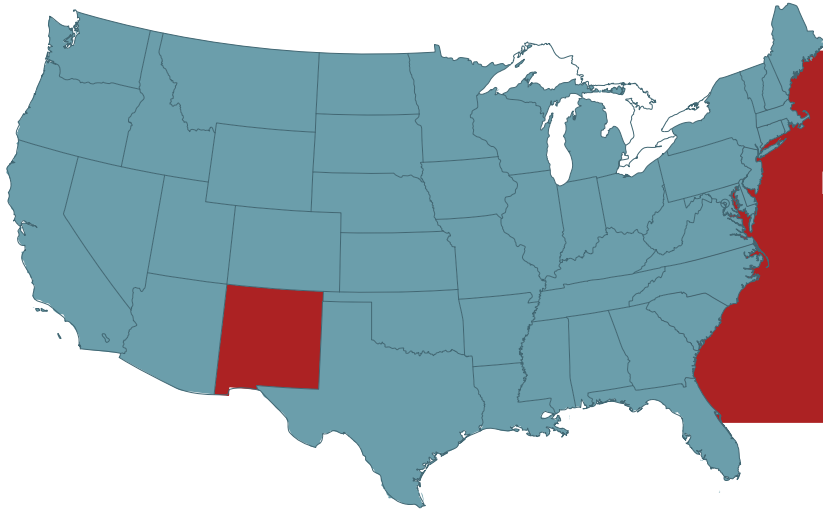


ALCOHOL USE IN NEW MEXICO

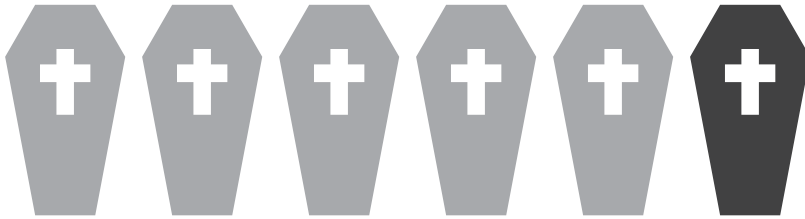


New Mexico has the **HIGHEST** alcohol-related death rate **IN THE NATION**

New Mexico's death rate (59.6 deaths per 100,000 population) in 2014 was **TWICE** the national rate (27.9 deaths per 100,000) in 2013 (most recent national data available).

Alcohol related death is increasing in New Mexico but decreasing nationally.

-NMDOH



1 in 6 deaths among working age adults (20-64) in New Mexico is attributable to alcohol versus 1 in 10 deaths among working age adults in the U.S.

-CDC Alcohol Fact Sheets

In 2014, there were

1,296

deaths due to alcohol in New Mexico.



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

-NMDOH



EXCESSIVE ALCOHOL IS ASSOCIATED WITH:

- Sleep disturbances & fatigue
- Difficulty maintaining a healthy weight
- Abdominal pain
- Diarrhea & nausea

AND MORE SERIOUS OUTCOMES:

- Domestic violence & crime
- Motor vehicle accidents & other injuries
- **DEATH**

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



The most common cause of alcohol related death in New Mexico is **alcohol-related chronic liver disease**.

From 2010-2014, alcohol-related chronic liver disease **increased by 35.8%** in New Mexico.

-NMDOH



Only **1 in 10** excessive drinkers has alcohol dependency disorder

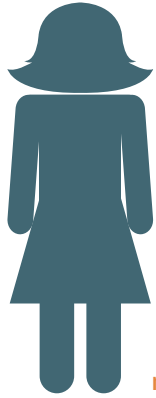
Excessive alcohol use cost NM **\$2.2 billion** in 2010.

-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



About 5% of NM adults self reported as heavy drinkers in 2014

BINGE DRINKING

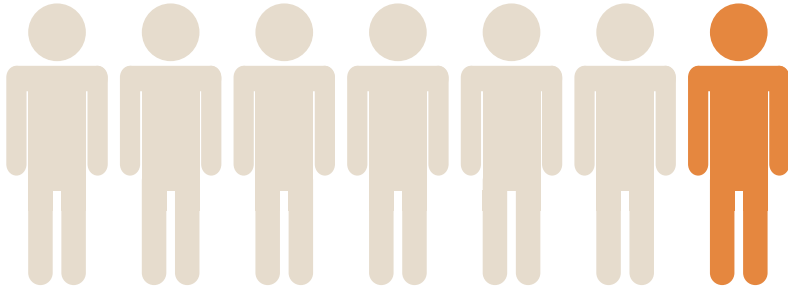


WOMEN: Consuming **4** or more drinks on an occasion



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, binge drinkers binge **4 times per month**, consuming an average of **8 drinks** per occasion

- NM 2014 BRFS



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

- 2012 NM PRAMS

90% of alcohol consumed by youth is in the form of binge drinking



For youth, binge drinking is five or more drinks within a couple of hours.

In a 2013 survey of New Mexico students, 9.2% of middle school students (grades 6-8) are current drinkers, & 28.9% of high school students (grades 9-12) are current drinkers.

- 2013 NM YRRS

NO SAFE AMOUNT!

Support Dram Shop Liability - Owners and servers can be held liable for any injury caused by customers who were recently drinking alcohol at the establishment.

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 - Screen every adult for excessive drinking using validated questions, have a brief conversation with those that screen positive.

Limit the days and hours alcohol sales occur - Maintain or decrease days and hours that alcohol is sold.

For more please see: The Community Guide
www.thecommunityguide.org/alcohol/index.html