

2019 New Mexico Substance Use Epidemiology Profile

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Substance Abuse Epidemiology Section
Injury and Behavioral Epidemiology Bureau
Epidemiology and Response Division
New Mexico Department of Health

February 2021



This document was made possible by the New Mexico Human Services Department (NMHSD), Behavioral Health Services Division (BHSD), Office of Substance Abuse Prevention (OSAP), through funding from the Partnerships For Success 2015 (PFS 2015) grant from the Substance Abuse and Mental Health Services Administration Center for Substance Abuse Prevention (SAMHSA-CSAP) through the Substance Abuse Prevention and Treatment Block Grant (SABG) and by funding from the Centers for Disease Control and Prevention (CDC) Alcohol Program.

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New Mexico Department of Health

Indicator Sections

- Consequences
 - Alcohol-Related Deaths and Hospital Discharges
 - Smoking-Related Deaths
 - Drug Overdose Deaths and Opioid Overdose Related ED Visits
 - Suicide Deaths
- Mental Health
 - Adult and Youth Mental Health
- Consumption
 - Alcohol
 - Illicit Drugs
 - Tobacco

Sections not updated

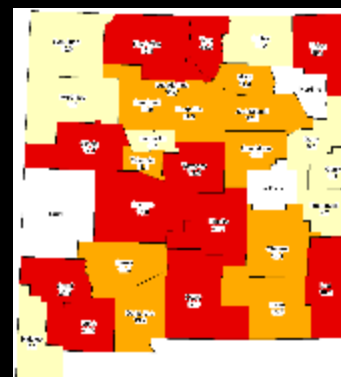
- Depression – Last updated 2016
- Adult Drinking and Driving – Next update 2020

Updates or Changes in Reporting

- Alcohol Sections - ARDI – v2 to v3
- Youth use of pain medication question updated

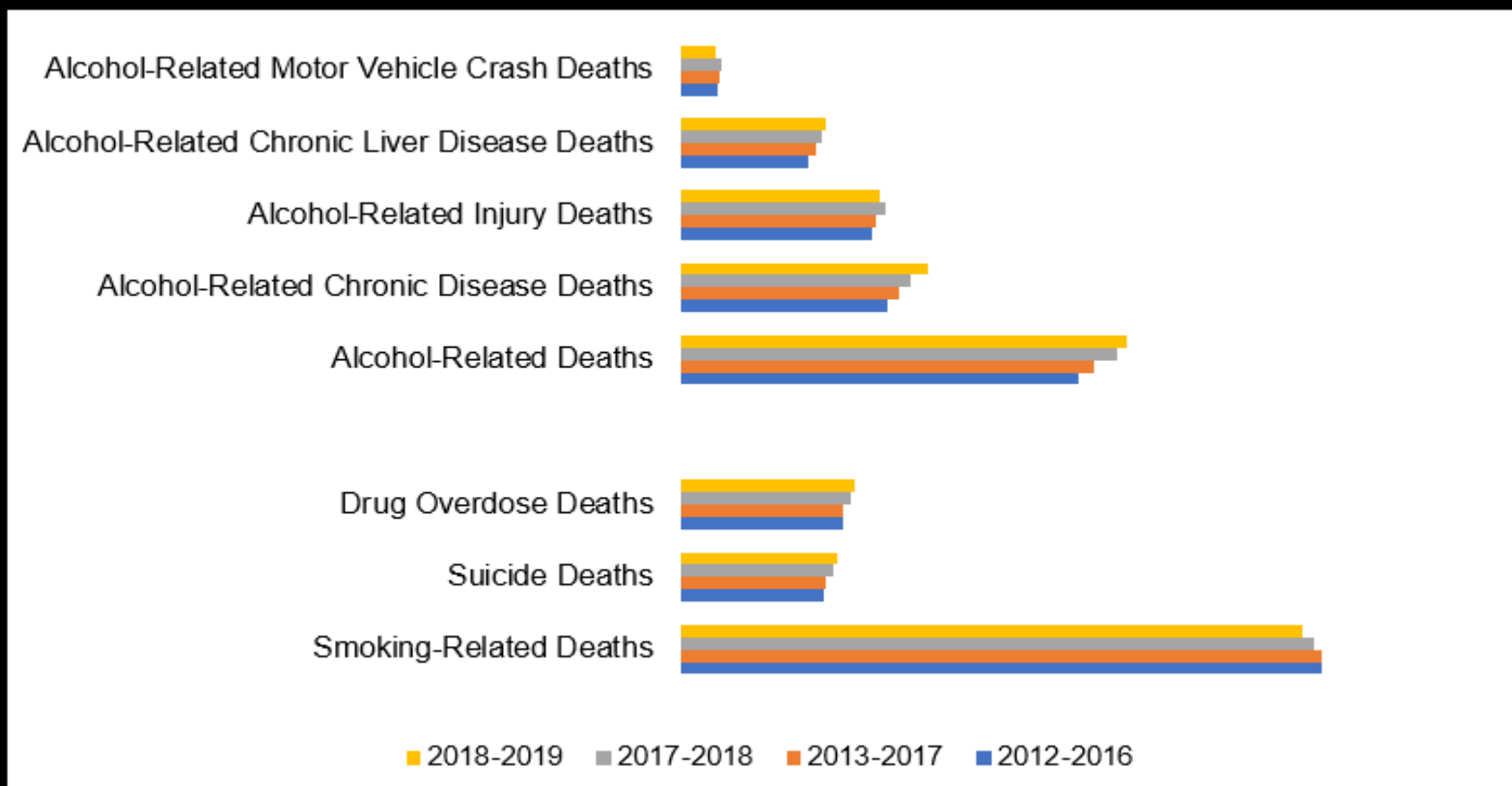
Using This Report:

- A combined 5-year period (2015-2019) is used when presenting deaths, ED visits, and hospital discharges.
 - More stable rates
 - Number of deaths, ED visits, or hospital discharges
 - Rates per 100,000
- Survey-based measures –
 - BRFSS
 - Estimated number of persons & Percentages
 - YRRS
 - Percentages
- Maps
 - 4 categories
 - White – Missing/insufficient data
 - Lightest color – Lower than the state rate
 - Middle color – Rates at or slightly above the state rate
 - Darkest color – Rates substantially higher than the state rate
 - For Consequences Indicators:
 - Substantially higher = rates are at least 50% higher than the state rate
 - For Survey Data:
 - Substantially higher = rates are at least 25% higher than the state rate



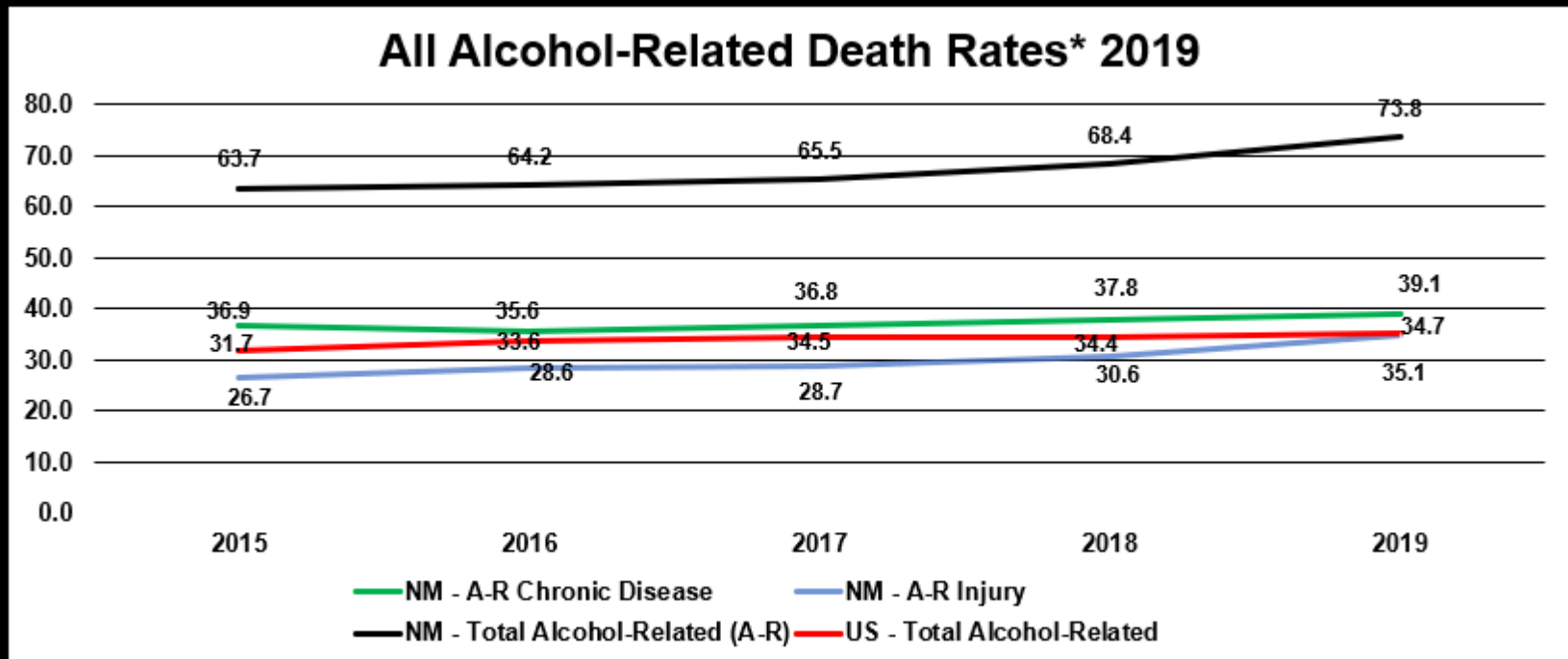
Consequences

Mortality Indicators, New Mexico, 2019



New Mexico has increased rates of death across the majority of mortality indicators with the exception of smoking and alcohol-related motor vehicle crash deaths.

