Substance Use & Mental Health Epidemiology Profile Dashboard

Executive Summary

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Introduction.

The Substance Use & Mental Health Epidemiology Profile (SUMHEP) Dashboard is a unique dashboard that contains trends on both substance use and mental health. The executive summary is a companion to the dashboard and provides a brief overview of different trends for the many different indicators on the dashboard.

Consequences of Substance Use.

Introduction.

In 2023, the ten leading causes of death in New Mexico were diseases of the heart, cancer, unintentional injuries, chronic lower respiratory diseases, stroke, chronic liver disease and cirrhosis, diabetes, Alzheimer's disease, suicide, and COVID-19. Of these, chronic liver disease and cirrhosis, unintentional injuries, and suicide are associated with alcohol use; chronic lower respiratory diseases are associated with tobacco use; heart disease is associated with both alcohol and tobacco use; and unintentional injuries and suicide are associated with the use of alcohol and other drugs.

Due to changes in categories following the most recent census, race/ethnicity data are not currently available on the dashboard and therefore will not be mentioned in the executive summary. In addition, county level data are not currently available for the New Mexico Behavioral Risk Factor Surveillance System (NM BRFSS) survey data, but Health Region level data are provided. The counties comprising New Mexico's five Health Regions are:

1. Northwest Region: San Juan, McKinley, and Cibola Counties.
2. Northeast Region: Rio Arriba, Taos, Colfax, Union, Los Alamos, Santa Fe, Mora, San Miguel, Guadalupe, and Harding Counties.
3. Metro Region: Bernalillo, Sandoval, Torrance, and Valencia Counties.
4. Southeast Region: Quay, DeBaca, Curry, Lincoln, Roosevelt, Chaves, Eddy, and Lea Counties.
5. Southwest Region: Catron, Socorro, Grant, Sierra, Hidalgo, Luna, Doña Ana, and Otero Counties.

Alcohol-Related Deaths and Hospitalizations.

The negative consequences of excessive alcohol use in NM are not limited to death but also include domestic violence, crime, poverty, and unemployment, as well as chronic liver disease, motor vehicle crash and other injuries, mental illness, and a variety of other medical problems. In 2010, the economic cost of excessive alcohol consumption in New Mexico was $2.2 billion ($2.77 per drink or an average of $1,084 per person)[1].

- Total alcohol-related death rates increase with age. Total alcohol-related male death rates are higher than female rates. McKinley and Rio Arriba counties have the highest total alcohol-related death rates when aggregating data from 2013 to 2023.
- Alcohol-related chronic disease death rates were higher for males than for females between 2013 and 2023. Alcohol-related chronic disease death rates have been decreasing since 2021. As with total alcohol-related death, McKinley and Rio Arriba counties had the highest alcohol-related chronic disease death rates in the state.
- Acute alcohol-related deaths vary by age and are higher for males than females from 2013 to 2023. McKinley and Rio Arriba had the highest rates in the state when aggregating data from 2013 to 2023.
- Females are at lower risk than men for Chronic Liver Disease (CLD) hospitalizations. McKinley county had the highest rates of CLD hospitalizations, followed by Cibola and Rio Arriba. De Baca and Roosevelt had the lowest rates. It is important to note that hospitalizations from federal facilities (e.g. Indian Health Services and Veterans Administration) are not included in these results.

Smoking-Related Deaths.

Males have higher age-adjusted smoking-related death rates than females from 2013 to 2023. The counties with the highest rates when aggregating data from 2013 to 2023 were Sierra followed by De Baca. Smoking-related death rates seem to be steadily decreasing from 2013 to 2023. In 2013, the smoking-related death rate was 97.8 (per 100,000) compared to 83.1 in 2023 resulting in a percent decrease of 14.7%.

Drug Overdose Deaths.

