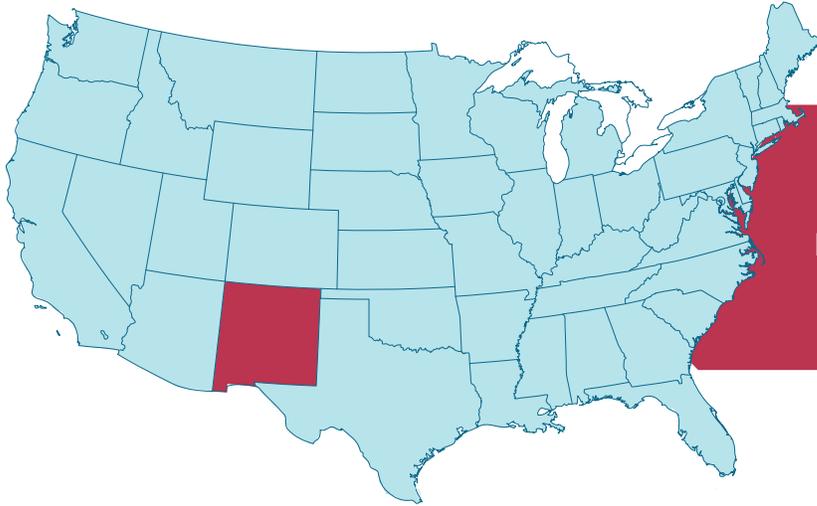


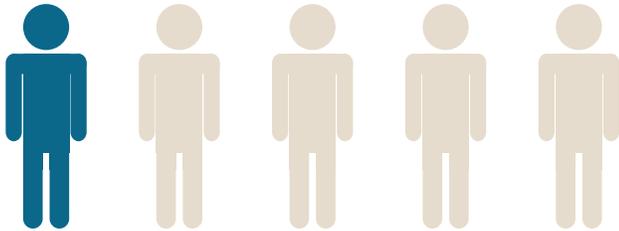
ALCOHOL USE IN NEW MEXICO



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.

-NMDOH



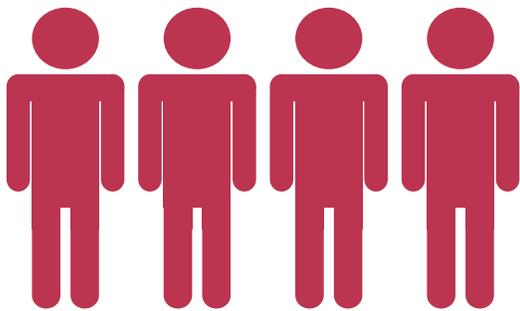
1 in 5 deaths among working age adults (20-64) in New Mexico is attributable to alcohol versus 1 in 10 deaths among working age adults in the U.S.

-NMDOH, CDC Alcohol Fact Sheets

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.

-NMDOH, CDC, ARDI



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

- CDC Alcohol Fact Sheets
NIH - NIAAA Beyond Hangovers, 2010



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



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

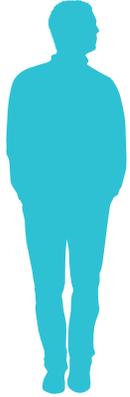
Excessive alcohol use cost NM **\$2.2 billion** in 2010.



-CDC Alcohol Fact Sheets

WHAT IS EXCESSIVE DRINKING?

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

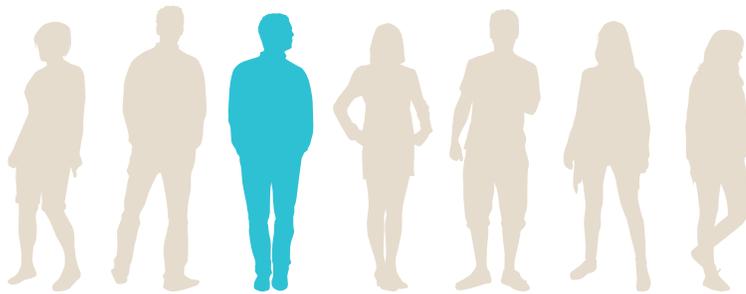


WOMEN:
Consuming **4** or more
drinks on an occasion



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!



MIDDLE SCHOOL
10% CURRENT **of whom 49%** BINGE



HIGH SCHOOL
26% CURRENT **of whom 54%** BINGE

In a 2017 survey of New Mexico students, 10% of middle school students were current drinkers, and 26% of high school students were current drinkers. 49% of middle school drinkers are binge drinkers, and 54% of high school drinkers are binge drinkers.

- 2017 NM YRRS

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.

View The Community Guide at www.thecommunityguide.org/alcohol/index.html

For more information please contact Annaliese Mayette at Annaliese.Mayette@state.nm.us

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