Alcohol-Related Death Rates



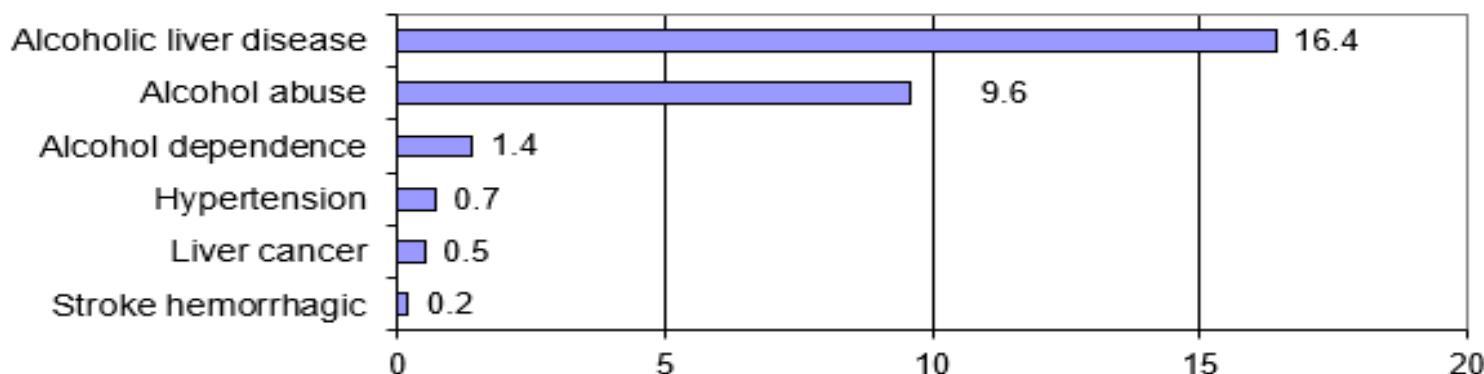
- New Mexico's total alcohol-related death rate was more than twice the national rate.
- Chronic and acute rates were higher than the national rate.
- All Alcohol-Related death rates in McKinley and Rio Arriba counties were 2 to 3 times more than the state rate.
- American Indian males and females had the largest burden across all alcohol related deaths in New Mexico.
- Males had higher rates than women across all racial/ethnic groups

Alcohol-Related Deaths, NM 2015-2019: Chronic and Acute Causes

Chronic Disease

NM rate 39.1 US rate 16.3

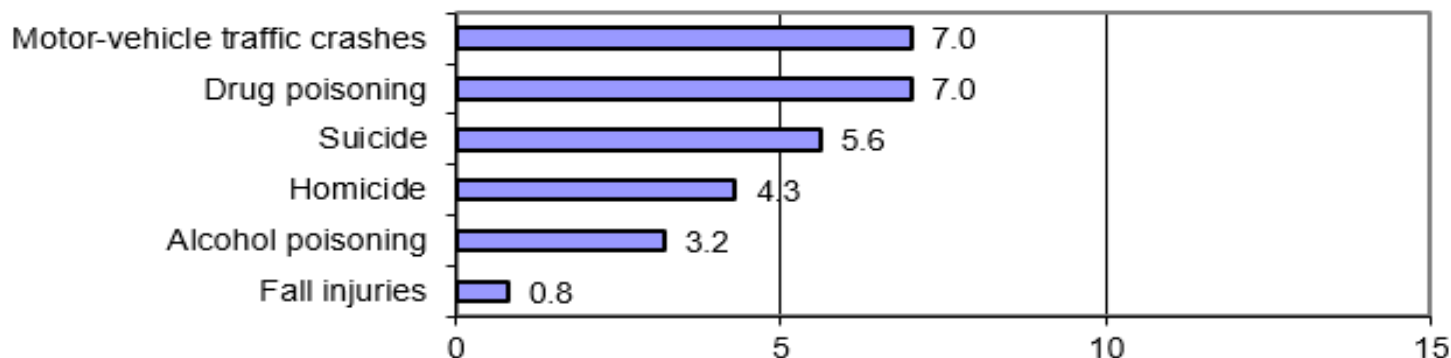
Alcohol-related* deaths due to:



Acute Injury

NM rate 34.7 US rate 18.8

Alcohol-related* deaths due to:



- Rates for men were more than 2 times higher than women, (chronic: 52.1 v 23.5; acute: 44.2 v 15.6).
- The prevalence of chronic death was 4 times greater for American Indian men (156.6 v 37.3) and more than 3 times greater for acute injury deaths (98.1 v 29.9).
- Chronic death rates were more prevalent among ages 65+ (63.0), where acute injury was ages 25-64 (43.3).
- McKinley and Rio Arriba counties rates were more than twice the state rates, while Bernalillo county accounts for more than 30% of the overall alcohol-related deaths for both chronic and acute causes.

* Rates reflect only alcohol-attributable portion of deaths from cause

** Rates are rolling 5-year average per 100,000, age-adjusted to the 2000 US standard population

Data Source: February 2021 Substance Use Epidemiology Profile

Drug Overdose Death Rates, NM 2015-2019:

- In 2019, New Mexico had the 12th highest total drug overdose death rate* in the US.
 - NM Drug OD death rate = 26.4
 - US Drug OD death rate = 21.6
- Men overdose death rates were approximately 2 times more than women overall.
- Hispanic men ages 25-64 had the highest rate (67.5) among men.
- Black and White women had similar rates (35.0 v 34.1).
- Rio Arriba had the highest death rate (83.6), at more than 3 times the state rate and nearly 4 times the US rate. Bernalillo County accounted for 38% of overdose deaths.
- Roughly 25% of the counties in New Mexico had rates 1.5 times higher than the US Rate.
- Unintentional drug overdose deaths accounted for 86% of overdose deaths during 2015-2019.

➤ 42% involved illicit

➤ 32% involved Rx drugs

➤ 26% involved both

➤ 45% Rx opioids

➤ 33% heroin

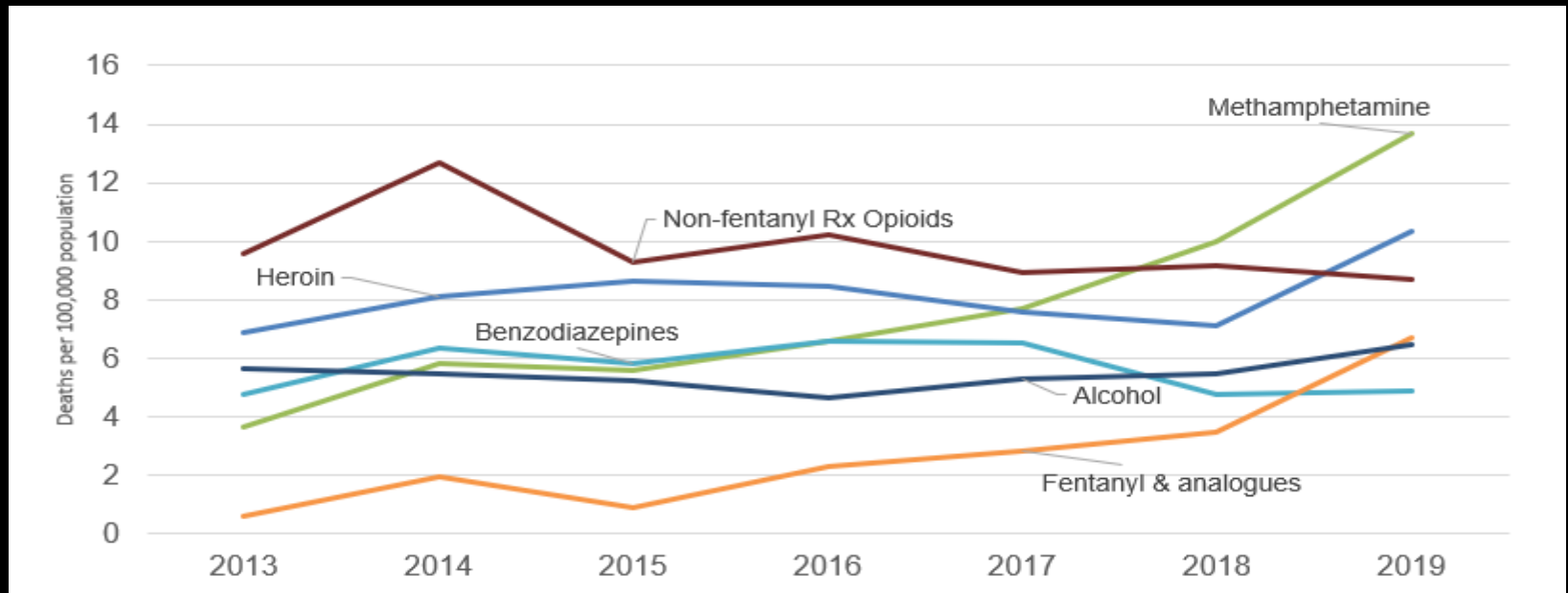
➤ 44% methamphetamine

➤ 17% benzodiazepines

➤ 13% cocaine

(not mutually exclusive)

