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 2018.

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.

**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

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.

Only **1 in 10** excessive drinkers has alcohol use disorder.

Excessive alcohol use cost NM **$2.2 billion** in 2010.
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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This document was supported by Cooperative Agreement Number NU58DP001006 from The Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

NEW MEXICO DEPARTMENT OF HEALTH

MARCH 2020