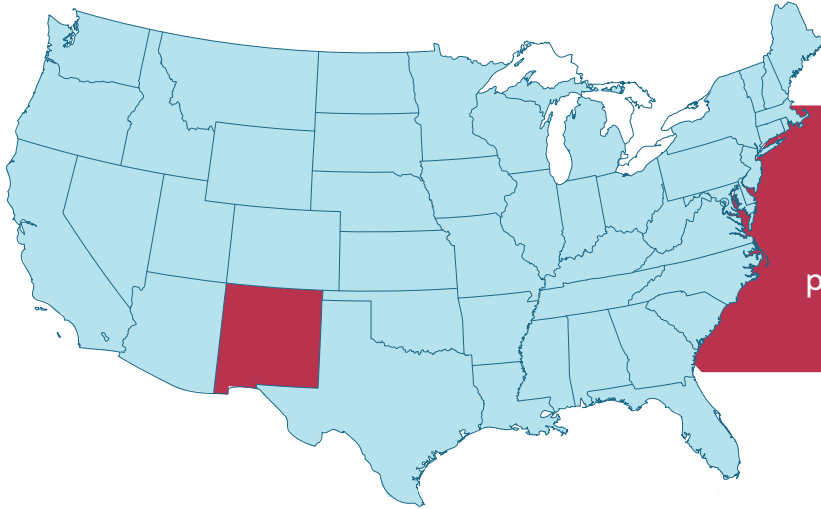


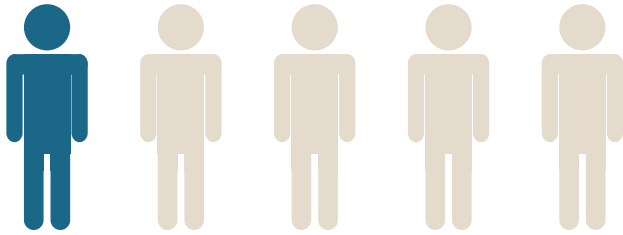
ALCOHOL USE IN NEW MEXICO



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.

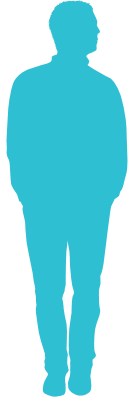
This is equivalent to more than **\$1,000 per New Mexican** per year.



-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% of whom **DRINK** **46%** **BINGE**



HIGH SCHOOL

20% of whom **DRINK** **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.

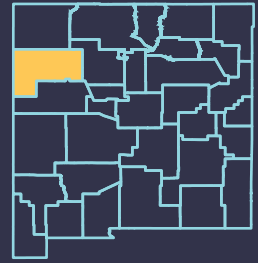
To learn more visit The Community Guide at www.thecommunityguide.org/alcohol/index.html and the US Preventive Services Task Force <https://www.uspreventiveservicestaskforce.org>

For more information please contact Robert Kelly at Robert.Kelly2@state.nm.us

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ALCOHOL USE

IN MCKINLEY COUNTY, NEW MEXICO



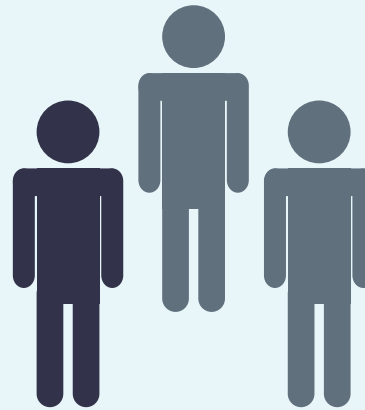
Excessive alcohol use is a serious public health issue in McKinley County, but there is much we can do. As a community, we can overcome many of these negative outcomes by working together to provide prevention education, support local efforts, and get involved in local coalitions, and participate in local alcohol and drug free community events.



226

Excessive alcohol use led to approximately **226 deaths** in McKinley County in 2021.

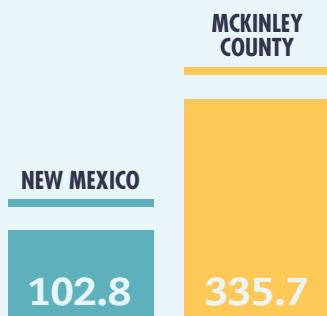
(NMDOH BVRHS; CDC ARDI)



1 in 3

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

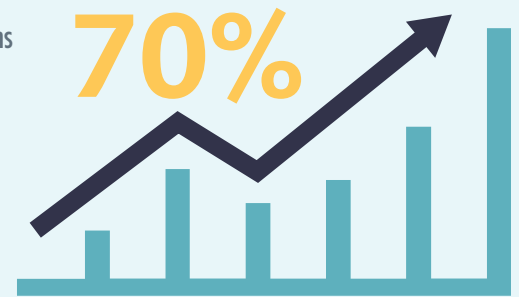
(NMDOH BVRHS; CDC ARDI)



In 2021, the McKinley County alcohol related death rate was the **highest alcohol related death rate in New Mexico**. The most common cause being chronic liver disease.