Methamphetamine Drug Overdose Rates*, NM 2015-2019



- Methamphetamine was the substance identified most frequently in overdose deaths.
- Males are more likely to experience an overdose death related to Methamphetamine than females (10.2 v 4.1).
- Methamphetamines with opioids (3.6) had the highest rate when compared to methamphetamine alone (2.9) or with other substances (0.6).
- Bernalillo county had the greatest burden with 39% of the state total including: methamphetamine alone, with opioids, or with other substances.

Methamphetamine Overdose Hospital Discharges

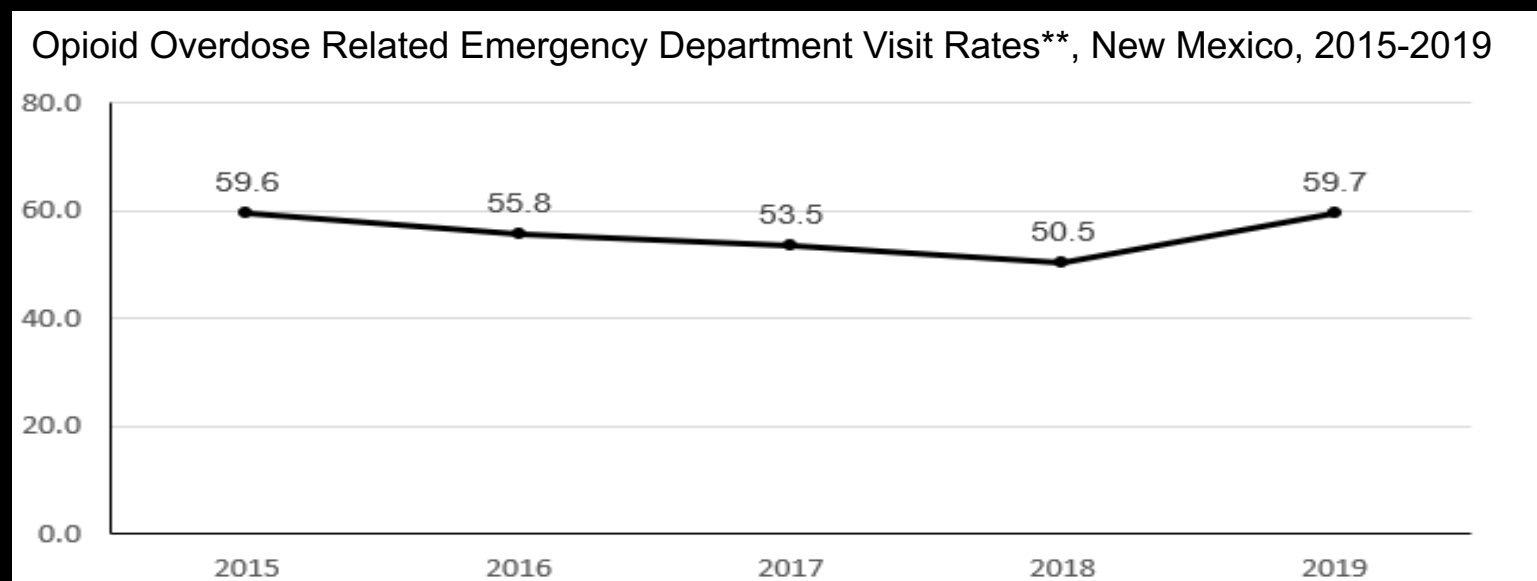
- Decreased 7% from 2018 – 2019
- Males, ages 25-64 in Bernalillo County, have the highest rate of hospital discharge for methamphetamine overdose.

Opioid Overdose, NM 2015-2019

- Rx opioids contribute to 45% of unintentional overdose deaths*.
- Heroin contributed to 33% of unintentional overdose deaths.
- Deaths involving fentanyl increased substantially from 2018.
- Highest incidence of Rx opioid overdose death occurred in males in Bernalillo County.

Opioid Overdose Hospital Discharges

- Increased 18% from 2018 – 2019
- Males, ages 25-64 have the highest rate of hospital discharge for opioid overdose.
- Bernalillo County accounted for 40% of the states total opioid overdose emergency discharges.



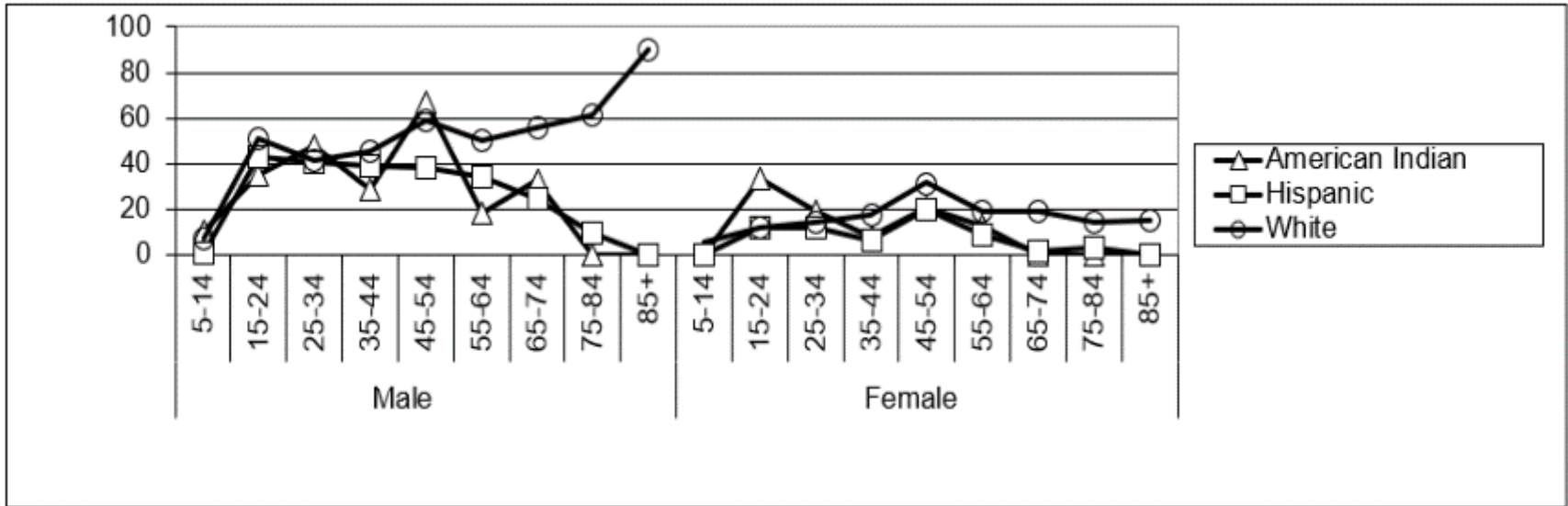
*Each substance identified in a fatality is recorded and reported

**Rate per 100,000, age-adjusted to the 2000 US standard population

Data Source: February 2021 Substance Use Epidemiology Profile

Suicide Death Rates

Suicide Rates* by Age, Sex, and Race/Ethnicity, NM 2015-2019



- The suicide rate in New Mexico has remained consistently higher than the US. In 2019, the New Mexico rate (23.5) was more than 1.5 times the US rate (13.9).
- Non-Hispanic White males age 65 and older had the highest rates overall (67.5).
- Hidalgo and Catron counties had the highest rates in New Mexico, each at least twice as much as the state rate and roughly 4 times the US rate.

