

A DOSE OF WELLNESS



NM ADULT DRINKING FACTS:

Heavy drinking (defined as having more than 2 drinks per day for males and more than one drink per day for females) is a pattern of excessive alcohol consumption that can lead to alcohol-related chronic disease and death. According to the latest estimates from the CDC, numerous chronic disease conditions (e.g., alcoholic liver disease, alcohol dependence syndrome) and a significant proportion of many other conditions (e.g., unspecified liver cirrhosis, pancreatitis) are alcohol related. For each of these causes, it is chronic heavy drinking (as opposed to acute episodic or binge drinking) that is considered primarily responsible for the incidence and progression of alcohol-related chronic disease.

Heavy drinking is also associated with a wide range of other social problems, including alcoholism (also known as alcohol dependence), domestic violence, and family disruption.



5.6%

6.5%

Heavy drinking prevalence is lower among adults in New Mexico than in the US overall. It is most prevalent among adults in the 25-64 age group, with 6.0% reporting past-month heavy drinking.

New Mexico men were more likely to report chronic drinking than women



6.7%



4.6%

HIGHEST REPORTED RATE OF MALE & FEMALE HEAVING DRINKING BY RACE

MALE

7.6% - **Black/African American**

7.4% - **American Indian**

6.9% - **Hispanic**

American Indian males had the highest rates of alcohol-related chronic disease death (165.2 deaths per 100,000 population), followed by Hispanics (51.0) and Whites (33.5)

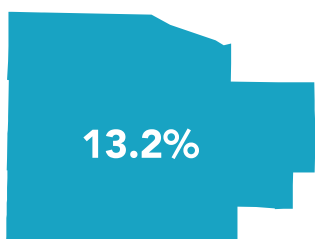
FEMALE

6.3% - **Whites**

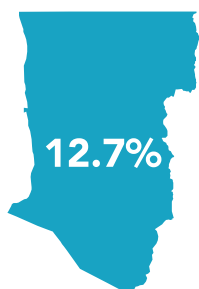
5.8% - **Black/African American**

American Indian females have the highest rates of alcohol related chronic disease death (98.3 deaths per 100,000 population), followed by Hispanics (20.7) and Whites (16.9).

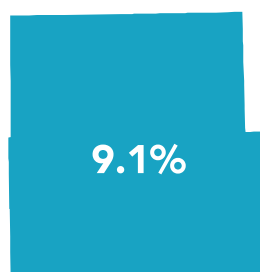
HIGHEST HEAVY DRINKING RATES IN NEW MEXICO BY COUNTY



Socorro County



Taos County



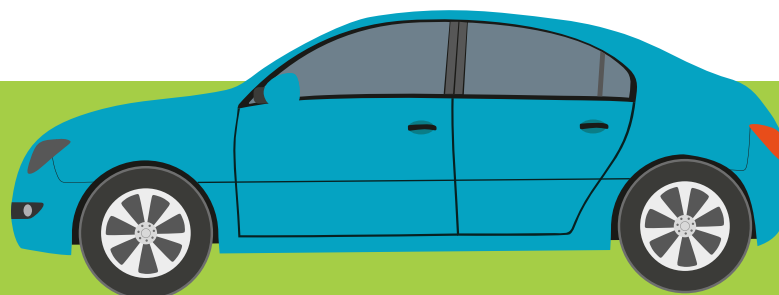
Eddy County

Counties that have among the highest rates of alcohol-related chronic disease death rates, have substantially lower heaving drinking rates in New Mexico

ADULT DRINKING & DRIVING

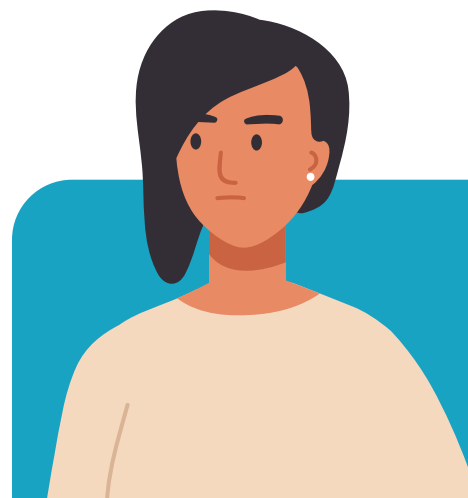
Heavy drinking (defined as having more than 2 drinks per day for males and more than 1 for females) is a pattern of excessive alcohol consumption that can lead to serious disease and death. According to the latest estimates from the CDC, numerous chronic disease conditions and a significant proportion of many other conditions are alcohol related. For each of these causes, it is chronic heavy drinking (as opposed to acute episodic or binge drinking) that is considered primarily responsible.

Driving after drinking was most prevalent among middle-aged adults, with 1.2% of those aged 25-64 reporting past-month drinking and driving.

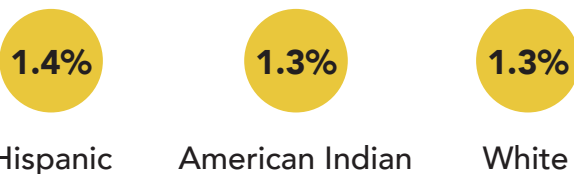


New Mexico men were twice as likely to report drinking and driving than women.

Overall, Hispanic women ages 18-24 had the highest reported prevalence of drinking of driving at 2.3% follow by White males ages 25-64.



Males who reported drinking & driving by race



Drinking and driving is a major risk factor for motor vehicle accidents. Motor vehicle crashes were the leading cause of unintentional injury deaths for ages 15-20 years in the US in 2018.

29%

of the total motor vehicle traffic fatalities in the US, were caused by alcohol impaired-driving

- National Highway Traffic Safety Administration