Drug overdose death rates remained higher for males than for females for the time periods 2013-2023. Rio Arriba had the highest drug overdose death rate in the state in terms of total number of drug overdose deaths over the estimated population in Rio Arriba. Bernalillo County continued to bear the highest number of drug overdose deaths in terms of just looking at the total number of deaths. When observing specific drug overdose deaths by substance type, we saw:

- Fentanyl-involved overdose deaths in New Mexico have remained constant from 2021 to 2023. Between 2019-2023, males have had higher fentanyl related drug overdose death rates than females. Those between the ages of 35-44 experienced the highest rate of fentanyl overdose deaths.
- Cocaine overdose death rates remained higher for males than for females for the time periods 2013-2023. Rio Arriba and San Miguel had the highest rates of cocaine overdose deaths with Rio Arriba having a rate of 30.5 and San Miguel having a rate of 17.9 when aggregating data between 2013 to 2023.
- Heroin overdose death rates remained higher for males than for females between the time periods 2013-2023. Rio Arriba had the highest heroin overdose death rate followed by Colfax, with a rate of 36.0 and 14.3, respectively. The heroin overdose death rates were the lowest in 2023, with a rate of 1.9.
- Methamphetamine drug overdose death rates remained higher for males than for females between the time periods 2013-2023. Bernalillo County had the highest number of methamphetamine drug overdose death rates in terms of total number of deaths.
- Methadone drug overdose rates increased between 2018 and 2021 but decreased in 2022. Methadone drug overdose rates seem to be increasing in 2023. The methadone drug overdose rate was 2.4 in 2022 compared to 3.0 in 2023. Methadone drug overdose deaths remained higher for males than for females between the time periods 2013 and 2023.

Mental Health.

Adult Mental Health.

Adult Mental Distress is defined as having 14 or more days in past 30 days when mental health was "not good." Among adults (18+), 18.4% of females experienced frequent mental health distress compared to 15.6% of males in 2023. Adults between the ages of 18-34 were more likely to experience mental health distress than other age categories in 2023. The Health Regions with the highest percentage of adults experiencing frequent mental health distress in 2023 were the Metro Region followed by the Northeast Region, at 19.9% and 16.6% respectively. The total percentage of adults experiencing frequent mental health distress in 2023 was 15.9%.

Adult Symptoms of Depression.

Symptoms of Depression are defined as having a score of 3 or greater on Patient Health Questionnaire-2 (PHQ-2) and these questions were first asked in the 2023 NM BRFSS. 11.8% of adults experienced symptoms of depression and adults between the ages of 18-34 were more likely to experience symptoms of depression than other age groups in 2023. In 2023, 11.9% of females experienced symptoms of depression compared to 11.7% of males. The Health Regions with the highest percentage of adults experiencing symptoms of depression were the Southeast Region at 13.3% followed by the Southwest Region at 11.8%.

Youth Attempted Suicide.

In 2023, 11.0% of female students in grade 9 to 12 attempted suicide compared to 5.5% of males in 2023. American Indian/Alaskan Native high school students had the highest percent of attempted suicides in 2023, followed by Asian/Pacific Islander, and White high school students. Students in grade 9 had the highest percentage of attempted suicides in 2023 followed by students in grade 10 and grade 11. The total percentage of high school students attempting suicide was 8.4% in 2023 compared to 10.4% in 2021 and 9.9% in 2019. The counties with the highest attempted suicides in 2023 were Socorro, Hidalgo, and McKinley.

Youth Considered Suicide.

In 2023, 18.8% of female high school students considered suicide compared to 10.7% of male high school students. White high school students were the highest percentage considering suicide in 2023 than other race/ethnicities. The total percentage of high school students considering suicide has decreased between 2021 and 2023.

Youth Feelings of Sadness or Hopelessness.

In 2023, 47.1% of female high school students experienced feelings of sadness or helplessness compared to 25.8% of males. Students in grade 12 experienced the highest percentage followed by students in grade 11 and grade 10 in 2023.

Alcohol, Tobacco, and Other Drug Consumption Behavior.

Adult Binge Drinking.

