New Mexico has the HIGHEST alcohol-related death rate IN THE NATION

New Mexico’s death rate (70.3 deaths per 100,000 population) in 2018 was twice the national rate (35.0 deaths per 100,000 population) in 2017.

- NMDOH

In 2018, there were 1,544 deaths due to alcohol in New Mexico.

To put that into context, an average of FOUR people DIED EVERY DAY of alcohol-related causes.

- NMDOH, CDC, ARDI

EXCESSIVE ALCOHOL IS ASSOCIATED WITH:

- Anxiety and depression
- Learning and memory problems
- Liver disease
- Digestive problems
- Risky behaviors
- Violence
- Motor vehicle accidents and other injuries
- Death

- CDC Alcohol Fact Sheets

Alcohol-related chronic liver disease causes about a third of the alcohol-related deaths in New Mexico. It is the most common cause of alcohol-related death in New Mexico.

- NMDOH

Only 1 in 10 excessive drinkers has alcohol use disorder

Excessive alcohol use cost NM $2.2 billion in 2010.

-CDC Alcohol Fact Sheets
What is excessive drinking?

**Heavy Drinking**

- **Women:** Consuming 8 or more drinks per week
- **Men:** Consuming 15 or more drinks per week

*About 6% of NM adults self reported as heavy drinkers in 2017*

**Binge Drinking**

- **Women:** Consuming 4 or more drinks on an occasion
- **Men:** Consuming 5 or more drinks on an occasion

Risk of injury increases with more drinks

In New Mexico, 1 in 7 adults binge drink.

On average, binge drinkers binge 5 times per month.

- NM 2018 BRFSS

5% of pregnant women reported drinking alcohol during 3rd trimester of pregnancy

- 2015 NM PRAMS

No safe amount!

Things that can be done to decrease excessive alcohol-related harm:

- **Increase Alcohol Excise Tax** - Increasing alcohol excise tax has been shown to decrease drinking (including underage drinkers), and decrease many alcohol-related harms.
- **Regulate Alcohol Outlet Density** - Limiting the number of businesses selling and distributing alcohol in neighborhoods is one of the most effective strategies for reducing alcohol-related harm.
- **Increase Alcohol Electronic Screening and Brief Intervention** - Screen every adult for excessive drinking using validated questions, have a brief conversation with those that screen positive.
- **Limit the days and hours alcohol sales occur** - Maintain or decrease days and hours that alcohol is sold.


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