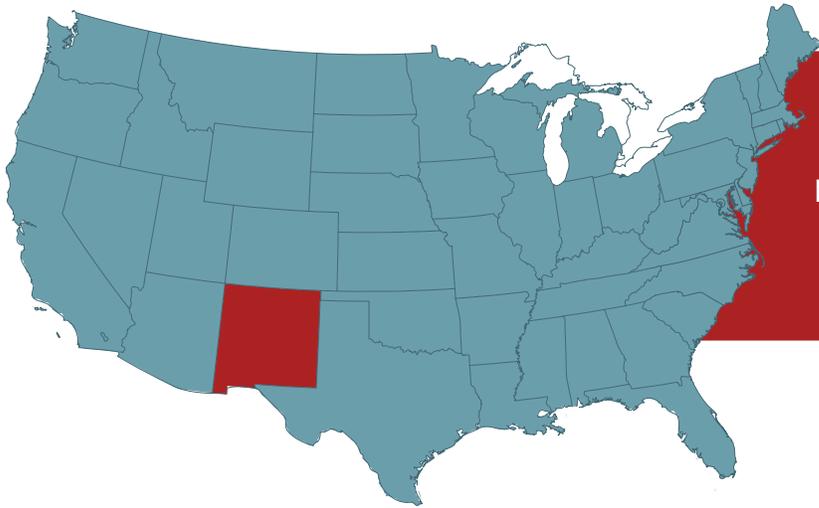


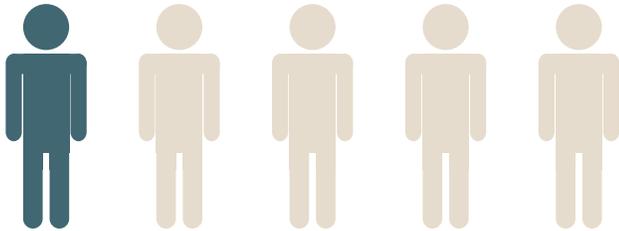
ALCOHOL USE IN NEW MEXICO



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

New Mexico's death rate (66.8 deaths per 100,000 population) in 2017 was **TWICE** the national rate (32.2 deaths per 100,000) in 2015 (most recent national data).

-NMDOH



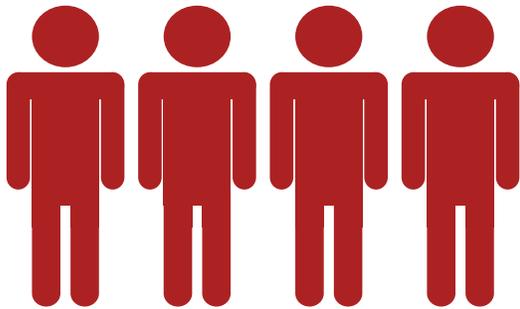
1 in 5 deaths among working age adults (20-64) in New Mexico is attributable to alcohol versus 1 in 10 deaths among working age adults in the U.S.

-CDC Alcohol Fact Sheets

In 2017, there were

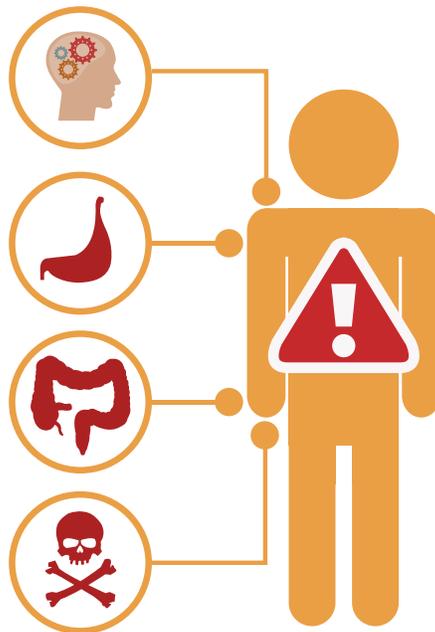
1,461

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 2013-2017 alcohol-related chronic liver disease **increased by 35.3%** in New Mexico.

-NMDOH



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

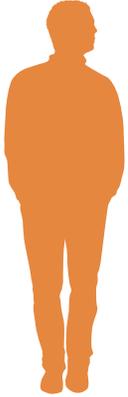
Excessive alcohol use cost NM **\$2.2 billion** in 2010.

-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 6% of NM adults self reported as heavy drinkers in 2017



BINGE DRINKING

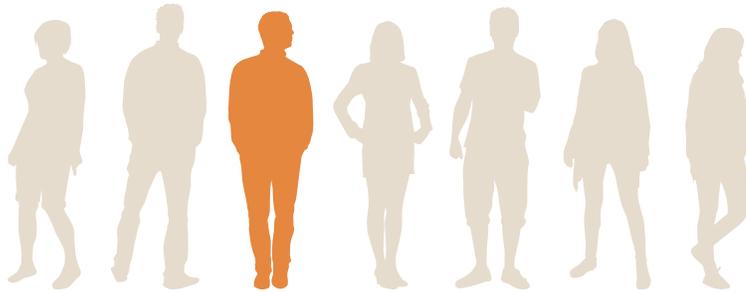


WOMEN: Consuming **4** or more drinks on an occasion



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 **5 times per month.**

- NM 2017 BRFSS



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

- 2015 NM PRAMS

NO SAFE AMOUNT!



MIDDLE SCHOOL

10% of whom **49%**
CURRENT BINGE



HIGH SCHOOL

26% of whom **54%**
CURRENT BINGE

In a 2017 survey of New Mexico students, 10% of middle school students were current drinkers, and 26% of high school students were current drinkers. 49% of middle school drinkers are binge drinkers, and 54% of high school drinkers are binge drinkers.

- 2017 NM YRRS

THINGS THAT CAN BE DONE TO DECREASE ALCOHOL-RELATED HARM

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.

Increase Alcohol Excise Tax - Increasing alcohol excise tax has been shown to decrease drinking (particularly in underage drinkers), and decrease many alcohol-related harms.

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

For more information please contact Annaliese Mayette at Annaliese.Mayette@state.nm.us and see The Community Guide at www.thecommunityguide.org/alcohol/index.html