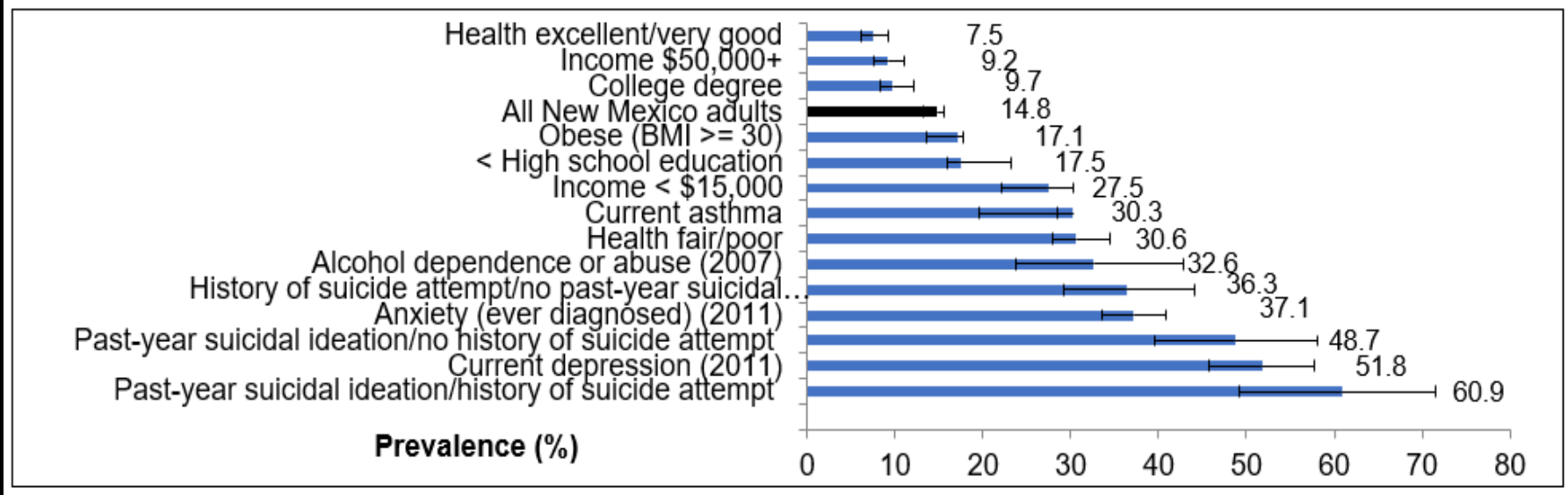
Mental Health

BRFSS Mental Health

Indicator	2015-2017	2017-2019	US 2019
Frequent Mental Distress (past 30 days)	12.5%*	14.3%	13.8%

- Frequent Mental Distress (FMD) is based on the single question, "How many days during the past 30 days was your mental health not good?" Respondents who report that they experienced 14 or more days when their mental health was "not good" are classified as experiencing FMD.
- New Mexico residents are slightly higher than the US (13.8%) for FMD

Frequent Mental Distress by Selected Characteristics, Adults Aged 18+, New Mexico, 2019

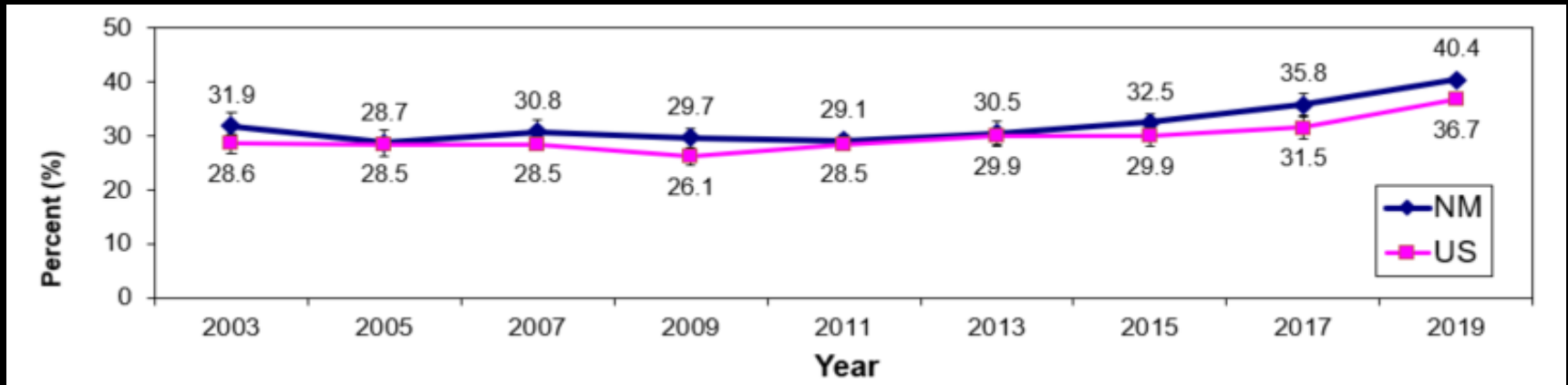


- The prevalence of FMD was reported by people with selected characteristics, the highest risk being persons with past year suicidal ideation with (60.9) or without (48.7) a previous suicide attempt.

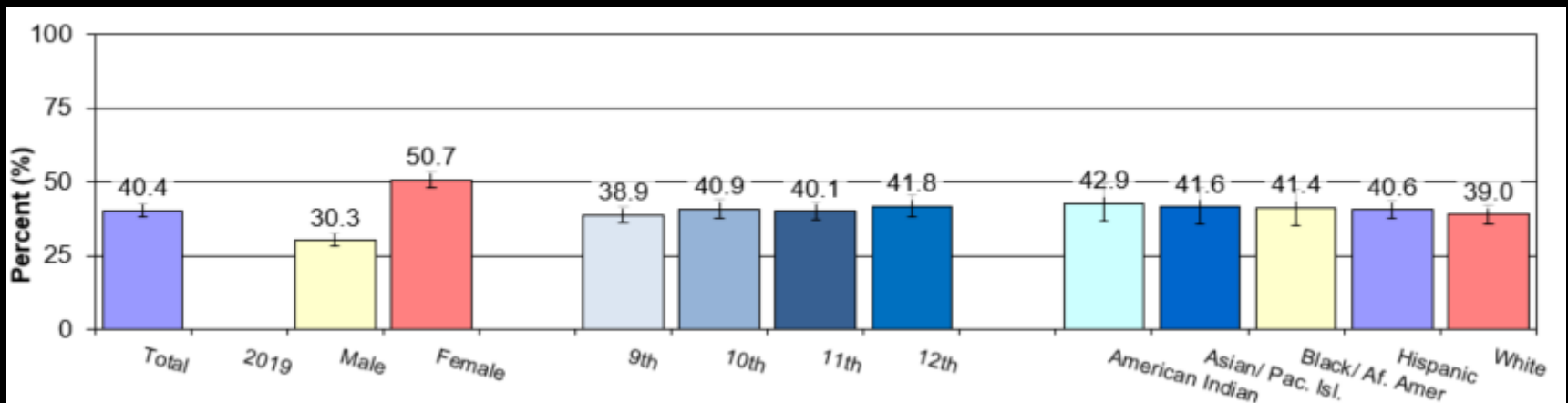
YRRS –

Feelings of Sadness or Hopelessness

US vs. NM, 2003-2019



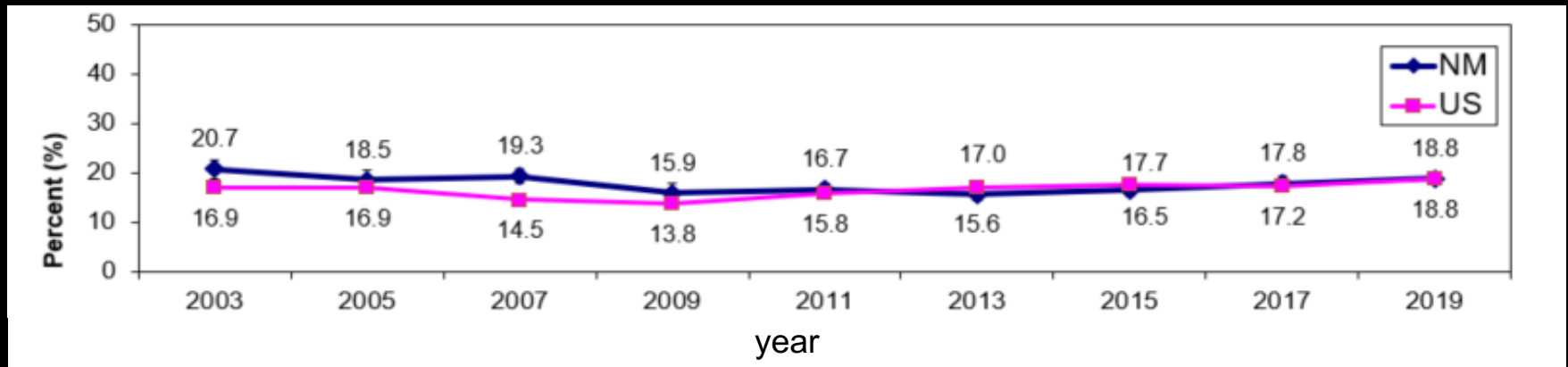
NM by Gender, Grade Level, and Race/Ethnicity, 2019



