

New Mexico

RANK: 33

TOP FIVE HEALTHIEST STATES:

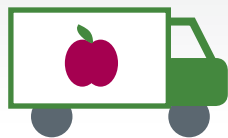
1. Massachusetts
2. Vermont
3. New Hampshire
4. Minnesota
5. Hawaii



Home-Delivered Meals

26.6% or about

1 in 4



seniors in **New Mexico** living in poverty are served a home-delivered meal compared with 19.1% nationally.

Volunteerism

23.2% or about

2 in 9



seniors in **New Mexico** volunteered through or for an organization in the past 12 months compared with 26.4% nationally.

Dental Visit

63.2% or about

5 in 8



seniors in **New Mexico** visited the dentist or dental clinic within the past year compared with 65.7% nationally.

Dedicated Health Care Provider

88.0%

of seniors in **New Mexico** have a dedicated health care provider compared with 94.3% nationally.



Obesity

20.8% or about

1 in 5



seniors in **New Mexico** are obese compared with 27.5% nationally.

Frequent Mental Distress

8.8% or about

1 in 11



seniors in **New Mexico** report their mental health was not good 14 or more days during the past 30 days compared with 7.4% nationally.