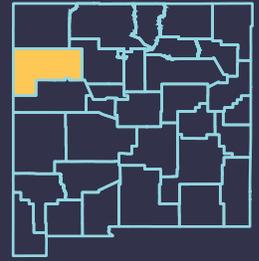


# ALCOHOL USE

## IN MCKINLEY COUNTY, NEW MEXICO



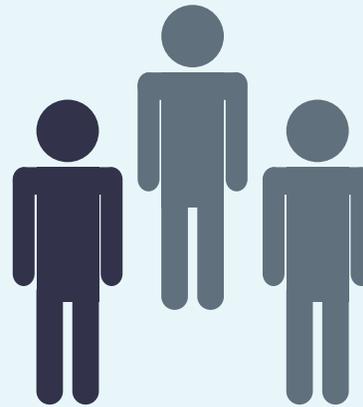
Excessive alcohol use is a serious public health issue in McKinley County, but there is much we can do. As a community, we can overcome many of these negative outcomes by working together to provide prevention education, support local efforts, and get involved in local coalitions, and participate in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



# 226

Excessive alcohol use led to approximately **226 deaths** in McKinley County in 2021.

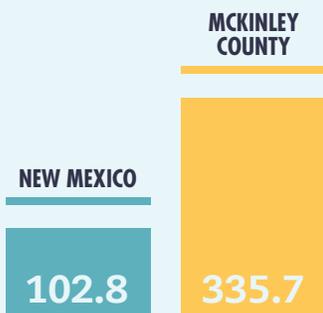
(NMDOH BVRHS; CDC ARDI)



# 1 in 3

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

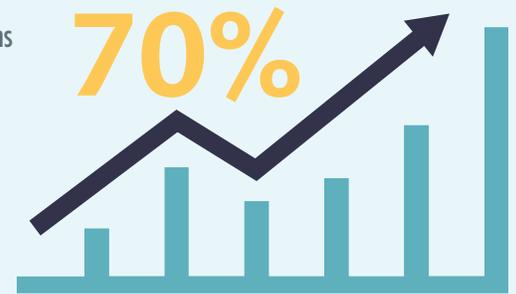
(NMDOH BVRHS; CDC ARDI)



In 2021, the McKinley County alcohol related death rate was the **highest alcohol related death rate in New Mexico**. The most common cause being chronic liver disease.

(NMDOH BVRHS; CDC ARDI)

Alcohol related deaths in McKinley County have increased **70%** since 2000.



(NMDOH BVRHS; CDC ARDI)

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

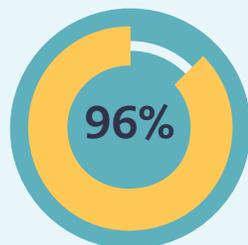
## WHAT IS EXCESSIVE DRINKING?

### HEAVY DRINKING



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

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



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

(2021 BRFS)

### BINGE DRINKING



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

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



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

(2021 BRFS)

# DRINKING DURING PREGNANCY



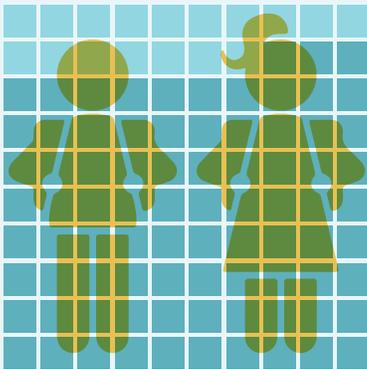
There is **NO SAFE AMOUNT** of alcohol during pregnancy

**94%**

of women in McKinley County **DID NOT DRINK** during third trimester of pregnancy.

(2009-2013 McKinley County: NM PRAMS)

## ALCOHOL & MCKINLEY'S YOUTH



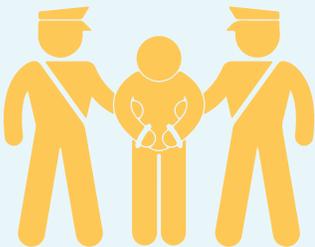
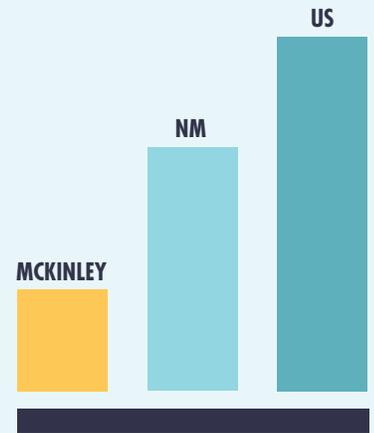
**89%**

of McKinley County youth are **not currently using any alcohol.**

(2021 YRRS, 2021 YRBSS)

McKinley County has a **lower reported rate** of youth binge drinking **than New Mexico or the U.S.**

(2021 YRRS, 2021 YRBSS)



Providing alcohol to anyone under 21 is a **FOURTH DEGREE FELONY** and can mean up to **18 MONTHS BEHIND BARS**

Contributing to the delinquency of a minor consists of any person committing any act or omitting the performance of any duty, which act or omission causes or tends to cause or encourage the delinquency of any person under the age of eighteen years. Youth who begin drinking before age 15 years are six times more likely to develop alcohol dependence/abuse later in life than those who begin drinking at 21 years. (CDC)

(NMSA: 30-6-3)



## RECOMMENDED STRATEGIES



-  Alcohol Screening and Brief Intervention (A-SBI): Preventive service that involves asking a validated set of screening questions to identify a patient's alcohol consumption and a short conversation with patients who are excessively drinking
-  Reducing alcohol outlet density: Limiting the number of businesses selling and distributing alcohol in neighborhoods
-  Enhanced enforcement of laws prohibiting sales to minors (<21 years of age)
-  Mass media campaigns
-  Limit the days and hours alcohol sales occur

For more information:

The Community Guide at  
[www.thecommunityguide.org/alcohol/index.html](http://www.thecommunityguide.org/alcohol/index.html)