

# Tobacco Harm Reduction 101

## New Mexico 2025

Lawmakers are often bombarded with misinformation on the products used by adults in their state. This annual analysis provides up-to-date data on the adults who use cigarettes and e-cigarette products in the Land of Enchantment. This information also includes data on youth use, impacts of e-cigarettes and analyses of existing tobacco monies

### Key Points:

- In 2023, 202,889 New Mexico adults (12.2 percent) were currently smoking. This is an 18.7 percent decrease from 2022 and represents 45,122 fewer adults smoking.
- Among all smoking adults in New Mexico in 2023, 10.7 percent were 18 to 24 years old, 39.9 percent were 25 to 44 years old, 33 percent were 45 to 64 years old, and 16.5 percent were 65 years or older.
- Among all adults earning \$25,000 or less in 2023, 17.7 percent were currently smoking compared to 8.9 percent of adults earning \$50,000 or more.
- Among all smoking adults in New Mexico in 2023, 52.4 percent were Hispanic, 39.1 percent were White, and 8.4 percent were American Indian/Alaska Native.
- In 2023, 138,031 New Mexico adults (8.3 percent) were currently using e-cigarettes. This is a 13.7 percent increase from 2022 and represents 17,332 additional adults vaping.
- Among all vaping adults in New Mexico in 2023, 36.2 percent were 18 to 24 years old, 49.5 percent were 25 to 44 years old, 11.5 percent were 45 to 64 years old, and 2.9 percent were 65 years or older.
- In 2023, for every one New Mexico high school student who was smoking, more than 61 adults were currently using cigarettes.
- In 2023, for every one New Mexico high school student who was vaping, more than seven adults were currently using e-cigarettes.
- The introduction of e-cigarettes has not led to increases in cigarette smoking, but rather, correlates with significant declines in smoking rates among young adults.
- Between 2007 and 2023, smoking rates among New Mexico adults aged 18 to 24 years old decreased by 55.1 percent.
- E-cigarette use has remained stable among New Mexico young adults. Between 2022 and 2023, e-cigarette use among 18- to 24-year-olds increased by only 7.6 percent.
- Cigarette excise taxes in New Mexico disproportionately impact low income and low education persons, while failing to significantly reduce smoking rates among that class.
- Among New Mexico adults earning \$25,000 or less, smoking rates decreased on average by 1.8 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 1 percent during the same period.
- In 2023, low-income adults were two times more likely to smoke than high income earners.
- In 2023, among New Mexico adults who did not graduate high school, 16 percent were currently smoking, while only 5.8 percent of college graduates were smoking.
- In 2023, adults lacking a high school diploma were 2.8 times more likely to smoke than college graduates.
- New Mexico woefully underfunds programs to prevent youth use of tobacco and/or vapor products and help adults quit smoking, while simultaneously receiving millions of dollars from the pockets of the adults who smoke. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.06 on tobacco control efforts.

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### Adult Combustible & E-Cigarette Use

In 2023, according to data from the annual Behavioral Risk Factor Surveillance System survey, conducted by the Centers for Disease Control and Prevention, an estimated 202,889 (or 12.2 percent of New Mexicans) were currently smoking. This is an 18.7 percent decrease from 2022 when 15 percent reported current cigarette use. There were 45,122 fewer adults smoking in 2023 compared to 2022.

In 2023 (among all New Mexico adults), 10.6 percent of 18- to 24-year-olds, 15.3 percent of 25–44-year-olds, 13.5 percent of 45–64-year-olds, and 7.7 percent of adults aged 65 years or older were currently smoking combustible cigarettes. Among all smoking adults in 2023, 10.7 percent were 18 to 24 years old, 39.9 percent were 25 to 44 years old, 33 percent were 45 to 64 years old, and 16.5 percent were 65 years or older.

Between 2022 and 2023, smoking rates decreased by 3.6 percent among 18- to 24-year-olds, by 14.8 percent among 25–44-year-olds, by 19.6 percent among 45–64-year-olds, and by 28.7 percent among adults aged 65 years or older.

Among all adults earning \$25,000 annually or less in 2023, 17.7 percent reported currently smoking, compared to 8.9 percent of adults who earned \$50,000 or more per year. Low-income adults were two times more likely to smoke.

