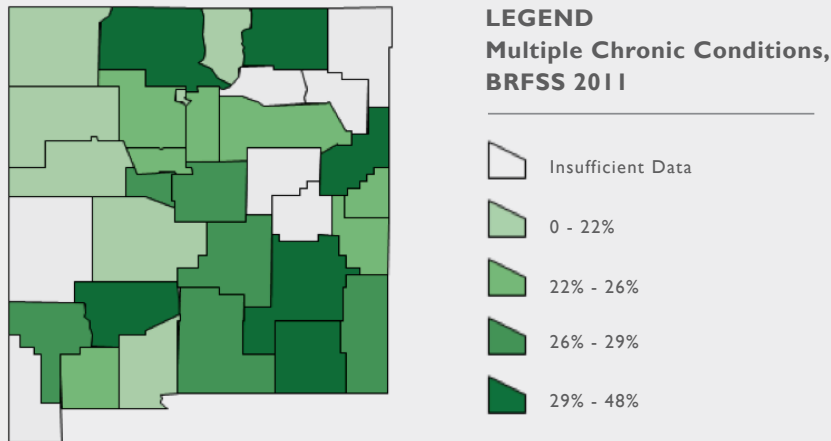


Chronic diseases, including heart disease and stroke, cancer, and diabetes, account for five of the leading six causes of death in New Mexico.

Another common chronic disease, arthritis, is a leading cause of disability among adults.



The map shows county level percentages, ages 45 and older, living with multiple chronic conditions including two or more of the following: cardiovascular disease, current asthma, non-skin cancer, chronic obstructive pulmonary disease, arthritis, depression, kidney disease, or diabetes. Source: New Mexico Behavioral Risk Factor Surveillance System, 2011

- More than one in four adults in New Mexico over the age of 45 years has been diagnosed with multiple chronic conditions. [Figure 1](#)
- Many chronic diseases share risk factors such as **physical inactivity, tobacco use, unhealthy eating, and excess weight**. These are strongly connected to social determinants of health, including poverty, unsafe neighborhoods, discrimination, and less education.
- People with a lower income and education level have a higher risk of having two or more chronic diseases. ([Figure 2](#))

### PREVENTING AND MANAGING MULTIPLE CHRONIC DISEASES

Public health efforts around chronic diseases often focus on just one disease or risk factor at a time. As the number of people with multiple chronic conditions increases, resources need to be combined and everyone involved needs to work in greater unity.

**Sharing resources to address multiple chronic conditions, risk factors, and social determinants of health creates a more efficient and effective health management effort that will improve the health of New Mexicans.**

Multiple chronic conditions make it harder for an individual to care for themselves, as shown in [Figure 3](#). Arthritis and cardiovascular disease (CVD, including heart disease, heart attack, or stroke) often occur at the same time. Physical activity is an important behavior to care for these diseases by improving fitness, controlling weight, lowering blood pressure, and improving cholesterol levels. Adults in New Mexico with arthritis or CVD are more likely to be physically inactive than those without these diseases, and people who have both arthritis and CVD are even more likely to not exercise.

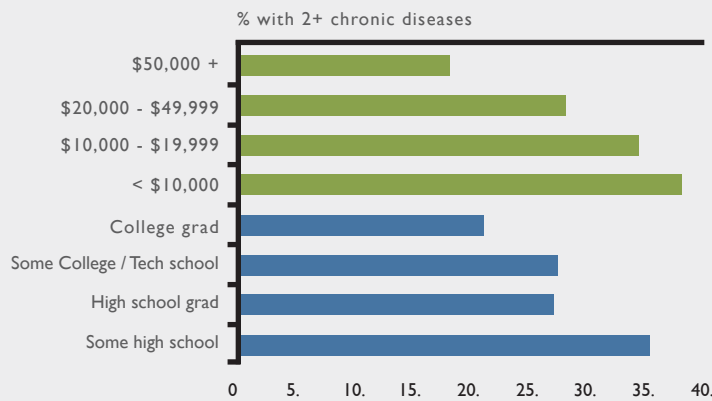
Many people with multiple chronic conditions lack community resources, income, and access to health care to be able to manage their diseases.

## WHAT'S BEING DONE

- The New Mexico Chronic Disease Prevention Council, a statewide group, is working with many partners to execute the *New Mexico Shared Strategic Plan for Chronic Disease Prevention and Control 2012–2016*.
- Community and health care partners throughout New Mexico are delivering the Manage Your Chronic Disease Program in English and Spanish, teaching skills that are important to manage multiple chronic conditions.
- The National Diabetes Prevention Program is being used in New Mexico worksites and communities statewide to help people with prediabetes stop or delay diabetes.

## WHAT NEEDS TO BE DONE

- Chronic disease self-management programs need to be covered by health plans.
- Decision-makers need to consider the possible public health benefits and dangers as they relate to all policies and laws.
- More low-cost, healthy foods, and safe places to be physically active in New Mexico's rural and frontier areas need to be made available.

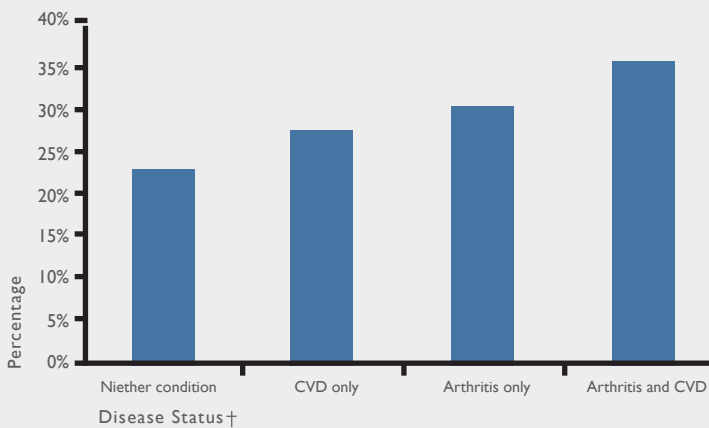


**Figure 2:**

Prevalence of multiple chronic conditions\* among NM adults ages 45+ by annual household income and educational attainment.

Source: NM Behavioral Risk Factor Surveillance System, NMDOH

Note: Multiple Chronic Conditions include two or more of the following: Cardiovascular disease (heart attack, coronary heart disease, and/or stroke), current asthma, cancer (excluding skin cancer), COPD, arthritis, kidney disease, or diabetes.



**Figure 3:**

Prevalence of physical inactivity\* among adults by disease status.

\*No leisure time physical activity or exercise in past 30 days  
 †Arthritis = diagnosed with some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia; CVD = diagnosed with one or more of the following: heart attack, coronary heart disease, and/or stroke  
 Source: NM Behavioral Risk Factor Surveillance System, 2011

## MULTIPLE CHRONIC DISEASE RESOURCES IN NEW MEXICO

- National Diabetes Prevention Program: [www.ndpp.org](http://www.ndpp.org)
- Manage Your Chronic Disease Program

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