# ALCOHOL USE IN NEW MEXICO
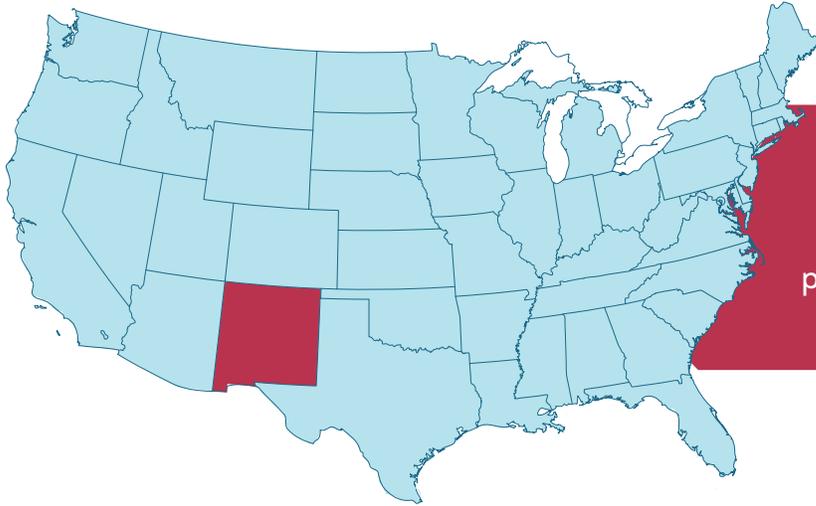
New Mexico has the HIGHEST alcohol-related death rate IN THE NATION

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) in 2021.

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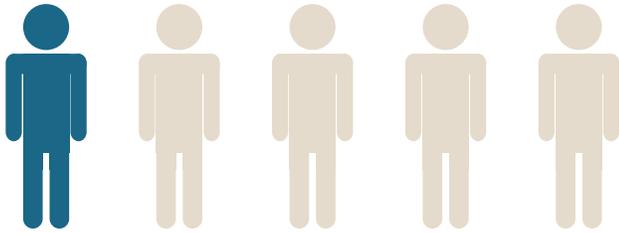
1 in 5 deaths among working age adults (20-64) in New Mexico is attributable to alcohol .

-NMDOH, CDC Alcohol Fact Sheets

In 2021, there were

2,276

deaths due to alcohol in New Mexico.
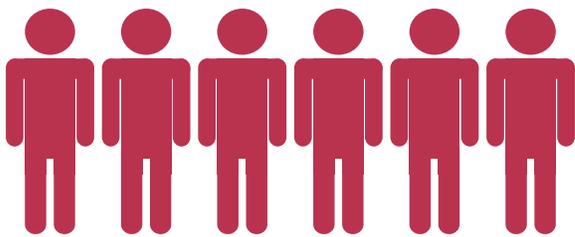
To put that into context, an average of **SIX** people **DIED EVERY DAY** of alcohol-related causes.

-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
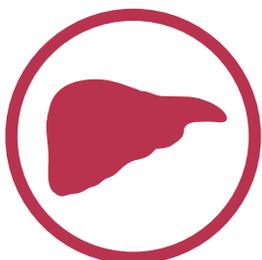
Alcohol-related chronic liver disease causes about a third of the alcohol-related deaths in New Mexico. It is the **most common cause of alcohol-related death** in New Mexico.

-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
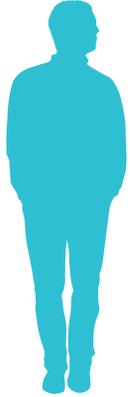
WOMEN: Consuming **8** or more drinks per week

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
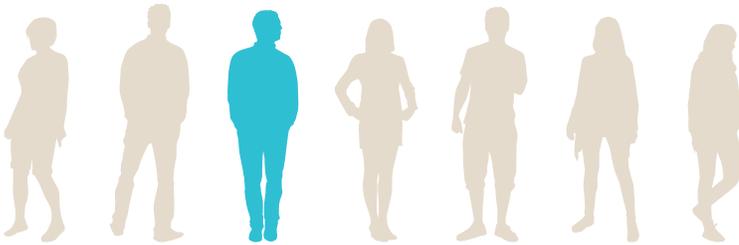
In New Mexico, **1** in **7** adults binge drink.

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% DRINK — of whom — **46%** BINGE

HIGH SCHOOL
20% DRINK — of whom — **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 – Maintaining or decreasing days and hours that alcohol is sold.

To learn more visit The Community Guide at www.thecommunityguide.org/alcohol/index.html and the US Preventive Services Task Force https://www.uspreventiveservicestaskforce.org

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NMDOH
NEW MEXICO DEPARTMENT OF HEALTH