Excessive alcohol use is a serious public health issue in Catron County, but there is much we can do. As a community, we can overcome many of these negative outcomes by working together to provide prevention education, support local efforts, and get involved in local coalitions, and participate in local alcohol and drug free community events.

**ALCOHOL-RELATED HARMS ARE 100% PREVENTABLE. PREVENTING EXCESSIVE DRINKING CAN PREVENT ALCOHOL-RELATED HARM.**

**WHAT IS EXCESSIVE DRINKING?**

**HEAVY DRINKING**

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

**BINGE DRINKING**

- **WOMEN:** Consuming or more drinks on an occasion
  - 4
- **MEN:** Consuming or more drinks on an occasion
  - 5

Excessive alcohol use led to approximately 3 deaths in Catron County per year in 2012-2016. The most common cause was suicide.

Catron County’s alcohol-attributable death rate per 100,000 population was the eighth highest rate in New Mexico. The most common cause was suicide.

The alcohol-attributable death rate in Catron County has increased 9% between 1999 and 2016.
**DRINKING DURING PREGNANCY**

There is **NO SAFE AMOUNT** of alcohol during pregnancy.

Alcohol passes from the mother to the baby through the umbilical cord. Drinking alcohol during pregnancy can cause **MISCARRIAGE, STILLBIRTH, and PHYSICAL AND INTELLECTUAL DISABILITIES.** These conditions can be prevented by avoiding alcohol while pregnant. (CDC)

**ALCOHOL & YOUTH**

Any alcohol consumption by those under 21 is considered excessive alcohol consumption. Most youth do not currently drink but alcohol is one of the most commonly used substances by youth.

New Mexico has a lower binge drinking prevalence among youth than the United States. However, youth in New Mexico are more likely to begin drinking before age 13. Starting drinking early increases a youth’s risk of later alcohol dependence.

Suicide is the most common cause of alcohol-related death in Catron County. Alcohol increases psychological distress and can impact a person’s coping strategies. It is estimated that 23% of suicide deaths are due to alcohol. Alcohol policies that reduce alcohol consumption are also effective at reducing suicide deaths.


**RECOMMENDED STRATEGIES**

- Conduct alcohol screening and brief intervention (A-SBI)
- Reduce alcohol outlet density
- Enhance enforcement of laws prohibiting sales to people < 21 years
- Limit the days and hours alcohol sales occur


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