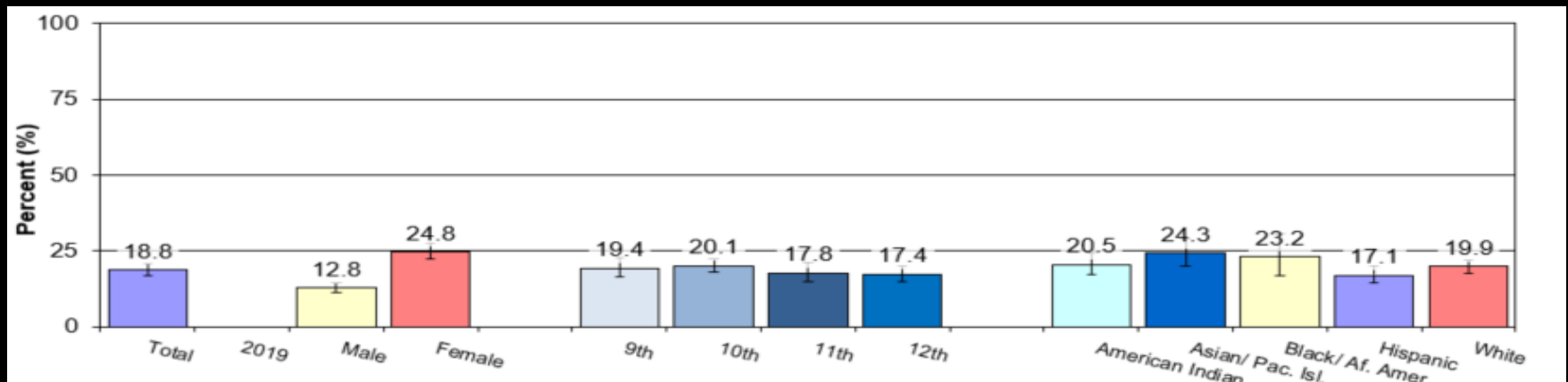
- Feelings of Sadness or Hopelessness defined:
 - Felt so sad or hopeless nearly every day for a period of 2 weeks that they stopped some normal activities, within the past 12 months
- NM (40.4%) has steadily increased since 2011 and is higher than the US (36.7%).
- NM girls (50.7%) were nearly twice as likely to report feelings of sadness or hopelessness than boys (30.3%)
- No variations by grade level or by race/ethnicity.

YRRS - Seriously Considered Suicide

US vs. NM, 2003-2019



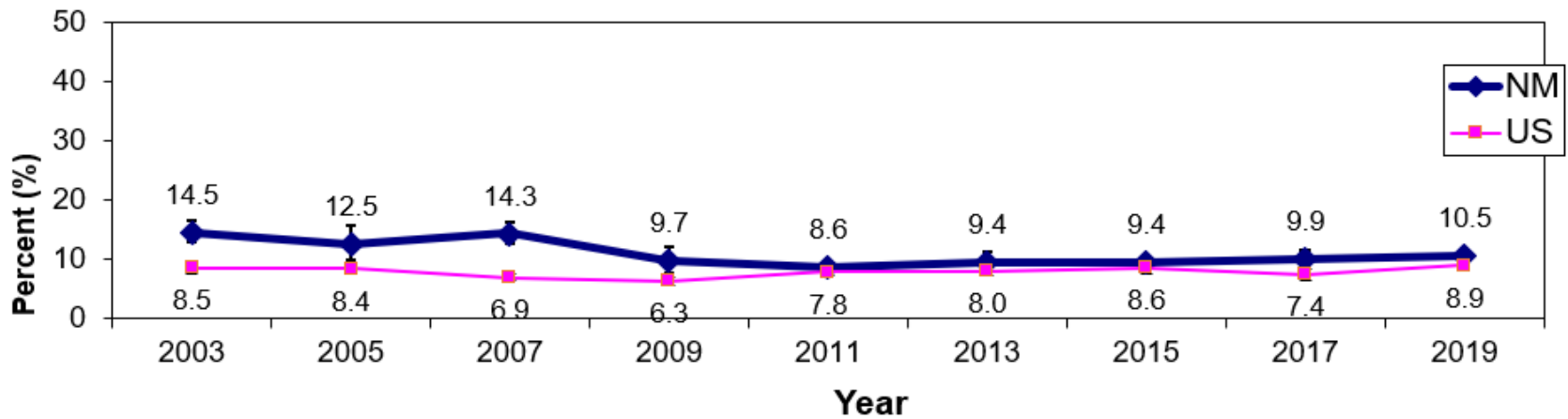
NM by gender, grade level, and race/ethnicity, 2019



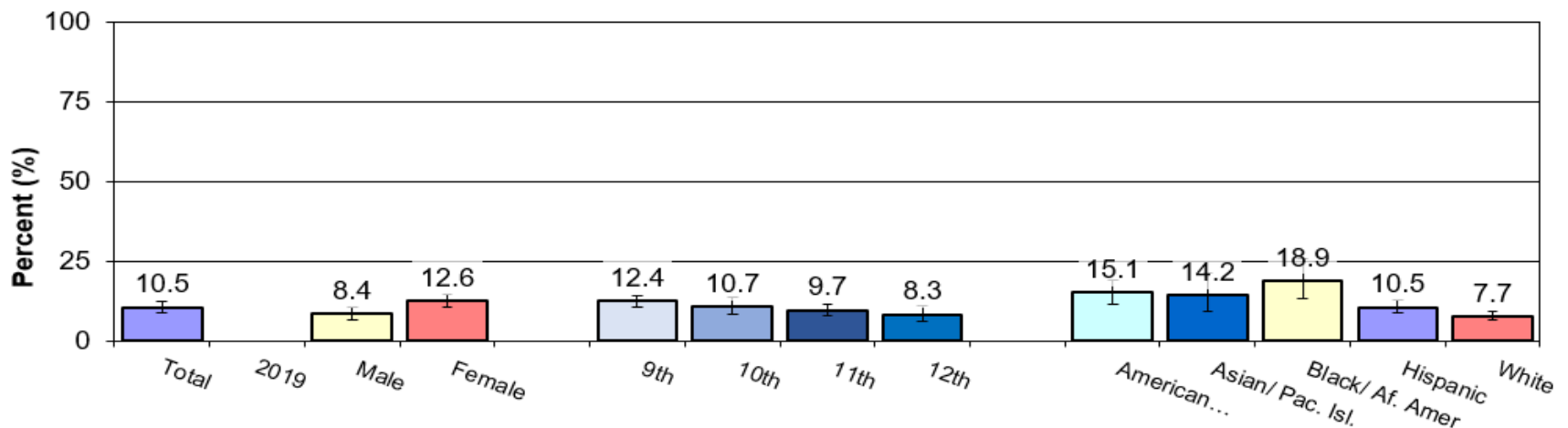
- Seriously Considered Suicide defined:
 - Seriously considered suicide within the past 12 months.
- NM (18.8) was slightly higher than the US in 2017, however, in 2019 they are the same.
- NM girls (24.8%) were nearly twice as likely to report seriously considered suicide than boys (12.8%)
- No variations by grade level or by race/ethnicity.

YRRS - Attempted Suicide

US vs. NM, 2003-2019



NM by gender, grade level, and race/ethnicity, 2019



- Attempted Suicide defined:
 - Attempted suicide at least one time in the past 12 months
- NM (10.5%) for students reporting attempted suicide has remained higher than the US (8.9%).
- The prevalence of NM girls (12.6%) to report suicide attempts was statistically higher than boys (8.4%).
- Black students responded as having the highest prevalence of suicide attempts when compared to other race/ethnicity, and there is no variation by grade level

Consumption

BRFSS – Alcohol Use

Indicator	2015-2017	2017-2019	US
Adult Binge Drinking	14.1%	14.7%	16.8%
Adult Heavy Drinking	5.2%	5.6%	6.5%