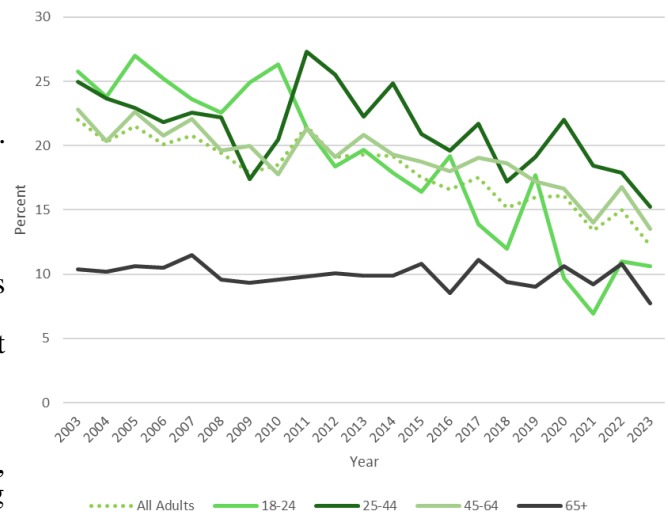
In New Mexico, Hispanic adults reported smoking at a greater percentage of their identified race at 12.8 percent. This is compared to 11.6 percent of American Indian/Alaska Native adults, and 11.4 percent of White adults.

Hispanic adults made up a significantly larger percentage of New Mexico's total adult smoking population. In 2023, Hispanic adults accounted for 52.4 percent of the New Mexico's current smoking population. White adults made up 39.1 percent, and American Indian/Alaska adults accounted for 8.4 percent of New Mexico's adult smoking population in 2023.

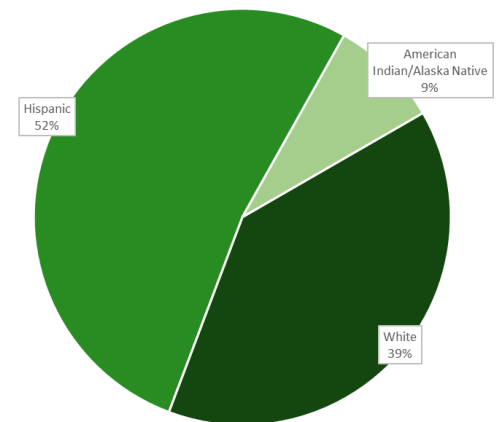
In 2023, an estimated 138,031 New Mexico adults (or 8.3 percent) were currently using e-cigarettes. This is a 13.7 percent increase from 2022 when 7.3 percent reported current e-cigarette use. There were an estimated 17,332 additional adults vaping in 2023 compared to 2022. There has been a 69.4 percent increase in adults vaping between 2016 and 2023. Further, there were an additional 59,743 New Mexico adults vaping in 2023 compared to 2016.

Among New Mexico adults currently using e-cigarettes in 2023, 36.2 percent were 18 to 24 years old, 49.5 percent were 25 to 44 years old, 11.5 percent were 45 to 64 years old, and 2.9 percent were 65 years or older. Among adult e-cigarette users in New Mexico in 2023, 63.8 percent were 25 years or older.

