

# ALCOHOL USE

## IN CATRON COUNTY, NEW MEXICO



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.



# 3

Excessive alcohol use led to approximately **3 deaths** in Catron County per year in 2012-2016.

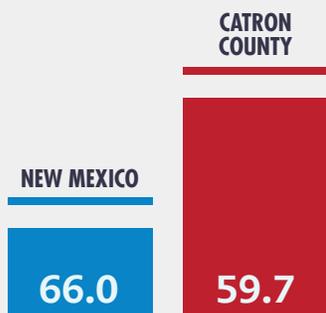
(NMDOH BVRHS; CDC ARDI)



# 1 in 9

deaths among working age adults (20-64) in Catron County is attributable to alcohol.

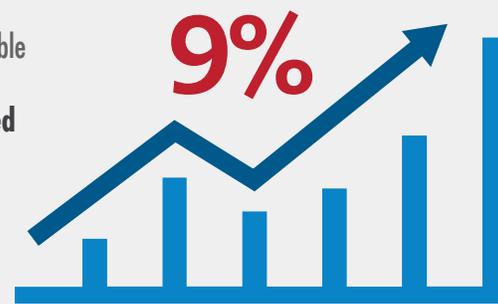
(2012-2016 NMDOH BVRHS; CDC ARD)



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.

(2012-2016 NMDOH BVRHS; CDC ARDI)

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



(NMDOH BVRHS; CDC ARDI)

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

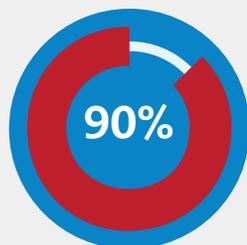
## WHAT IS EXCESSIVE DRINKING?

### HEAVY DRINKING



**WOMEN:**  
Consuming **8** or more drinks per week

**MEN:**  
Consuming **15** or more drinks per week



of adults in Catron County are **NOT** drinking heavily

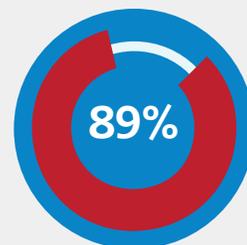
(2014-2016 BRFSS)

### BINGE DRINKING



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

**MEN:**  
Consuming **5** or more drinks on an occasion



of adults in Catron County are **NOT** binge drinking

(2014-2016 BRFSS)

# 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

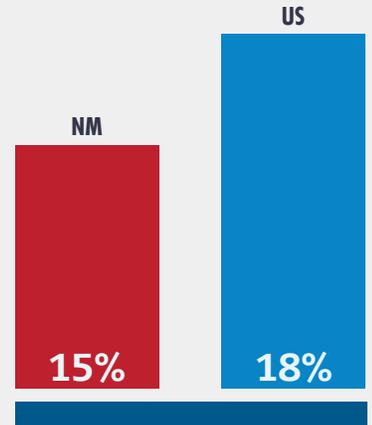


Any alcohol consumption by those under 21 is considered excessive alcohol consumption. Most youth do not currently drink but alcohol is one of the most commonly used substances by youth.

(2015 YRRS, CDC)

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.

(2015 YRRS, 2015 YRBSS)



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.

(NM BVRHS; CDC ARDI; Xuan Z et al. Alcohol Policies and Suicide: A Review of the Literature. Alcohol Clin Exp Res. 2016;40(10):2043-2055)

(NMSA: 30-6-3)



## 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

For more information on the prevention of excessive drinking, please visit: **The Community Guide** at [www.thecommunityguide.org/topic/excessive-alcohol-consumption](http://www.thecommunityguide.org/topic/excessive-alcohol-consumption) or the **U.S. Preventive Services Task Force** at [www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/alcohol-misuse-screening-and-behavioral-counseling-interventions-in-primary-care](http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/alcohol-misuse-screening-and-behavioral-counseling-interventions-in-primary-care)