------|-------------------|-------------------|-------------------|--|--|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | | |
| Obese | 36.6 | 35.6 | 30.0 | 29.5 | 32.6 | 31.0 | 27.1 | 37.8 | 28.2 | 29.3 | N/A | 42.8 | 46.8 | 35.9 | 33.0 | 22.6 | 20.0 | 22.7 | 22.7 | 20.2 | 20.4 | 22.8 | 22.1 | 22.3 | 24.5 | N/A | 29.5 | 28.7 | 29.1 | 25.1 | | |
| Combined Overweight/Obese | 55.4 | 49.7 | 50.0 | 47.3 | 52.8 | 50.4 | 48.7 | 55.6 | 42.3 | 46.2 | N/A | 59.1 | 62.6 | 53.6 | 47.8 | 39.4 | 39.7 | 39.3 | 38.8 | 36.0 | 36.4 | 36.0 | 36.6 | 37.7 | 38.3 | N/A | 46.6 | 44.5 | 45.5 | 43.0 | | |
| Number in Sample | 194 | 342 | 201 | 291 | 379 | 580 | 413 | 569 | 289 | 450 | N/A | 166 | 419 | 491 | 224 | 983 | 802 | 1,038 | 2,262 | 1,915 | 2,452 | 2,399 | 2,316 | 2,016 | 2,137 | N/A | 993 | 1,173 | 1,298 | 925 | | |

| | White | | | | | | | | | | | | | | | |
|---------------------------|-------|------|------|-------|------|-------|------|-------|------|------|-------------------|-------------------|-------------------|-------------------|-------------------|--|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 ¹ | 2021 ² | 2022 ² | 2023 ² | 2024 ² | |
| Obese | 17.8 | 13.7 | 15.2 | 12.8 | 10.0 | 9.8 | 9.2 | 10.4 | 14.9 | 15.8 | N/A | 20.6 | 15.9 | 17.8 | 16.3 | |
| Combined Overweight/Obese | 31.7 | 26.5 | 26.5 | 25.1 | 24.9 | 22.4 | 25.9 | 22.6 | 27.3 | 26.4 | N/A | 35.9 | 28.3 | 13.0 | 32.8 | |
| Number in Sample | 369 | 460 | 495 | 1,086 | 947 | 1,059 | 966 | 1,047 | 920 | 984 | N/A | 432 | 628 | 646 | 338 | |



Notes:

- 1) Due to school closures during the COVID-19 pandemic, BMI data was not collected in 2020.
- 2) Estimates reported for 2021 - 2024 only represent children outside of the metro area and were analyzed without survey weighting. These estimates should not be compared to estimates from before 2021.