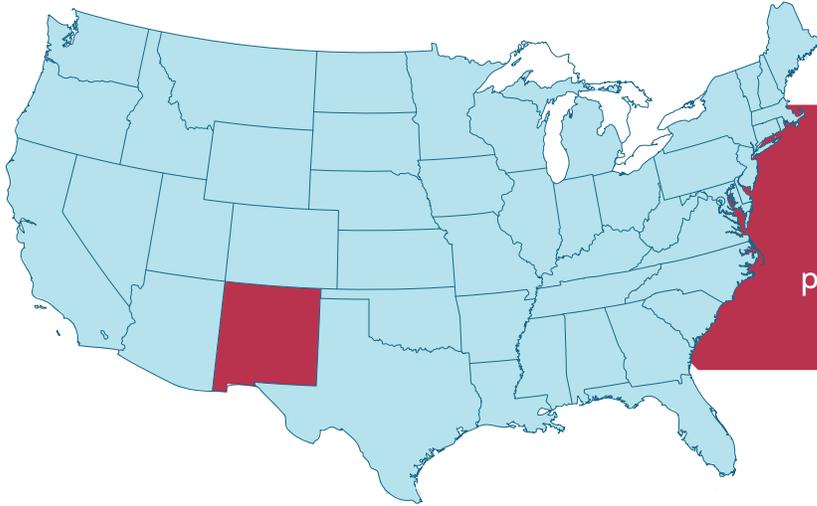


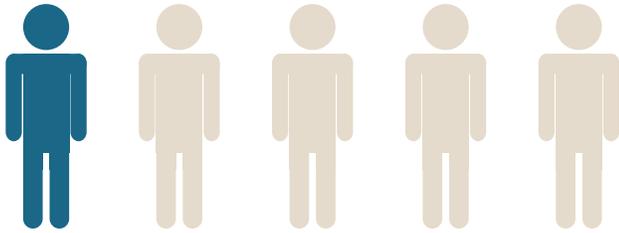
# ALCOHOL USE IN NEW MEXICO



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

New Mexico's death rate (73.8 deaths per 100,000 population) in 2019 was more than twice the national rate (35.1 deaths per 100,000 population) in 2019.

-NMDOH



**1 in 5**

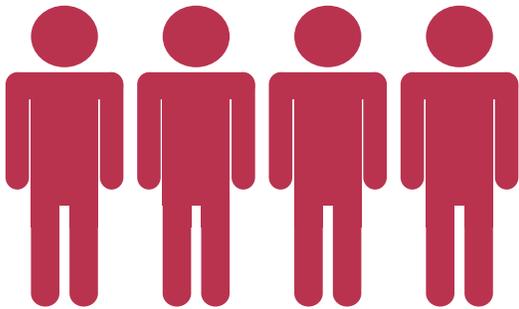
deaths among working age adults (20-64) in New Mexico is attributable to alcohol .

-NMDOH, CDC Alcohol Fact Sheets

In 2019, there were

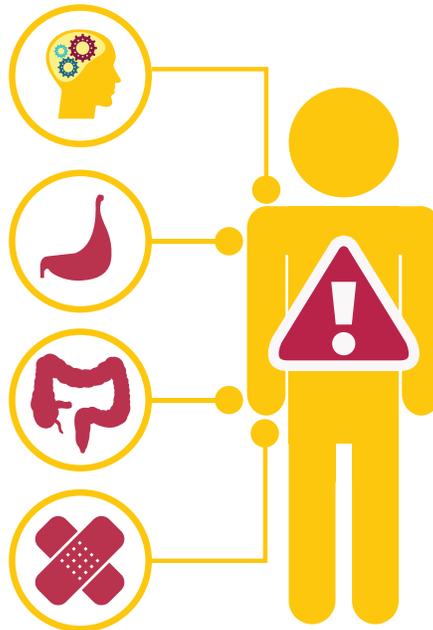
**1,587**

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:

- Cancer
- Heart disease
- Alcohol use disorder
- Anxiety and depression
- Learning and memory problems
- Liver disease
- Digestive problems
- Risky behaviors
- Violence
- Motor vehicle crashes and other injuries
- Death

- CDC Alcohol Fact Sheets  
NIH – NIAAA Beyond Hangovers, 2010



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**

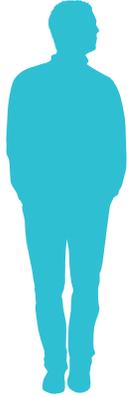
**New Mexican** per year.



-CDC Alcohol Fact Sheets

# WHAT IS EXCESSIVE DRINKING?

## HEAVY DRINKING



**WOMEN:**  
Consuming **8** or more  
drinks per week

**MEN:**  
Consuming **15** or more  
drinks per week

\*In 2019 6% of NM adults self reported as heavy drinkers\*



## BINGE DRINKING

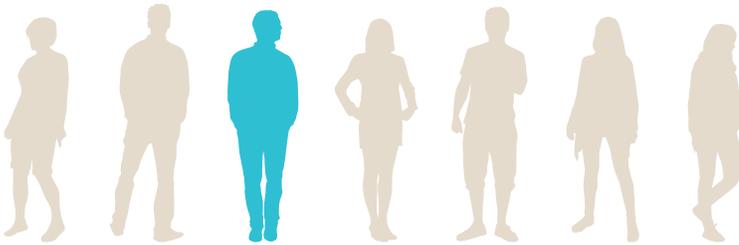


**WOMEN:**  
Consuming **4** or more  
drinks on an occasion



**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**



**MIDDLE SCHOOL**

**10%** of whom **44%**  
DRINK BINGE



**HIGH SCHOOL**

**29%** of whom **54%**  
DRINK BINGE

In a 2019 survey of New Mexico students, 10% of middle school students reported current drinking, and 29% of high school students reported current drinking. 44% of middle school students who drink reported binge drinking, and 54% of high school students who drink reported binge drinking.

- 2019 NM YRRS

## THINGS THAT CAN BE DONE TO DECREASE ALCOHOL-RELATED HARM

**Increase Alcohol Taxes** - Increasing alcohol taxes have 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 every adult in person or electronically for excessive drinking using validated questions and having a brief conversation with those that screen positive.

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

View The Community Guide at [www.thecommunityguide.org/alcohol/index.html](http://www.thecommunityguide.org/alcohol/index.html) and the US Preventive Services Task Force <https://www.uspreventiveservicestaskforce.org>

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