(NMDOH BVRHS; CDC ARDI)

Alcohol related deaths in McKinley County have increased **70%** since 2000.



(NMDOH BVRHS; CDC ARDI)

ALCOHOL-RELATED HARM IS 100% PREVENTABLE. PREVENTING EXCESSIVE DRINKING CAN PREVENT ALCOHOL-RELATED HARM.

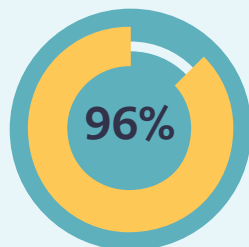
WHAT IS EXCESSIVE DRINKING?

HEAVY DRINKING



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

MEN: Consuming or more **15** drinks per week



of adults in McKinley County are **NOT** drinking heavily

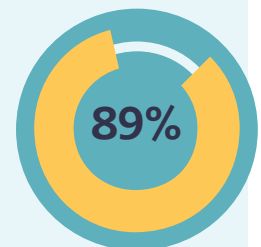
(2021 BRFS)

BINGE DRINKING



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

MEN: Consuming or more **5** drinks on an occasion



of adults in McKinley County are **NOT** binge drinking

(2021 BRFS)

DRINKING DURING PREGNANCY



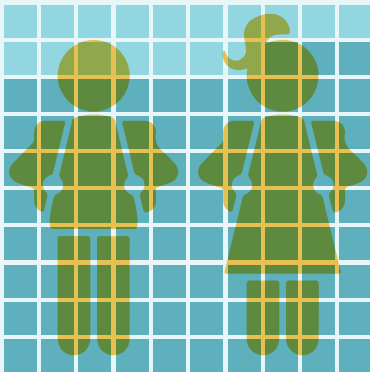
There is **NO SAFE AMOUNT** of alcohol during pregnancy

94%

of women in McKinley County **DID NOT DRINK** during third trimester of pregnancy.

(2009-2013 McKinley County: NM PRAMS)

ALCOHOL & MCKINLEY'S YOUTH



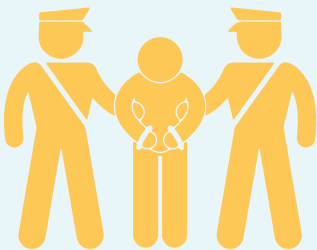
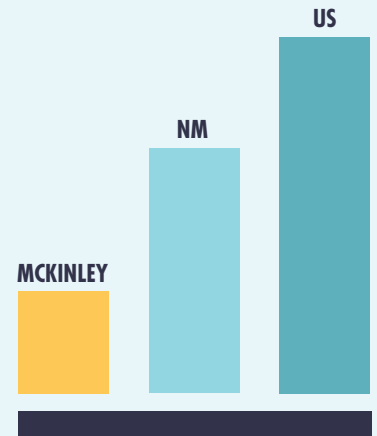
89%

of McKinley County youth are **not currently using any alcohol.**

(2021 YRRS, 2021 YRBSS)

McKinley County has a **lower reported rate** of youth binge drinking **than New Mexico or the U.S.**

(2021 YRRS, 2021 YRBSS)



Providing alcohol to anyone under 21 is a **FOURTH DEGREE FELONY** and can mean up to **18 MONTHS BEHIND BARS**






Contributing to the delinquency of a minor consists of any person committing any act or omitting the performance of any duty, which act or omission causes or tends to cause or encourage the delinquency of any person under the age of eighteen years. Youth who begin drinking before age 15 years are six times more likely to develop alcohol dependence/abuse later in life than those who begin drinking at 21 years. (CDC)

(NMSA: 30-6-3)



RECOMMENDED STRATEGIES



-  Alcohol Screening and Brief Intervention (A-SBI): Preventive service that involves asking a validated set of screening questions to identify a patient's alcohol consumption and a short conversation with patients who are excessively drinking
-  Reducing alcohol outlet density: Limiting the number of businesses selling and distributing alcohol in neighborhoods
-  Enhanced enforcement of laws prohibiting sales to minors (<21 years of age)
-  Mass media campaigns
-  Limit the days and hours alcohol sales occur

For more information:

The Community Guide at
www.thecommunityguide.org/alcohol/index.html