Heart Disease determined to be leading cause of death in New Mexico

Written by Staff Reports
Friday, 06 March 2020 11:00

As part of National Heart Health Month in February, the New Mexico Department of Health is raising awareness that heart disease is the leading cause of death in the state. The most recent data available is for 2018. It shows about 20 percent of deaths in the state were the result of heart disease.

Every year cardiovascular disease costs New Mexico $2.5 billion in medical care costs and about $1.9 billion due to absenteeism.

High blood pressure, high blood cholesterol, and smoking are key risk factors for heart disease. According to the Centers for Disease Control and Prevention about half of Americans have at least one of these three risk factors.

Several other medical conditions and lifestyle choices can also put people at a higher risk for heart disease including:

- Diabetes and prediabetes
- Being overweight or obese
- Unhealthy diet
- Physical Inactivity
- Excessive alcohol use

The New Mexico Department of Health's Heart Disease and Stroke Prevention Program follows

Heart Disease determined to be leading cause of death in New Mexico

Written by Staff Reports
Friday, 06 March 2020 11:00

national standards for preventing and managing cardiovascular disease. The program collaborates with partners and healthcare organizations across the state to identify, educate, and implement evidence-based strategies to prevent and manage high blood pressure and cholesterol among New Mexico adults.

HDSPP is partnering with the YMCA of Central New Mexico to offer a blood pressure self-monitoring program. There are limited slots available for the four-month class and you do not have to be a member of the YMCA to participate. Anyone interested can contact the YMCA of Central New Mexico at bloodpressureymca@gmail.com: (505) 595-1515.

For more information: nmtracking.org/health/cardio/HeartAttack.html

Staff Reports