

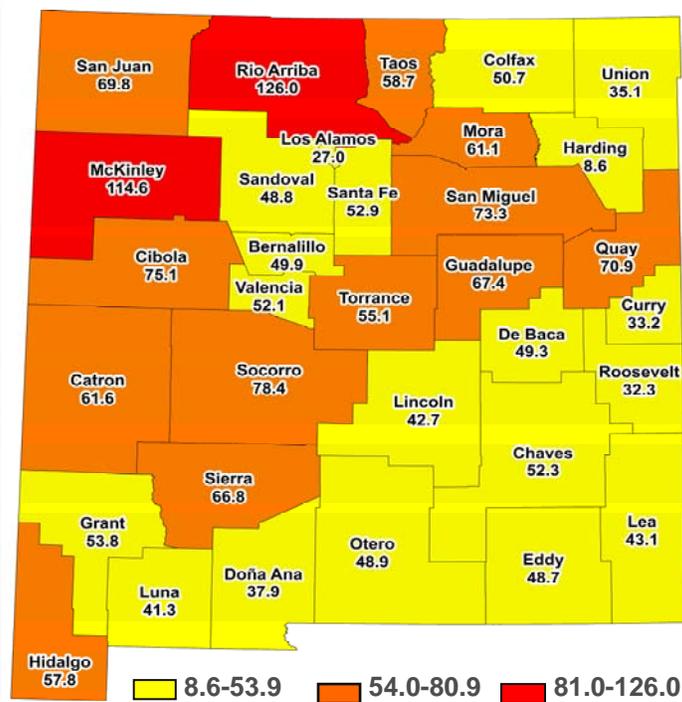
## New Mexico's Alcohol Related Death Rate is the Highest in the U.S.

New Mexico has the highest alcohol-attributable mortality rate in the nation. Some alcohol related causes of death are associated with chronic diseases such as liver cirrhosis, alcohol dependence as well as alcohol related injuries such as motor vehicle crashes, poisonings, falls, homicide, and

suicide. Other negative consequences of alcohol use include domestic violence, crime, poverty, unemployment, chronic liver disease, injuries, mental illness, and a variety of other medical problems.

Since 1981, New Mexico's alcohol-related death rate has ranked 1st, 2nd, or 3rd in the U.S with rates consistently at nearly twice the national rate for two decades.

### Alcohol-Related Deaths by County



Alcohol-related Death Rates\* (per 100,000 population) by County, New Mexico, 2010-2014 Statewide rate = 54.0 Sources: NMDOH BVRHS death files and UNM-GPS population files; CDC ARDI; SAES \*Rates Adjusted to the US 2000 Standard Population

### How Counties Compare

Rio Arriba and McKinley counties have the highest rates of alcohol related death, with rates more than double the state rate and almost four times the U.S. rate. Several other counties (Socorro, Cibola, San Miguel, Quay, San Juan, and Sierra) had a substantial burden and rates more than twice the U.S. rate.

While there is a marked difference in rates based on location within the state, interventions for addressing alcohol use are needed for all groups within identified geographical areas.

### Act Now

- Raise awareness of alcohol use as a public health issue.
- Continue to collect data on alcohol deaths
- Promote effective prevention strategies.
- Partner with community groups, policy makers, counties, and tribal authorities to implement prevention strategies.

### Prevention Strategies

- Enforce Server & Liquor Liability
- Decrease Alcohol Consumption
- Limit Hours & Days of Alcohol Sales
- Regulate Alcohol Outlet Density

### Everyone can:

- ◇ Choose not to drink alcohol or limit your consumption to no more than 1 drink per day for women and no more than 2 drinks per day for men. Some people, including youth and pregnant women, should not drink at all.
- ◇ Talk to your health care provider about alcohol use. Most people who excessively drink are not alcohol dependent and small changes can have a big impact on health.
- ◇ Remember to not serve alcohol to youth and to people who have already drunk too much alcohol.