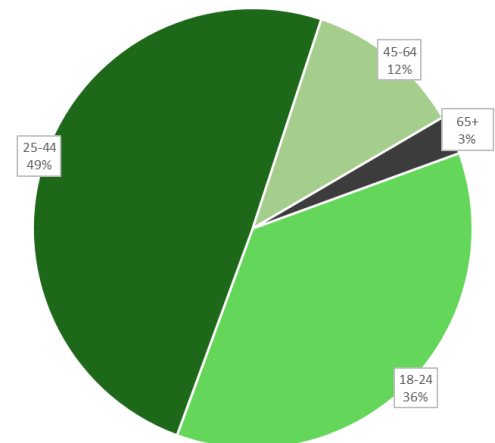
Adult Smoking Rates by Age  
New Mexico



Percent of Adults Who Smoke, by Race  
New Mexico 2023



Percent of Adults Who Vape, by Age  
New Mexico 2023



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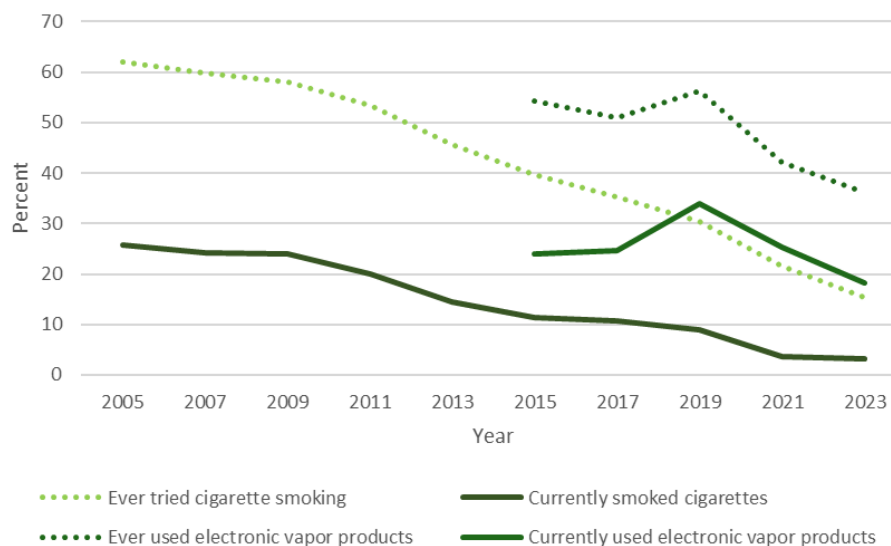
## New Mexico 2025

### Youth Combustible Cigarette and E-Cigarette Use

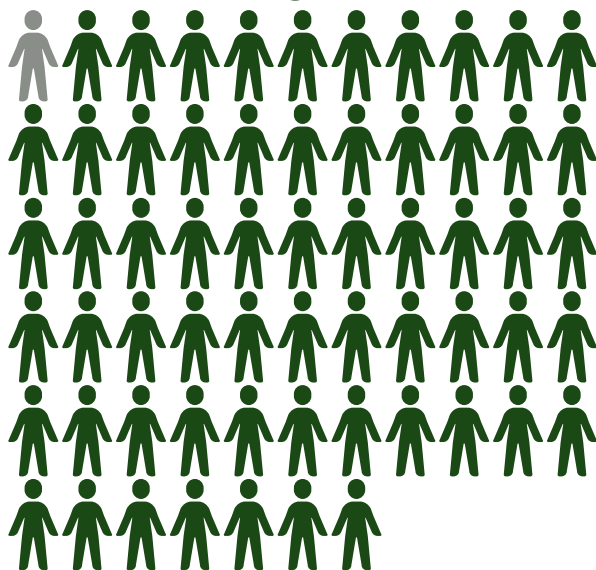
Youth smoking rates are at historic lows in the Land of Enchantment. In 2023, 15.4 percent of high school students reported ever trying combustible cigarettes, while 3.2 percent reported currently smoking, or having used the product on at least one occasion in the 30 days prior. In 2023, approximately 3,293 New Mexico high school students were smoking, compared to an estimated 202,889 New Mexico adults aged 18 and over who were currently smoking. For every one high schooler student smoking in 2023 in New Mexico, more than 61 adults were currently smoking.

Youth vaping continues to decline in the Land of Enchantment. In 2023, 36.1 percent of New Mexico high school students reported ever using an e-cigarette, and 18.3 percent reported current use. Between 2019 and 2023, ever-use of e-cigarettes decreased by 35.9 percent, while current use declined by 46.2 percent. In 2023, approximately 18,831 New Mexico high school students were vaping, compared to 138,031 New Mexico adults aged 18 and over who were currently using e-cigarettes. For every one high schooler vaping in 2023 in New Mexico, more than seven adults were using e-cigarettes.

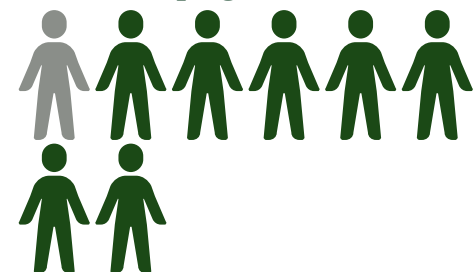
High School Cigarette and E-Cigarette Use  
New Mexico



### Youth to Adult Smoking Ratio New Mexico 2023



### Youth to Adult Vaping Ratio New Mexico 2023



#### Key



= High School Student

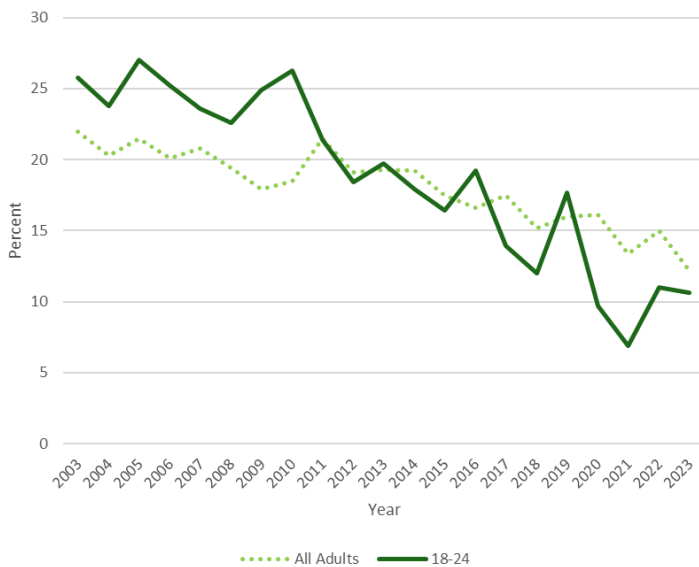


= Adult

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Young Adult Smoking Rates  
New Mexico