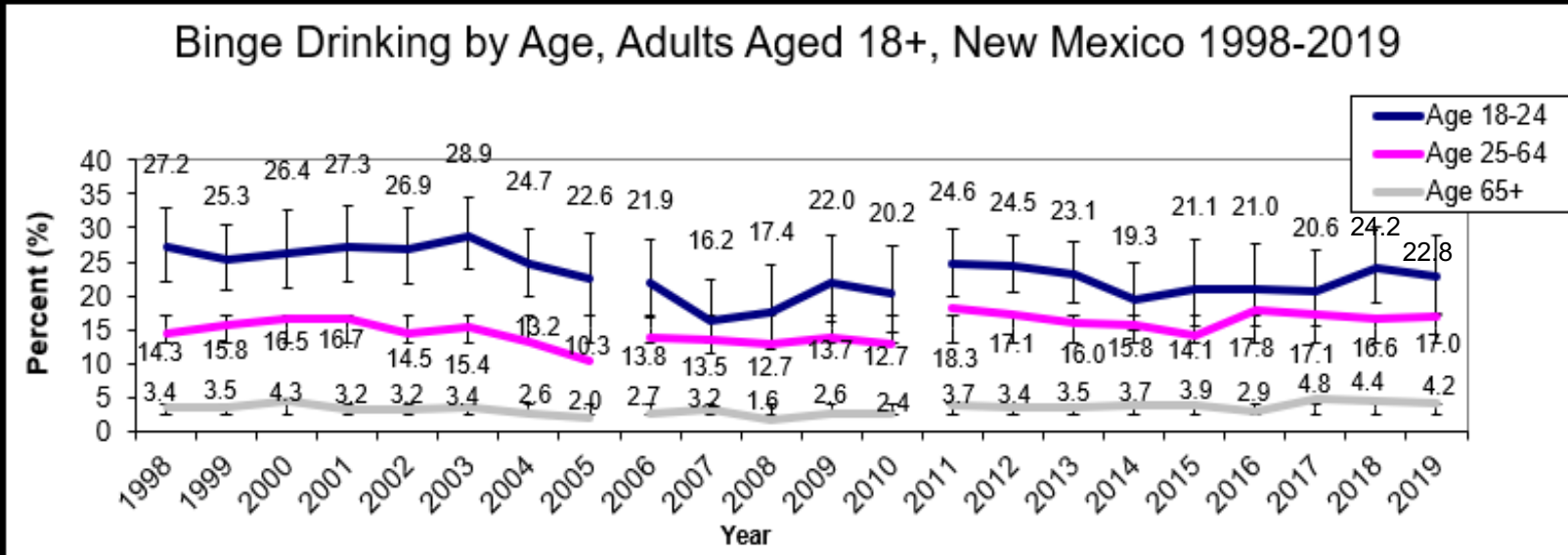
- Adult Binge Drinking definition:
 - 1998-2005 - drinking 5 or more drinks on a single occasion at least once in the past 30 days
 - 2006-present - drinking 5 or more drinks (for men) or 4 or more drinks (for women) on a single occasion at least once in the past 30 days
- Heavy Drinking definition: drinking more than 2 drinks/day on average (for men) or more than 1 drink/day (for women)

Indicator	2016	2018	US
Adult Drink and Driving	1.4%	1.0%	1.7%

Not updated 2019, next update 2020

- Adult Drink and Drive definition:
 - Drove after “perhaps too much to drink” at least once in past 30 days
- Binge drinkers are much more likely to report drinking and driving
- The BRFSS reports show there has been a decline in adult drinking and driving since 2006 in NM

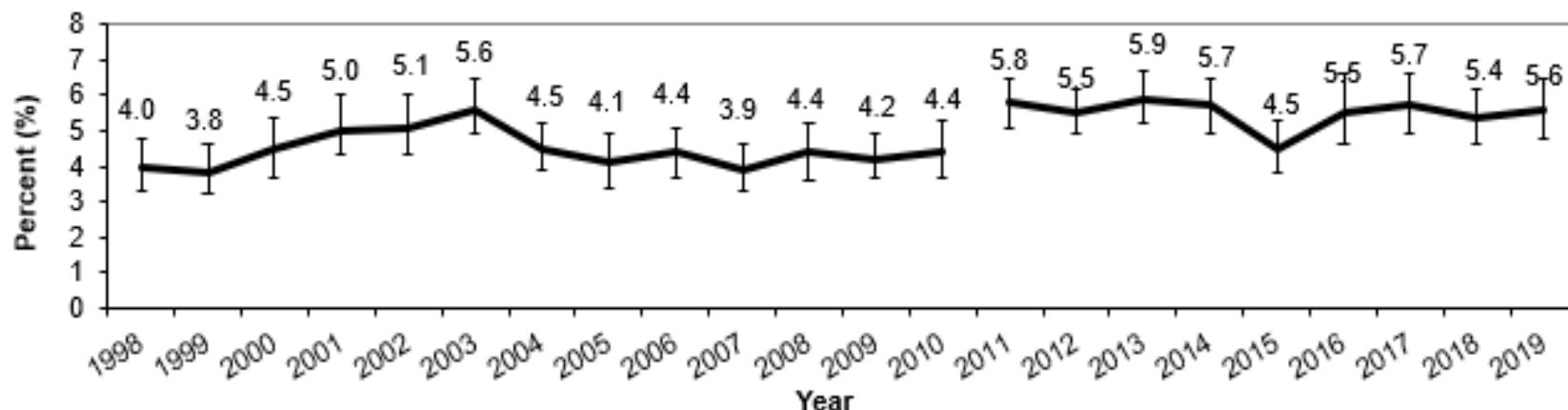
Adult Binge Drinking



- Ages 18-24 (22.8%) reported the largest occurrence of binge drinking.
- Men reported binge drinking more than women across all age groups.
- Across all race/ethnic groups Hispanics (16.8%) have the greatest prevalence of binge drinking.
- Bernalillo county has the largest burden of binge drinking, at 33.5% of the NM total.

Adult Heavy Drinking

Adult Heavy Drinking Past 30 Days, Age 18+, NM, 1998-2019



- Prevalence has remained relatively stable since 2000.
- New Mexico responses to heavy drinking were higher than the US (6.5%).
- Men reported more heavy drinking ages 25-64 (7.6%) , where women reported more heavy drinking ages 18-24 (6.3%). Overall, men were more likely to report heavy drinking.
- Adult heavy drinking rates were highest among American Indian males (7.4%), non-Hispanic White males (6.9%), and non-Hispanic White females (6.3%).

YRRS Alcohol Use

Alcohol consumption is a major risk factor for the three leading causes of death among youth (motor vehicle crashes, suicide, and homicide), as well as being associated with poor academic performance and risk behaviors such as impaired driving, riding with a drinking driver, physical fighting, increased number of sexual partners, and other substance use.

Indicator	2017	2019	US 2019
Youth Current Drinking (Consumed any alcohol)	26.2%	28.2%	29.2%
Youth Binge Drinking (boys:5 drinks/girls: 4 drinks)	10.9%	12.1%	13.7%
Youth 10plus Drinks (drinks in a row/within a could hours)	4.5%	3.6%	3.1%
Youth Drink and Drive (drive a car after drinking)	6.5%	6.8%	5.4%

- Youth 10plus is the only youth alcohol indicator that decreased overall in NM from the last survey
- Youth 10plus and Youth Drink and Drive above the US

Youth Alcohol Use

% by Gender, Grades 9-12, NM, 2019

Indicator	Total	Boys	Girls
Youth Current Drinking	28.6	25.8	31.4
Youth Binge Drinking	12.1	11.0	13.2
Youth 10plus Drinks	3.6	4.4	2.8
Youth Drink and Drive	6.8	7.4	6.1

- By gender: girls had a higher percent in current and binge drinking, boys were higher for 10plus drinks and driving after drinking

% by Grade Level, Grades 9-12, NM, 2019

Indicator	9th	10th	11th	12th
Youth Current Drinking	19.6	26.5	32.4	38.4
Youth Binge Drinking	6.8	9.5	15.0	19.2
Youth 10plus Drinks	1.8	3.1	4.7	5.4
Youth Drink and Drive	4.1	6.1	8.0	8.0

- By grade level: as grade level increases, the percent of student reporting increases.

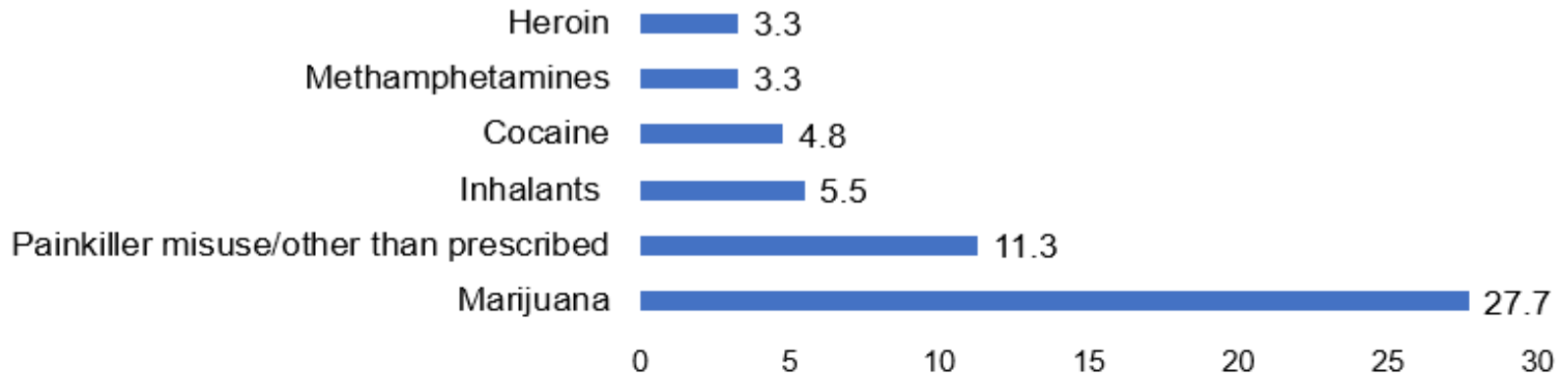
% by Race/Ethnicity, Grades 9-12, NM, 2019

