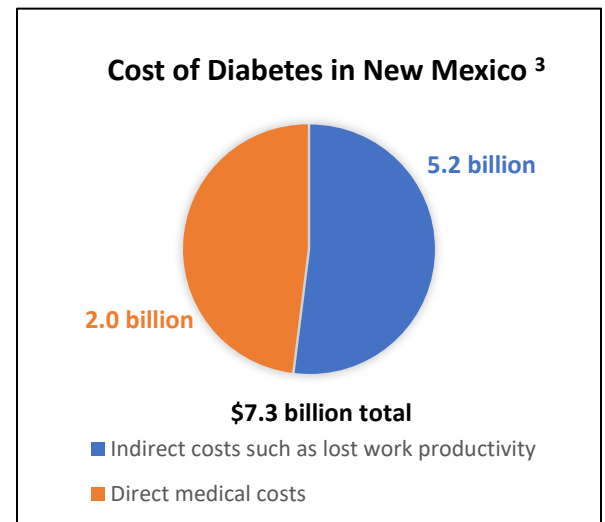
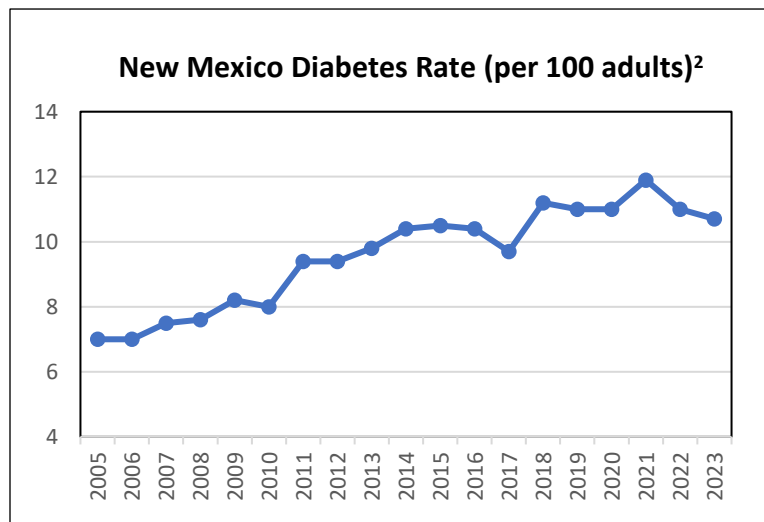


## Diabetes by the Numbers: New Mexico

Diabetes is currently one of the ten leading causes of death in New Mexico. In 2023, **207,600** people in New Mexico were estimated to have diabetes, and the disease was estimated to affect the health of 11.00 percent of the adult population.<sup>1</sup> Not only does diabetes cause detriment to the well-being of New Mexico's citizens, but it also puts a tremendous financial burden on the state.



In 2020, **160,000** non-traumatic lower limb amputations were performed in the US due to diabetes.<sup>4</sup>

The average cost of each amputation is **\$70,434**.<sup>5</sup>

### Investing in Care Provided by Podiatrists

- While diabetes is the leading cause of non-traumatic lower limb amputation, these amputations can be prevented.
- Every \$1 invested in care by a podiatrist results in \$27 to \$51 of savings for the health-care system among patients with commercial insurance. For Medicare-eligible patients, every \$1 invested in care by a podiatrist results in \$9 to \$13 of savings.<sup>6</sup>
- The inclusion of care provided by podiatrists for those with diabetes alone will save the health-care system \$3.5 billion per year.<sup>7</sup>

### Today's Podiatrist Keeps New Mexico Walking

New Mexico can benefit economically and medically from encouraging its diabetes patients to visit podiatrists yearly. Research shows yearly visits to a podiatrist by those with diabetes can decrease the risk of lower limb amputation by up to 80 percent.<sup>8</sup> For more information, visit [www.apma.org/diabetes](http://www.apma.org/diabetes).

<sup>1,3</sup> Statistics by State, 2025. American Diabetes Association.

<sup>2</sup> National Diabetes Surveillance System, 2023. Centers for Disease Control and Prevention.

<sup>4</sup> *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2023*. Centers for Disease Control and Prevention.

<sup>5</sup> Lee C. Rogers et al., "The Right to Bear Legs—An Amendment to Healthcare: How Preventing Amputations Can Save Billions for the US Health-care System," *Journal of the American Podiatric Medical Association* 98 (2008): 166-168.

<sup>6,7</sup> Ginger Carls et al., "The Economic Value of Specialized Lower-Extremity Medical Care by Podiatric Physicians in the Treatment of Diabetic Foot Ulcers," *Journal of the American Podiatric Medical Association* 101 (2011): 93-115.

<sup>8</sup> T.B. Gibson et al., "Podiatrist care and outcomes for patients with diabetes and foot ulcer," *International Wound Journal* 11 (2014): 641–648.