Adult binge drinking is defined as drinking five or more drinks (for men) or four or more drinks (for women) on an occasion at least once in the past 30 days. Among adults (18+) binge drinking was more common among males and among Hispanic people in 2023. Adults between the ages 18-34 were more likely to binge drink than other age groups in 2023. The rate of adult binge drinking has declined between 2019-2023. The Southeast Region had the highest percentage of adults binge drinking at 21.4% followed by the Metro Region at 19.4%.

Adult Heavy Drinking.

Adult heavy drinking is defined as drinking more than 2 drinks per day on average for males or more than 1 drink per day for females in past 30 days. Adult heavy drinking was less for those older than 55, compared to other ages. 4.9% of adults heavy drank in 2023 compared to 6.3% in 2022. The Health Regions with the highest percentage of adult heavy drinking were the Northeast Region at 5.8% and the Northwest Region at 5.2%.

Adult Drinking and Driving.

In 2023, 0.9% of adults aged 18 and over engaged in past 30-day drinking and driving in New Mexico. Past-30-day drinking and driving was more prevalent among adults between the ages of 18-34 and adults between the ages of 35-54 than among

adults who were older than 55. New Mexico males were 4.5 times as likely to drink and drive than females (1.7% vs. 0.4%). Both the Southeast Region and the Northeast Region were greatly above the state percentage of 0.9%. 1.7% of adults drank and drove in the Northeast Region and 1.5% of adults drank and drove in the Southeast Region.

Youth Current Drinking.

Any alcohol consumption by a person under the age of 21 is considered to be underage drinking. Current drinking is defined having at least one drink of alcohol on one or more days in the past 30 days. In 2023, 16.4% of high school students drank compared to 19.5% in 2021. 19.2% of female high school students currently drank compared to 13.6% of male high school students in 2023. The counties with the highest percentage of high school students drinking currently were Union, Hidalgo, and Grant.

Youth Binge Drinking.

Youth binge drinking has decreased by half between 2015 and 2023, from 14% to 7%. Female high school students had a slightly higher percentage of binge drinking compared to male high school students (8.4% for females and 5.6% for males). Binge drinking rates were lower among American Indian/Alaska Native high school students than other racial/ethnic groups.

Youth Drinking and Driving.

In 2023, 4.2% of high school students drank and drove compared to 4.6% in 2021. Driving after drinking was more common among males than females and was less common among American Indian/Alaska Native and White high school students.

Adult Cannabis Use.

Cannabis questions were added to the NM BRFSS in 2020 which is after cannabis decriminalization but before legalization for nonmedical use in New Mexico. In 2023, 19.9% of New Mexico adults used cannabis in the past 30 days, compared to 16.8% in 2022. Current cannabis use was highest in the youngest age group (18-34) at 29.9% and among White adults (21.5%). The Health Region with the highest adult cannabis use was the Metro Region at 23.9% followed by the Northeast Region at 18.9%.

Adult Tobacco Use.

Smoking was most prevalent among the youngest age group (18-34 years) at 20.7% in 2023 and was more common among males than females (20.4% vs. 13.8%). The percentage of adult who currently smoke has dropped between 2019 and 2023, from 15.4% to 11.5%, respectively. The Metro Region, Northwest Region, Southwest Region, and Southeast Region all had percents greatly higher than the state percentage of 11.5% in 2023. The Health Regions with the highest percentage of adults who currently smoke were the Southeast Region at 20.0% followed by the Metro Region at 18.2%.

Adult E-Cigarette Use.

Smoking was most prevalent among the youngest age group (18-34) with 19.5% of adults saying they were current e-cigarette users. E-cigarette use was more common among males than females, with 9.4% of males being current e-cigarette use compared to 7.2% of adult females. Hispanic adults had the highest percent of current e-cigarette use compared to other race/ethnicities. Between 2020 and 2023, the percentage of adult current e-cigarette use has dropped from 18.8% to 8.3%. The Health Region with the greatest percent of adult current e-cigarette use and the only Health Region with a percentage significantly greater than the state percent of 8.3% in 2023 was the Southeast Region at 11.1%.

Youth Cannabis Use.

