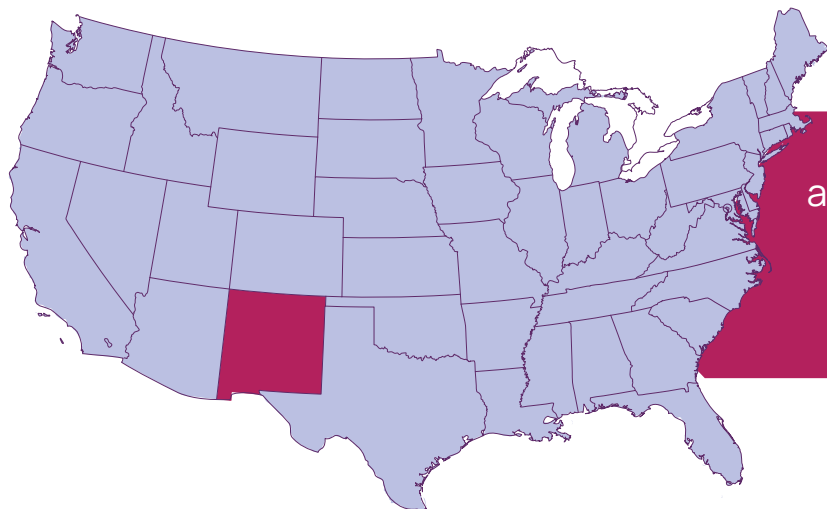


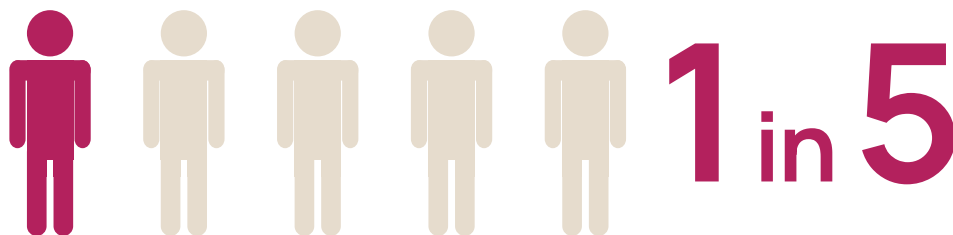
# ALCOHOL USE IN NEW MEXICO



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



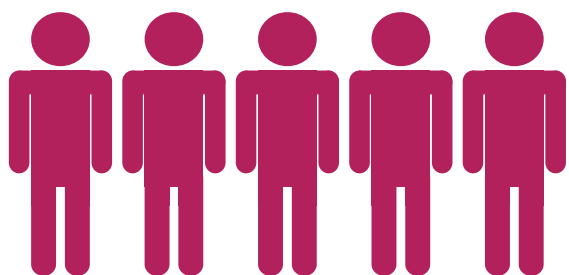
deaths among working age adults (20-64) in New Mexico is attributable to alcohol.

-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.

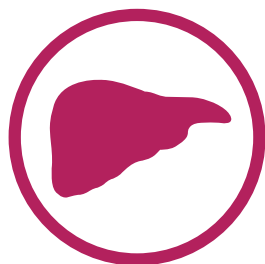
-NMDOH, CDC, ARDI



## 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\*



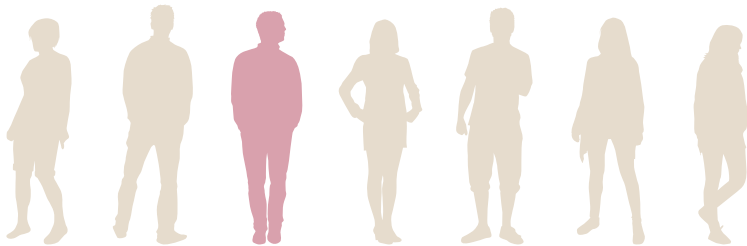
## BINGE DRINKING



**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**

To learn more visit The Community Guide at [www.thecommunityguide.org/alcohol/index.html](http://www.thecommunityguide.org/alcohol/index.html) and the US Preventive Services Task Force at <https://www.uspreventiveservicestaskforce.org>

For more information please contact Luigi GarciaSaavedra at [luigi.garciasaavedra@doh.nm.gov](mailto:luigi.garciasaavedra@doh.nm.gov)

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