

More life. Less hangovers.



Drinking in New Mexico — and the National Picture

Here's a clear snapshot of how alcohol use affects New Mexico—and how it connects to trends across the U.S. These numbers show why thinking about drinking less can really matter.

Key Stats



1 in 6 adults in NM report binge drinking in the past month.



Costs the U.S. \$249 billion a year—mostly due to lost workplace productivity, healthcare, law enforcement, and vehicle crashes.



Over 2,400 alcohol-related ER visits happen in NM each year.

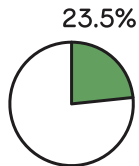


1 in 10 deaths among working-age adults (20–64) is due to excessive drinking.



28% of serious crashes and falls in NM involve alcohol.

Definitions:



23.5% of U.S. adults reported binge drinking in the past month (~60 million people)



Binge drinking = 5+ drinks (male), 4+ drinks (female) in one session



10.9% of U.S. adults met criteria for Alcohol Use Disorder (28.1 million people).

Alcohol Use Disorder (AUD) = patterns of drinking causing health or daily problems



12% of U.S. adults 65+ reported binge drinking in the past month.

Why this matters:

Binge drinking isn't a rare event—it's part of normal life for many.

Early-stage AUD affects over 1 in 10 adults in the United States.

Mixing aging and alcohol increases risk; even older adults binge at surprising rates.



Excessive alcohol use leads to over 140,000 deaths in the U.S. annually.

See more stats and learn how cutting back helps:

Visit [LiveMoreNM.org/alcohol-stats](https://www.livemorenm.org/alcohol-stats) | Or call anytime: 833-796-8773