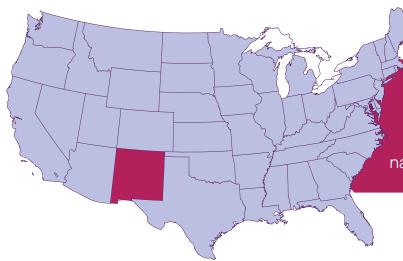
ALCOHOL USE IN NEW MEXICO



New Mexico has the **HIGHEST** alcohol-related death rate **IN THE NATION**

New Mexico's death rate (79.3 per 100,000 population) in 2023 was 56% higher than the national rate (50.9 per 100,000 population) in 2021.

-NMDOH

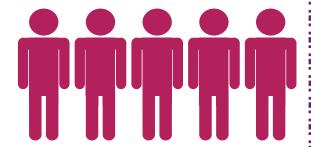
deaths among working age adults (25-64) in New Mexico is attributable to alcohol.

-NMDOH, CDC Alcohol Fact Sheets, NM IBIS

In 2023, there were

1,803

deaths due to alcohol in New Mexico.



To put that into context, an average of **FIVE** people **DIED EVERY DAY** of alcohol-related causes.

-NMDOH, CDC, ARDI



EXCESSIVE ALCOHOLUSE IS ASSOCIATED WITH:

- Cancer
- Heart disease
- · Alcohol use disorder
- Anxiety and depression
- Learning and memory problems
- Liver disease
- Digestive problems
- Violence
- Motor vehicle crashes and other injuries
- Death

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



Alcohol-related chronic liver disease causes about a fourth of the alcohol-related deaths in New Mexico, making it the most common cause of alcohol-related death in the state.

-NMDOH

Excessive alcohol use cost NM

\$2.2 billion in 2010. This is equivalent to more than \$1,000 per New Mexican



per year.

-CDC Alcohol Fact Sheets

WHAT IS EXCESSIVE DRINKING?

HEAVY DRINKING



WOMEN: Consuming O or more drinks per week

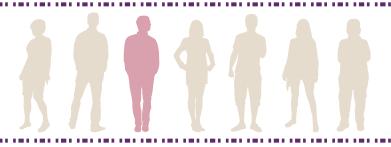
MEN: Consuming drinks per week

In 2023 5% of NM adults self reported as heavy drinkers



WOMEN: Consuming drinks on an occasion Consuming • drinks on an occasion

RISK OF INJURY INCREASES WITH MORE DRINKS



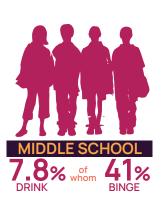
In New Mexico, in adults binge drink. On average, adults who binge drink binge 4 times per month.

- NM 2023 BRFSS



of pregnant women reported drinking alcohol during 3rd trimester of **pregnancy**

There is no known safe amount of alcohol during pregnancy





People who begin consuming alcohol at a younger age are more likely to develop an alcohol use disorder.

- NM 2023 YRRS

THINGS THAT CAN BE DONE TO DECREASE ALCOHOL-RELATED HARM

Increase Alcohol Taxes - Increasing alcohol taxes 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 Screening and Brief Intervention - Screening and brief intervention services provided in clinical, community, or fully online settings has been shown to reduce excessive alcohol consumption.

Limit the days and hours alcohol sales occur

To learn more visit The Community Guide at www.thecommunityquide.org/alcohol/index.html and the US Preventive Services Task Force at https://www.uspreventiveservicestaskforce.org

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