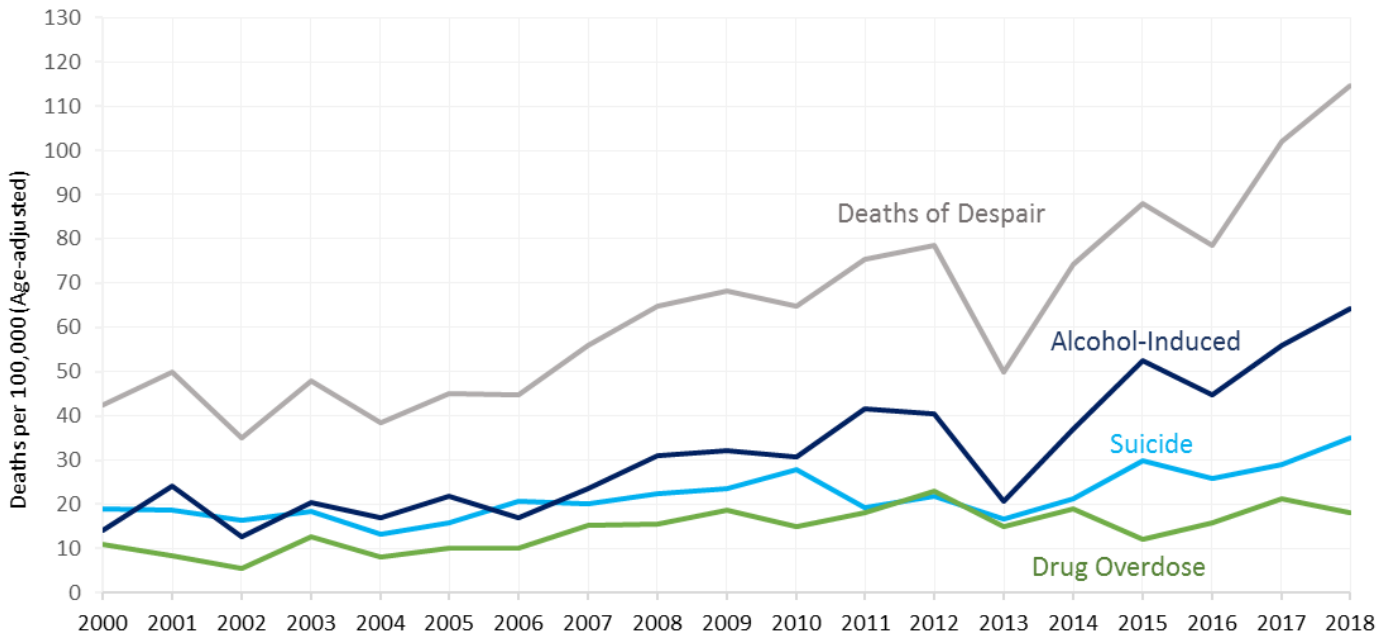


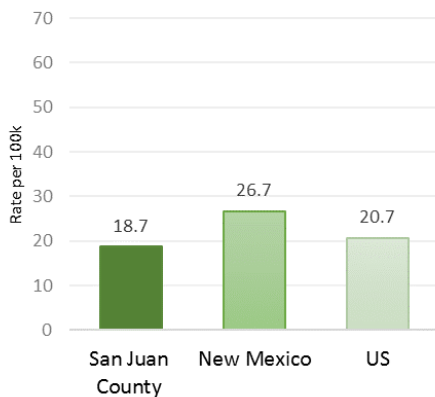
DEATHS OF DESPAIR, SAN JUAN COUNTY, NM

In 2018 in San Juan County, of the 1,138 deaths that occurred, 142 of them (12.5%) were “deaths of despair.” And, just over half (55%) of the deaths of despair are attributable to alcohol. Deaths of despair encompass those deaths which are due to suicide or drug overdose, and those which are 100% attributable to alcohol. A recent study by the *Well Being Trust and the Robert Graham Center for Policy Studies in Family Medicine and Primary Care* predicted that an additional 75,000 people will likely die across the U.S. from “deaths of despair” due to the social and economic consequences following the pandemic. According to the report, New Mexico has the highest rate of deaths from diseases of despair (80.9 per 100,000; NM-IBIS), and is second highest state in estimated *additional* deaths of despair over the next 10 years. San Juan County’s deaths of despair rate (114.5 deaths per 100,000; NM-IBIS) is significantly above New Mexico’s, and has increased considerably in recent years.

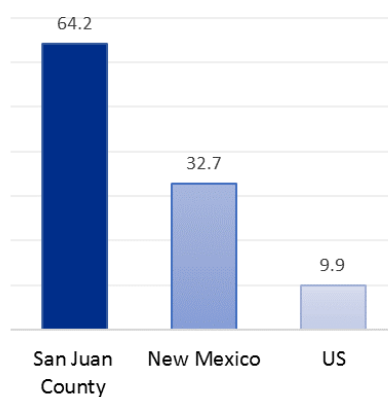
Deaths of Despair and Its Components, 2000-2018, San Juan County, NM



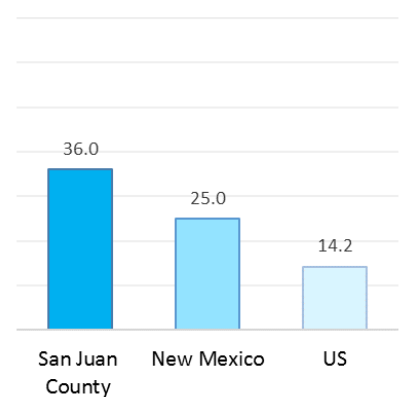
Drug Overdose Deaths (2018)



Alcohol-Induced Deaths (2018)



Suicide (2018)



Sources: Data for TRENDS line graph for age adjusted rates for deaths of despair, suicide and drug overdose deaths are from the New Mexico Department of Health, Indicator-based Information System (NM-IBIS, <https://ibis.health.state.nm.us/>); rates for alcohol-induced deaths are from the CDC Wonder, Detailed Mortality Files. COMPARISON data for bar graphs of age-adjusted rates for San Juan County, New Mexico and the U.S. are all from CDC Wonder, Detailed Mortality Files (<https://wonder.cdc.gov/ucd-icd10.html>). IBIS and CDC rates may vary slightly due to somewhat different population estimates used in rate calculations.