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

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 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

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 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  

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.  


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