### Young Adult Cigarette Use

The introduction of e-cigarettes has not led to increases in young adult cigarette smoking, but rather, correlates with significant declines.

E-cigarettes first entered the U.S. market in 2007, when 23.6 percent of 18- to 24-year-olds were currently smoking. Between 2007 and 2023, smoking rates among young adults in the Land of Enchantment decreased by 55.1 percent. Comparatively, among all New Mexico adults, smoking rates decreased by 41.3 percent during the same period.

E-cigarette use has also remained stable among young New Mexico adults. In 2023, 24.1 percent of 18- to 24-year-olds were currently using e-cigarettes, which was a 7.6 percent increase from 2022.

Given the epic lows in young adult smoking rates, lawmakers must refrain from policies that restrict access to alternatives to smoking.

### Effects of Cigarette Excise Taxes

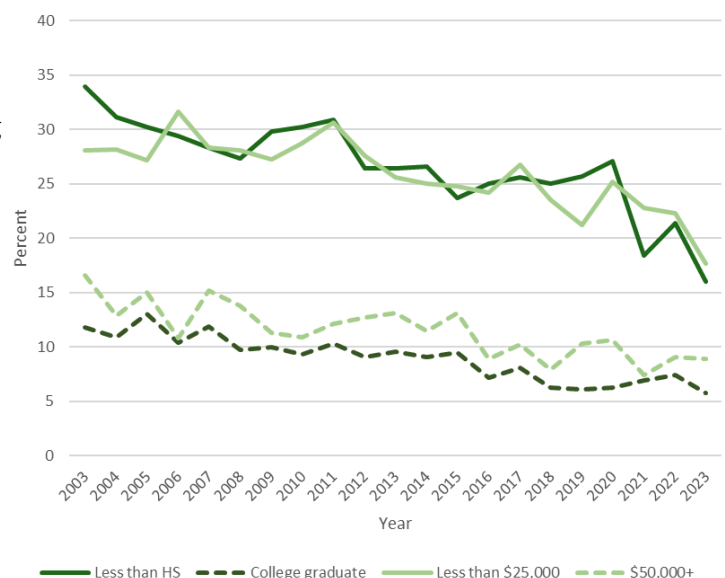
New Mexico currently imposes a \$2.00-per-pack state cigarette excise tax. Lawmakers often justify excise taxes on cigarettes to deter persons from using combustible cigarettes. These taxes not only disproportionately harm lower income and lower educated adults; the taxes also fail to significantly reduce smoking rates among those persons.

Among New Mexico adults earning \$25,000 or less, smoking rates decreased on average by 1.8 percent annually between 2003 and 2023, while rates among adults earning \$50,000 or more decreased by 1 percent during the same period. Between 2003 and 2023, smoking rates among low-income adults decreased by 37.1 percent, compared to a 46.4 percent reduction among high income adults. In 2023, low-income adults were two times more likely to smoke than high income earners.

Among New Mexicans who did not graduate high school, 16 percent were currently smoking in 2023, compared to 5.8 percent of college graduates who were smoking. In 2023, adults lacking a high school diploma were 2.8 times more likely to smoke than college graduates.

Lawmakers should refrain from enacting further increases in cigarette taxes given their disproportionate effect on low-income persons, while failing to reduce smoking rates.

