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

New Mexico's death rate (102.8 per 100,000 population) in 2021 was more than twice the national rate (50.9 per 100,000 population).

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

In 2021, there were 2,276 deaths due to alcohol in New Mexico.

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

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

EXCESSIVE ALCOHOL USE 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

Excessive alcohol use cost NM $2.2 billion in 2010. This is equivalent to more than $1,000 per New Mexican per year.
WHAT IS EXCESSIVE DRINKING?

HEAVY DRINKING

WOMEN: Consuming 8 or more drinks per week

MEN: Consuming 15 or more drinks per week

"In 2021 5% of NM adults self reported as heavy drinkers*

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, adults who binge drink binge 5 times per month.

- NM 2021 BRFSS

5% of pregnant women reported drinking alcohol during 3rd trimester of pregnancy

- 2015 NM PRAMS

There is no known safe amount of alcohol during pregnancy

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 - Maintaining or decreasing days and hours that alcohol is sold.


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