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).

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

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

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

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

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
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.

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

There is no known safe amount of alcohol during pregnancy

MIDDLE SCHOOL
- 7.6% DRINK
- 46% BINGE

HIGH SCHOOL
- 20% DRINK
- 39% BINGE

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

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


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