Indicator	AI	A/PI	Black	Hispanic	White
Youth Current Drinking	20.8	25.0	29.4	32.0	26.6
Youth Binge Drinking	8.6	8.4	14.3	13.7	11.0
Youth 10plus Drinks	11.6	4.7	4.9	4.1	3.5
Youth Drink and Drive	6.0	10.6	9.4	7.1	5.9

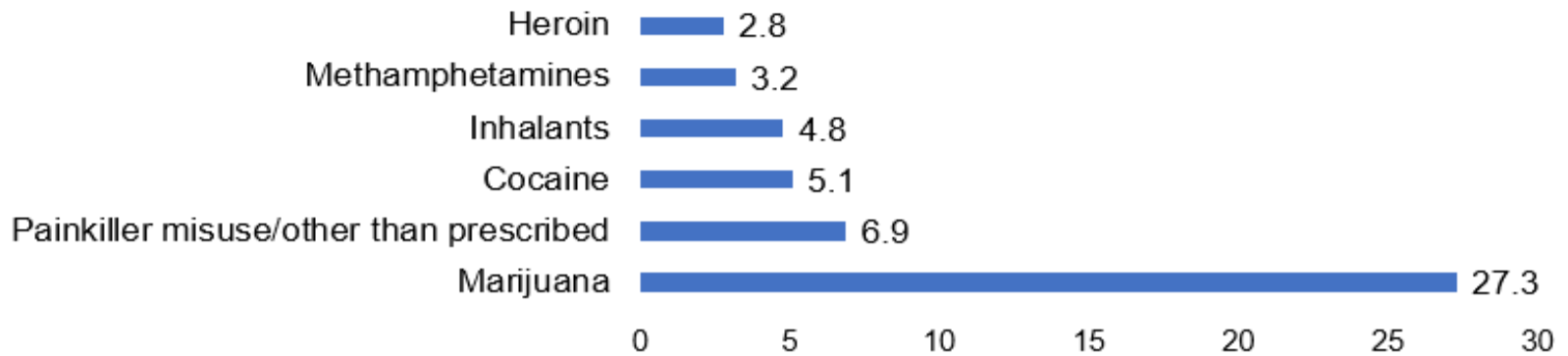
- By race/ethnicity: no racial/ethnic differences across all indicators for alcohol.

Youth Substance Use

YRSS – Substance Use, New Mexico, 2019



YRSS – Substance Use, New Mexico, 2017



- Marijuana remained the highest reported of these substances, the prevalence has increased slightly from 2017 to 2019. (NM is lower than the US (21.7%).)
- A change was made in the pain medication question, so this comparison is not exact
- Slight increases in heroin, methamphetamines, and inhalants. While cocaine slightly declined.
- Note: Prevalence of current alcohol (29.2%) use was greater than marijuana use (27.7%).

Youth Substance Use (Continued)

% By Gender, Grades 9-12, NM, 2019

Indicator	Total	Boys	Girls
Current Marijuana Use	27.7	27.4	28.1
Current Cocaine Use	4.8	6.3	3.0
Current Painkiller Use	11.3	11.2	11.3
Current Inhalant Use	5.5	6.0	5.0
Methamphetamine Current Use	3.3	4.9	1.7
Current Heroin Use	3.3	4.8	1.7

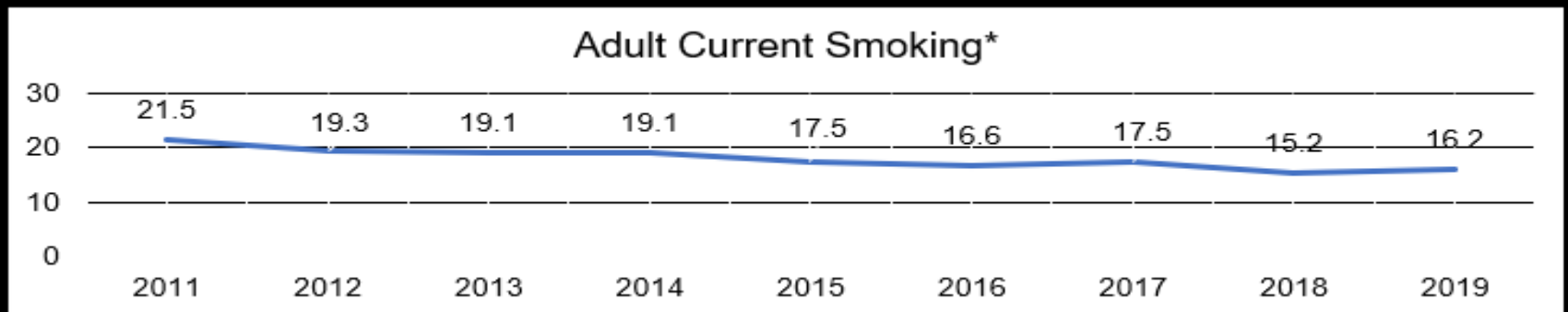
% By Grade Level, Grades 9-12, NM, 2019

Indicator	9th	10th	11th	12th
Current Marijuana Use	21.7	26.7	31.0	33.0
Current Cocaine Use	3.1	5.2	5.9	4.6
Current Painkiller Use	10.7	12.8	11.5	9.3
Current Inhalant Use	6.4	5.7	6.3	3.0
Methamphetamine Current Use	2.3	3.9	4.7	2.2
Current Heroin Use	2.3	3.9	4.3	2.2

% By Race/Ethnicity, Grades 9-12, NM, 2019

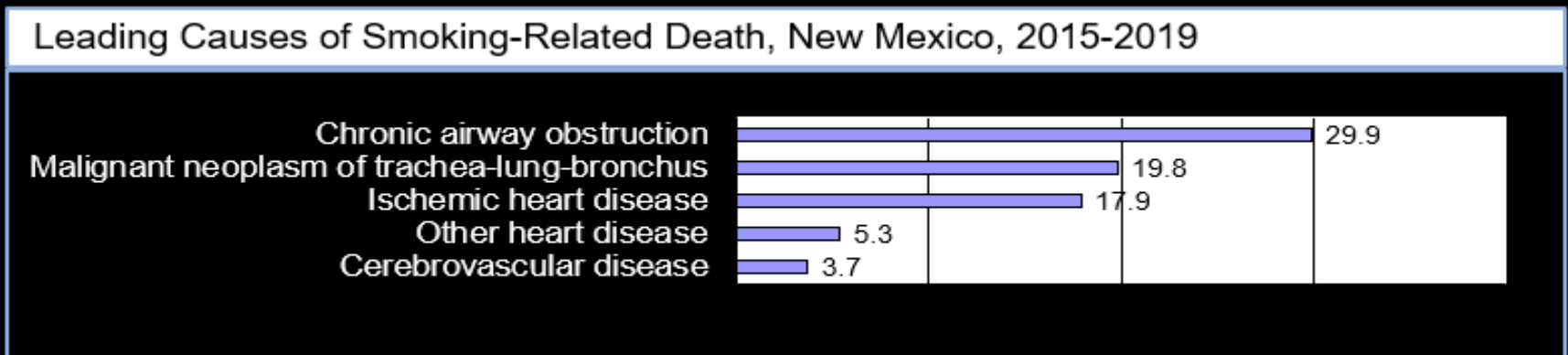
Indicator	AI	A/PI	Black	Hispanic	White
Current Marijuana Use	33.1	25.6	30.5	29.5	22.4
Current Cocaine Use	5.7	8.0	11.0	5.0	3.0
Current Painkiller Use	13.1	12.3	18.1	12	8.4
Current Inhalant Use	6.7	12.9	11.6	5.3	4.2
Methamphetamine Current Use	4.1	8.8	9.6	3.1	2.2
Current Heroin Use	3.7	6.2	8.8	3.3	2.2

Adult Smoking



- Adult Cigarette Smoking definition:
 - BRFSS question – smoked 100 or more cigarettes in lifetime and smoked cigarettes in the past 30 days
- Adult smoking prevalence has steadily decreased since 2000
- Current US Rate: 16.0

