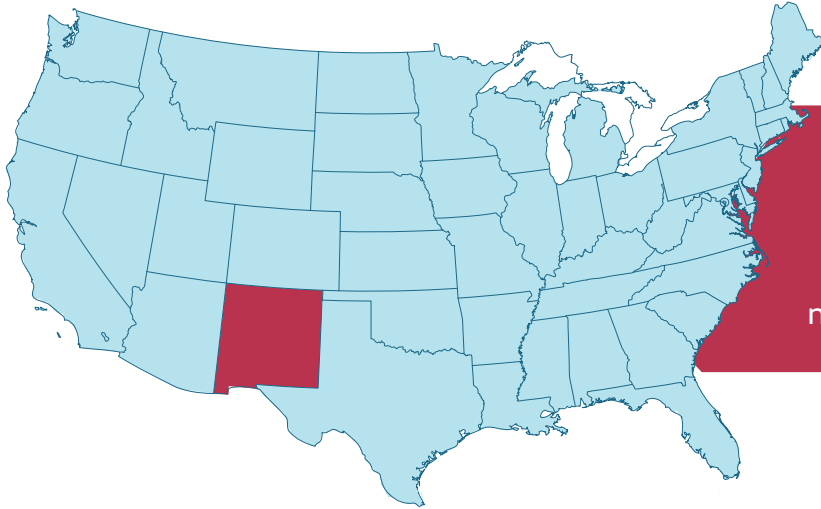


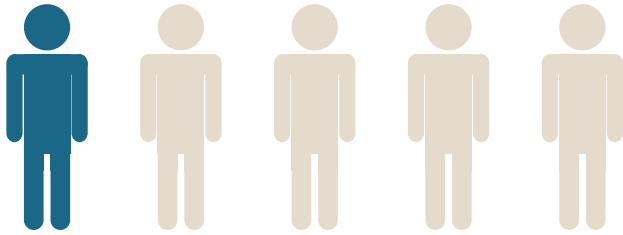
# ALCOHOL USE IN NEW MEXICO



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

New Mexico's death rate (86.6 per 100,000 population) in 2020 was more than twice the national rate (41.5 per 100,000 population) in 2020.

-NMDOH



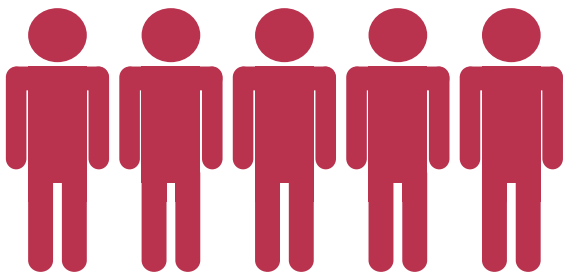
deaths among working age adults (20-64) in New Mexico is attributable to alcohol .

-NMDOH, CDC Alcohol Fact Sheets

In 2020, there were

# 1,878

deaths due to alcohol in New Mexico.



To put that into context, an average of **FIVE** 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 2020 7% 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 2019 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**

**10%** of whom **44%**  
DRINK BINGE



**HIGH SCHOOL**

**29%** of whom **54%**  
DRINK 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](http://www.thecommunityguide.org/alcohol/index.html) and the US Preventive Services Task Force <https://www.uspreventiveservicestaskforce.org>

For more information please contact Robert Kelly at [Robert.Kelly2@state.nm.us](mailto:Robert.Kelly2@state.nm.us)

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