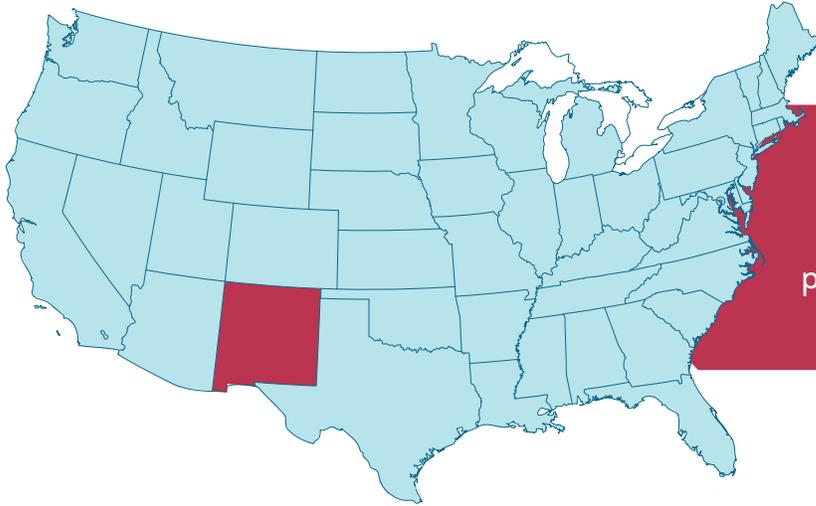


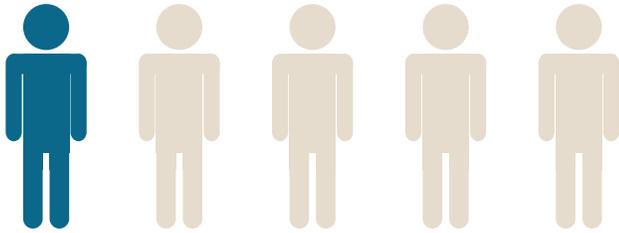
ALCOHOL USE IN NEW MEXICO



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).

-NMDOH



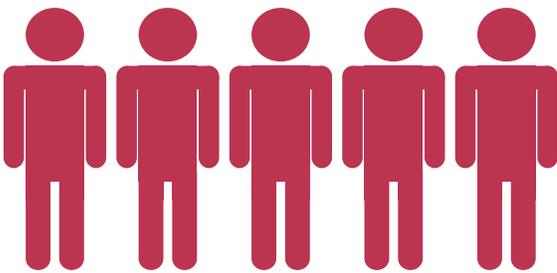
deaths among working age adults (20-64) in New Mexico is attributable to alcohol .

-NMDOH, CDC Alcohol Fact Sheets

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.

-NMDOH, CDC, ARDI



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

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



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.

-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 **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



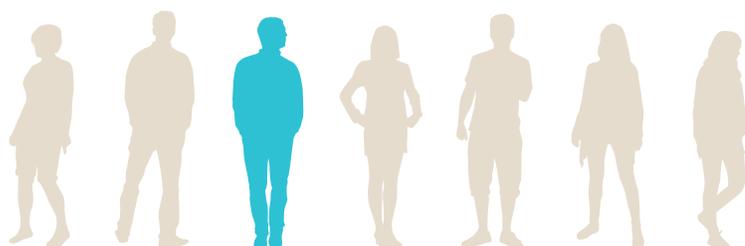
BINGE DRINKING



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**



MIDDLE SCHOOL

7.6% of whom **46%**
DRINK BINGE



HIGH SCHOOL

20% of whom **39%**
DRINK BINGE

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

- NM 2021 YRSS

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.

To learn more visit The Community Guide at <https://www.thecommunityguide.org/topics/excessive-alcohol-consumption.html>
and the US Preventive Services Task Force <https://www.uspreventiveservicestaskforce.org>

For more information please contact Luigi GarciaSaavedra at luigi.garciasaavedra@doh.nm.gov

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