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

New Mexico's death rate (86.6 per 100,000 population) in 2020 was more than twice the national rate (41.5 per 100,000 population) in 2020.

- NMDOH

1 in 5 deaths among working age adults (20-64) in New Mexico is attributable to alcohol.

- NMDOH, CDC Alcohol Fact Sheets

In 2020, there were **1,878** deaths due to alcohol in New Mexico.

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

- NMDOH, CDC, ARDI

**EXCESSIVE ALCOHOL USE IS ASSOCIATED WITH:**

- Cancer
- Heart disease
- Alcohol use disorder
- Anxiety and depression
- Learning and memory problems
- Liver disease
- Digestive problems
- Violence
- Motor vehicle crashes 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

Excessive alcohol use cost NM **$2.2 billion** in 2010. This is equivalent to more than **$1,000 per New Mexican** per year.

- CDC Alcohol Fact Sheets
HEAVY DRINKING

WOMEN: Consuming 8 or more drinks per week
MEN: Consuming 15 or more drinks per week

*In 2020 7% of NM adults self reported as heavy drinkers*

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, adults who binge drink binge 5 times per month.

- NM 2019 BRFSS

5% of pregnant women reported drinking alcohol during 3rd trimester of pregnancy
- 2015 NM PRAMS

There is no known safe amount of alcohol during pregnancy

THINGS THAT CAN BE DONE TO DECREASE ALCOHOL-RELATED HARM

Increase Alcohol Taxes - Increasing alcohol taxes 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 Screening and Brief Intervention - Screening and brief intervention services provided in clinical, community, or fully online settings has been shown to reduce excessive alcohol consumption.

Limit the days and hours alcohol sales occur - Maintaining or decreasing days and hours that alcohol is sold.


For more information please contact Robert Kelly at Robert.Kelly2@state.nm.us

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