

# ALCOHOL USE IN NEW MEXICO



- Every four hours, a New Mexico resident dies from alcohol-related causes.<sup>1</sup>
- From 2010-2020, at least 42% of homicide victims and 32% of suicide victims in New Mexico were drinking alcohol at the time of their death.<sup>2</sup>
- Approximately 73,000 New Mexico residents living with alcohol use disorder do not receive treatment.<sup>3</sup>
- Alcohol is associated with myriad health conditions: hypertension, at least seven types of cancer, stroke, depression, anxiety, suicide, intimate partner violence, gun violence, and injury including falls, burns, and motor vehicle crashes.<sup>4</sup>
- Raising alcohol excise taxes by just a quarter per drink could reduce alcohol consumption by about 10% and generate over \$250 million in annual tax revenue to directly benefit our communities most impacted by alcohol.
- Alcohol policies work. More restrictive alcohol policies protect against alcoholic liver disease, motor vehicle crashes, intimate partner violence, and even gun violence and homicide. Increasing the price of alcohol through excise tax is a powerful, evidence-based public health policy to reduce excessive alcohol consumption and related harms.<sup>5-7</sup>
- If taxes increased by \$0.25/standard drink, research indicates the most taxes would be paid by those who are 'white, male, aged 21–50 years, earning \$50,000+ per year, employed, and had a college degree'.<sup>8</sup>

1 Stahre M, Roeber J, Kanny D, Brewer RD, Zhang X. Contribution of Excessive Alcohol Consumption to Deaths and Years of Potential Life Lost in the United States. *Prev Chronic Dis* 2014;11:130293. DOI: <http://dx.doi.org/10.5888/pcd11.130293>

2 <https://nminddepth.com/2022/a-missing-ingredient/>

3 New Mexico Department of Health. (2021). New Mexico Substance Use Disorder Treatment Gap Analysis. NM Health. <https://www.nmhealth.org/publication/view/marketing/5596/>

4 Shield, K.D., Parry, C. and Rehm, J., Chronic Diseases and Conditions Relation to Alcohol Use. *Alcohol Res.* 2014; 35(2): 155-171, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3908707/>

5 Guindon GE, Zhao K, Fatima T, Garasia S, Quinn N, Baskerville NB, et al. Prices, taxes and alcohol use: a systematic umbrella review. *Addiction.* 2022; 117(12): 3004–3023. <https://doi.org/10.1111/add.15966>

6 Hadland SE, Xuan Z, Blanchette JG, Heeren TC, Swahn MH, Naimi TS. Alcohol Policies and Alcoholic Cirrhosis Mortality in the United States. *Prev Chronic Dis* 2015;12:150200. DOI: <http://dx.doi.org/10.5888/pcd12.150200>.

7 Naimi TS, Xuan Z, Sarda V, et al. Association of State Alcohol Policies With Alcohol-Related Motor Vehicle Crash Fatalities Among US Adults. *JAMA Intern Med.* 2018;178(7):894–901. doi:10.1001/jamainternmed.2018.1406

8 Daley, J. I., Stahre, M. A., Chaloupka, F. J., & Naimi, T. S. (2012). The impact of a 25-cent-per-drink alcohol tax increase. *American Journal of Preventive Medicine*, 42(4), 382–389. <https://doi.org/10.1016/j.amepre.2011.12.008>