Smoking-Related Deaths

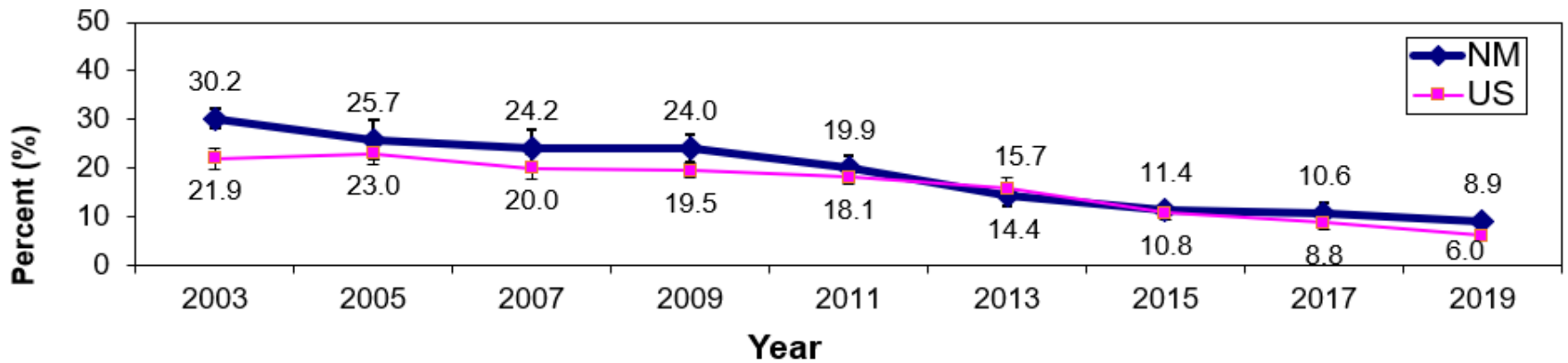


- Death rates from smoking increase with age, Age 65+ at a rate of 524.1* per 100,000.
- Rates are 2 times as high for men (128.7) compared to women (64.5) across all age groups.
- NM rate (93.4) is slightly lower than the US Rate (97.3)

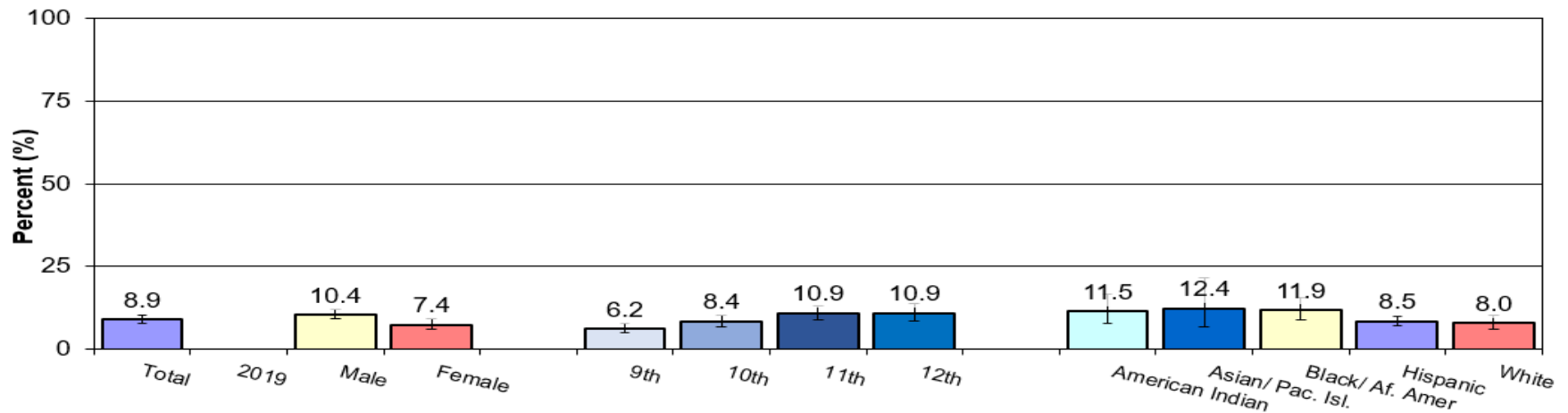
* Rate per 100,000, age-adjusted to the 2000 US standard population.
Data Source: February 2021 Substance Use Epidemiology Profile

Youth Smoking

Youth Current Cigarette Smoking* by year, Grades 9-12, NM and US 2003-2019



Youth Current Cigarette Smoking by Grade Level, Gender, and Race/Ethnicity, Grades 9-12, NM 2019



- NM rate (8.9) has steadily declined since 2003 and remained higher than the US rate (6.0) consistently.
- Boys (10.4) are more likely to smoke cigarettes when compared to girls (7.4)
- Smoking cigarettes prevalence increased significantly with grade level.
- Cigarette smoking is a leading cause of preventable death in the US and more than 80% of adult smokers first smoke before age 18.**

* YRRS tobacco questions do not distinguish between ceremonial/traditional and commercial tobacco use.

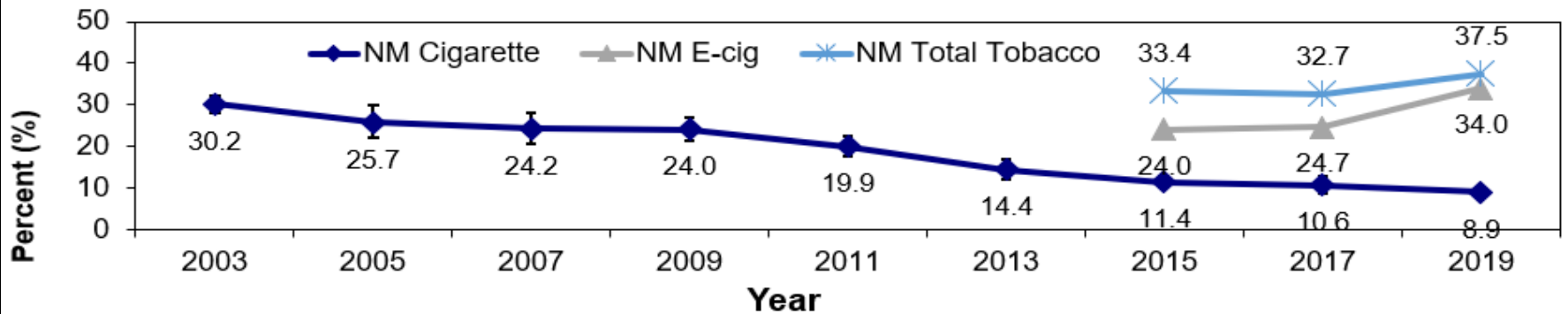
** Youth and Tobacco Use. Centers for Disease Control and Prevention.

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

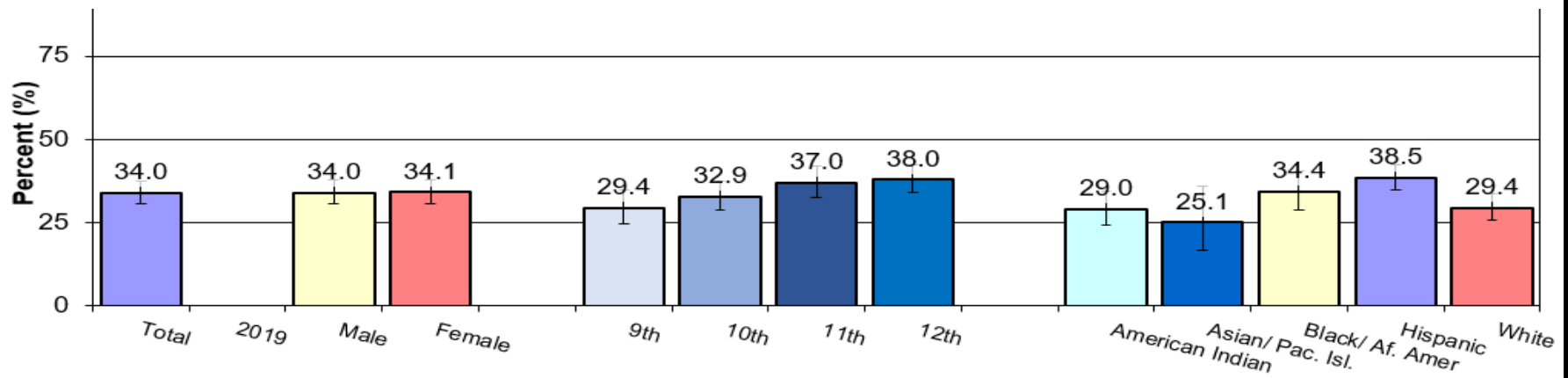
Data Source: February 2021 Substance Use Epidemiology Profile

Youth E-Cigarette Use

Current E-Cigarette Use by Year, Grades 9-12, New Mexico 2019



Current E-Cigarette Use, by Grade Level, Gender, and Race/Ethnicity, 9-12, New Mexico, 2019



- The prevalence of current e-cigarette (34.0%) use was higher than the US (32.7).
- There is little difference between girls and boys (34.0 v 34.1).
- Prevalence of E-Cigarette use increases with grade level.
- Hispanic students reported a higher rate of E-cigarette use over all other race/ethnicity.
- While there has been significant decreases in cigarette smoking among youth, e-cigarettes and other tobacco products have essentially erased that change.