In 2023, 17.9% of high school students used cannabis in the past 30 days compared to 20.3% in 2021. The use of cannabis was more common among female high school students than male high school students and among Black and American Indian/Alaskan Native high school students. The counties with the highest percentage of high school student cannabis use were Sandoval, Union, and Luna for 2023.

Youth Cigarette Use.

In 2023, 3.3% of high school students used cigarettes currently compared to 4.3% in 2021. Males were slightly more likely than girls to smoke currently in 2023 (3.4% vs. 3.1%). Black (3.0%), Hispanic (2.9%), and Asian/Pacific Islander (1.8%) high school students had lower rates of current cigarette smoking than American Indian/Alaska Native (3.8%) and White (4.1%) high school students. The counties

with the highest percentage of high school student cigarette use were Hidalgo, Torrance, and Mora.

<u>Youth E-Cigarette Use.</u>

The prevalence of current e-cigarette use among New Mexico high school students was 18.8% in 2023, compared to 25.3% in 2021 and 33.4% in 2019. Union and Hidalgo high school students had high rates of e-cigarette use (35.9% and 32.1% respectively). Female high school students had a higher prevalence of e-cigarette use than male high school students (22.8% vs. 14.7%).

Other Data Resources.

The data presented here come from various sources. Resources are provided below as well as the most current date the applicable pages have been revised. These resources include:

1. New Mexico population data, 2013-2023: University of New Mexico (UNM), Geospatial and Population Studies (GPS). Annual Estimates of the Population of New Mexico by County, Age, Sex, Race, and Hispanic Origin, 2013 to 2023.
2. Death rates were calculated by the New Mexico Department of Health (NMDOH), Center for Health Protection, Injury and Behavioral Epidemiology Bureau (IBEB), Substance Use Epidemiology Section (SUES).
3. New Mexico death data: New Mexico Department of Health, Epidemiology and Response Division, Bureau of Vital Records and Health Statistics (BVRHS). Death rates were calculated by the New Mexico Department of Health, Center for Health Protection, Injury and Behavioral Epidemiology Bureau, Substance Use Epidemiology Section.
4. New Mexico Emergency Department Visits: New Mexico Department of Health, Center for Health Protection, Community and Health Systems Epidemiology Bureau, Health Systems Epidemiology Unit. Visit rates were calculated by the New Mexico Department of Health, Center for Health Protection, Injury and Behavioral Epidemiology Bureau, Substance Use Epidemiology Section
5. New Mexico Hospital Inpatient Discharges: New Mexico Department of Health, Center for Health Protection, Community and Health Systems Epidemiology Bureau, Health Systems Epidemiology Unit. Discharge rates were calculated by the New Mexico Department of Health, Epidemiology and Response Division,

Injury and Behavioral Epidemiology Bureau, Substance Use Epidemiology Section

6. National adult behavioral data: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Division of Adult and Community Health. Behavioral Risk Factor Surveillance System Online Prevalence Data, 1995-2018. Available from: http://www.cdc.gov/brfss/data_tools.htm as of December 17, 2019

7. New Mexico adult behavioral data: New Mexico Department of Health, Center for Health Protection, Injury and Behavioral Epidemiology Bureau, Survey Unit. New Mexico Behavioral Risk Factor Surveillance System (BRFSS). More reporting available from: https://nmhealth.org/about/erd/ibeb/brfss/ as of December 17, 2019.

8. New Mexico youth behavioral data: New Mexico Department of Health, Center for Health Protection, Injury and Behavioral Epidemiology Bureau, Survey Unit; and the New Mexico Public Education Department, School and Family Support Bureau. New Mexico Youth Risk and Resiliency Survey (YRRS). More reporting is available from: www.youthrisk.org as of December 17, 2019.

Citations

1. (Sacks, Jeffrey J., et al. "2010 national and state costs of excessive alcohol consumption." American Journal of Preventive Medicine 49.5 (2015): e73-e79).

Questions?

If you have any questions, notice any bugs, or require any technical assistance please reach out to us via e-mail at DOH-sumhepdashboard@state.nm.us.