New Mexico’s Alcohol Related Death Rate is the Highest in the U.S.

New Mexico has the highest alcohol-attributable mortality rate in the nation. Some alcohol-related causes of death are associated with chronic diseases such as liver cirrhosis, alcohol dependence as well as alcohol related injuries such as motor vehicle crashes, poisonings, falls, homicide, and suicide. Other negative consequences of alcohol use include domestic violence, crime, poverty, unemployment, chronic liver disease, injuries, mental illness, and a variety of other medical problems.

**How Counties Compare**

Rio Arriba and McKinley counties have the highest rates of alcohol-related death, with rates more than double the state rate and almost four times the U.S. rate. Several other counties (Socorro, Cibola, San Miguel, Quay, San Juan, and Sierra) had a substantial burden and rates more than twice the U.S. rate.

While there is a marked difference in rates based on location within the state, interventions for addressing alcohol use are needed for all groups within identified geographical areas.

**Act Now**

- Raise awareness of alcohol use as a public health issue.
- Continue to collect data on alcohol deaths
- Promote effective prevention strategies.
- Partner with community groups, policy makers, counties, and tribal authorities to implement prevention strategies.

**Prevention Strategies**

- Enforce Server & Liquor Liability
- Decrease Alcohol Consumption
- Limit Hours & Days of Alcohol Sales
- Regulate Alcohol Outlet Density

To learn about other health data available contact the Health Data Dissemination Coordinator, by phone at (505) 476-3739 or by e-mail at Rosa.Lopez@state.nm.us