Adult Smoking Rates by Education and Income  
New Mexico



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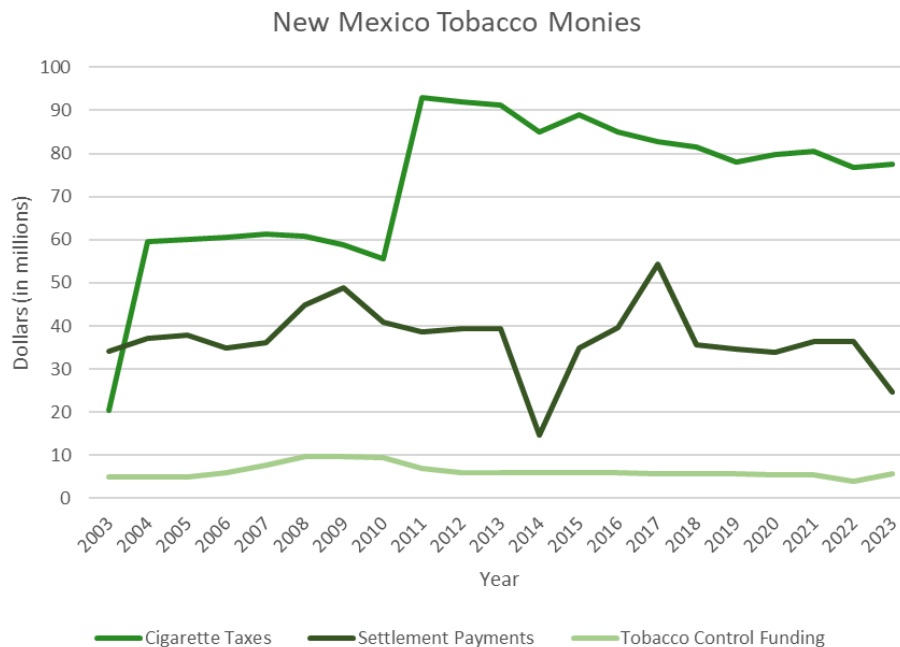
### Tobacco Monies

Each year, states receive billions of dollars borne out of the lungs of persons who smoke. This revenue includes excise cigarette taxes and settlement payments. Yet, each year, states spend miniscule amounts of tobacco-related monies on programs to help adults quit smoking and prevent youth use.

In 2023, the Land of Enchantment collected \$77.6 million in state excise tax revenue from combustible cigarettes. This was a 1.2 percent increase from 2022's \$76.7 million, or an additional \$900,000. Between 2003 and 2023, New Mexico collected more than \$1.5 billion in cigarette taxes.

Since the 2000s, New Mexico collected annual payments from tobacco manufacturers based on the percentage of cigarettes and tobacco products sold in the state in that year, after successfully suing manufacturers for smoking-related health care costs. New Mexico collected \$24.7 million in settlement payments in 2023, a 32.3 percent decrease from 2022's \$36.5 million, or \$11.8 million less. Since 2003, the Land of Enchantment collected more than \$777 million in tobacco settlement payments.

While New Mexico collected \$102.3 million in tobacco-related monies in 2023, the state allocated only \$5.7 million in state funding towards tobacco control programs, including cessation, education, and youth prevention efforts, which was a 46.2 percent increase in funding from 2022's \$3.9 million, or an additional \$1.8 million. This amounts to 7.3 percent of taxes and 23.1 percent of settlement payments. In 2023, for every \$1 the state received in tobacco monies, it spent only \$0.06 on tobacco control efforts. Between 2003 and 2023, New Mexico collected more than \$2.3 billion tobacco monies, yet spent only \$131.6 million (or 5.7 percent) on tobacco control efforts during the same period.



### References

1. Data on adult smoking rates comes from the Centers for Disease Control's Behavioral Risk Factor Surveillance Survey including sections on "Demographics - Race," Tobacco Use - All Categories," and "E-Cigarette Use." Accessed August, 2024. <https://www.cdc.gov/brfss/brfssprevalence/>.
2. Data on race and age was compiled using population data from the Annie E. Casey Foundation (<https://datacenter.kidscount.org/>) and Demographic data from the CDC to cross reference the racial population. Then, data from Smoking and Race, and E-Cigaretts and Age, was used to determine the percent of adults who were smoking in 2023.
3. Data on youth tobacco and vapor product use comes from the Florida Department of Health's Florida Youth Survey, accessed December, 2024, <https://tobaccofreeflorida.com/wp-content/uploads/2024/12/FYTS-State-Tables-2024.pdf>.
4. Data on tax information comes from Orzechowski and Walker, "The Tax Burden on Tobacco Historical Compilation Volume 59, 2024, Print.
5. Data on tobacco settlement payments is from Campaign for Tobacco-Free Kids, "Actual Annual Tobacco Settlement Payments Received by the States, 1998-2024." Accessed December, 2024. <https://assets.tobaccofreekids.org/factsheets/0365.pdf>.
6. Data on tobacco control funding is from Campaign for Tobacco-Free Kids, "Appendix A: A History of Spending for State Tobacco." Accessed December, 2024, <https://assets.tobaccofreekids.org/factsheets/0209.pdf>.