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

New Mexico’s death rate (66.8 deaths per 100,000 population) in 2017 was TWICE the national rate (32.2 deaths per 100,000) in 2015 (most recent national data).

In 2017, there were 1,461 deaths due to alcohol in New Mexico. To put that into context, an average of FOUR people DIED EVERY DAY of alcohol-related causes.

The most common cause of alcohol related death in New Mexico is alcohol-related chronic liver disease.

From 2013–2017 alcohol-related chronic liver disease increased by 35.3% in New Mexico.

EXCESSIVE ALCOHOL IS ASSOCIATED WITH:
- Sleep disturbances & fatigue
- Difficulty maintaining a healthy weight
- Abdominal pain
- Diarrhea & nausea

AND MORE SERIOUS OUTCOMES:
- Domestic violence & crime
- Motor vehicle accidents & other injuries
- DEATH

Only 1 in 10 excessive drinkers has alcohol dependency disorder.

Excessive alcohol use cost NM $2.2 billion in 2010.
WHAT IS EXCESSIVE DRINKING?

HEAVY DRINKING

WOMEN: Consuming 8 or more drinks per week

MEN: Consuming 15 or more drinks per week

*Bout 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 2017 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 ALCOHOL-RELATED HARM

Support Dram Shop Liability - Owners and servers can be held liable for any injury caused by customers who were recently drinking alcohol at the establishment.

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 Screening and Brief Intervention - Screen every adult for excessive drinking using validated questions, have a brief conversation with those that screen positive.

Increase Alcohol Excise Tax - Increasing alcohol excise tax has been shown to decrease drinking (particularly in underage drinkers), and decrease many alcohol-related harms.

Limit the days and hours alcohol sales occur - Maintain or decrease days and hours that alcohol is sold.

For more information please contact Annaliese Mayette at Annaliese.Mayette@state.nm.us and see The Community Guide at www.thecommunityguide.org/alcohol/index.html