



Alcohol Facts and Statistics

Alcohol Use in the United States:

- » **Prevalence of Drinking:** In 2013, 86.8 percent of people ages 18 or older reported that they drank alcohol at some point in their lifetime; 70.7 percent reported that they drank in the past year; 56.4 percent reported that they drank in the past month.¹
- » **Prevalence of Binge Drinking and Heavy Drinking:** In 2013, 24.6 percent of people ages 18 or older reported that they engaged in binge drinking in the past month; 6.8 percent reported that they engaged in heavy drinking in the past month.²



Alcohol Use Disorders (AUDs) in the United States:

- » **Adults (ages 18+):** 16.6 million adults ages 18 and older³ (7.0 percent of this age group⁴) had an AUD in 2013. This includes 10.8 million men³ (9.4 percent of men in this age group⁴) and 5.8 million women³ (4.7 percent of women in this age group⁴).
 - About 1.3 million adults received treatment for an AUD at a specialized facility in 2013 (7.8 percent of adults who needed treatment). This included 904,000 million men (8.0 percent of men in need) and 444,000 women (7.3 percent of women who needed treatment).⁵
- » **Youth (ages 12–17):** In 2013 an estimated 697,000 adolescents ages 12–17⁶ (2.8 percent of this age group⁷) had an AUD. This number includes 385,000 females⁶ (3.2 percent of females in this age group⁷) and 311,000 males⁶ (2.5 percent of males in this age group⁷).
 - An estimated 73,000 adolescents (44,000 males and 29,000 females) received treatment for an alcohol problem in a specialized facility in 2013.⁸

Alcohol-Related Deaths:

- » Nearly 88,000⁹ people (approximately 62,000 men and 26,000 women¹⁰) die from alcohol-related causes annually, making it the third leading preventable cause of death in the United States.⁹
- » In 2013, alcohol-impaired driving fatalities accounted for 10,076 deaths (30.8 percent of overall driving fatalities).¹¹

Economic Burden:

- » In 2006, alcohol misuse problems cost the United States \$223.5 billion.¹²
- » Almost three-quarters of the total cost of alcohol misuse is related to binge drinking.¹²

Global Burden:

- » In 2012, 3.3 million deaths, or 5.9 percent of all global deaths (7.6 percent for men and 4.0 percent for women), were attributable to alcohol consumption.¹³
- » Alcohol contributes to over 200 diseases and injury-related health conditions, most notably alcohol dependence, liver cirrhosis, cancers, and injuries.¹⁴ In 2012, 5.1 percent of the burden of disease and injury worldwide (139 million disability-adjusted life years) was attributable to alcohol consumption.¹³
- » Globally, alcohol misuse is the fifth leading risk factor for premature death and disability; among people between the ages of 15 and 49, it is the first.¹⁵

Family Consequences:

- » More than 10 percent of U.S. children live with a parent with alcohol problems, according to a 2012 study.¹⁶

Underage Drinking:

- » **Prevalence of Underage Alcohol Use:**
 - **Prevalence of Drinking:** According to the 2013 National Survey on Drug Use and Health (NSDUH), 35.1 percent of 15-year-olds report that they have had at least 1 drink in their lives.¹⁷ About 8.7 million people ages 12–20 (22.7 percent of this age group) reported drinking alcohol in the past month (23 percent of males and 22.5 percent of females).¹⁸
 - **Prevalence of Binge Drinking:** According to the 2013 NSDUH,

Definitions

Alcohol Use Disorder (AUD): AUDs are medical conditions that doctors diagnose when a patient's drinking causes distress or harm. The fourth edition of the *Diagnostic and Statistical Manual (DSM-IV)*, published by the American Psychiatric Association, described two distinct disorders—alcohol abuse and alcohol dependence—with specific criteria for each. The fifth edition, *DSM-5*, integrates the two DSM-IV disorders, alcohol abuse and alcohol dependence, into a single disorder called alcohol use disorder, or AUD, with mild, moderate, and severe subclassifications.

Binge Drinking:

- » NIAAA defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) levels to 0.08 g/dL. This typically occurs after 4 drinks for women and 5 drinks for men—in about 2 hours.³⁷
- » The Substance Abuse and Mental Health Services Administration (SAMHSA), which conducts the annual National Survey on Drug Use and Health (NSDUH), defines binge drinking as drinking 5 or more alcoholic drinks on the same occasion on at least 1 day in the past 30 days.³⁸

Heavy Drinking: SAMHSA defines heavy drinking as drinking 5 or more drinks on the same occasion on each of 5 or more days in the past 30 days.

NIAAA's Definition of Drinking at Low Risk for Developing an AUD: For women, low-risk drinking is defined as no more than 3 drinks on any single day and no more than 7 drinks per week. For men, it is defined as no more than 4 drinks on any single day and no more than 14 drinks per week. NIAAA research shows that only about 2 in 100 people who drink within these limits have an AUD.

Substance Use Treatment at a Specialty Facility: Treatment received at a hospital (inpatient only), rehabilitation facility (inpatient or outpatient), or mental health center to reduce alcohol use, or to address medical problems associated with alcohol use.

Alcohol-Impaired-Driving Fatality: A fatality in a crash involving a driver or motorcycle rider (operator) with a BAC of 0.08 g/dL or greater.

Disability Adjusted Life Years (DALYs): A measure of years of life lost or lived in less than full health.

Underage Drinking: Alcohol use by anyone under the age of 21. In the United States, the legal drinking age is 21.



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approximately 5.4 million people (about 14.2 percent) ages 12–20 were binge drinkers (15.8 percent of males and 12.4 percent of females).¹⁸

- **Prevalence of Heavy Drinking:** According to the 2013 NSDUH, approximately 1.4 million people (about 3.7 percent) ages 12–20 were heavy drinkers (4.6 percent of males and 2.7 percent of females).¹⁸

» Consequences of Underage Alcohol Use:

- Research indicates that alcohol use during the teenage years could interfere with normal adolescent brain development and increase the risk of developing an AUD. In addition, underage drinking contributes to a range of acute consequences, including injuries, sexual assaults, and even deaths—including those from car crashes.¹⁹

Alcohol and College Students:

» Prevalence of Alcohol Use:

- **Prevalence of Drinking:** In 2013, 59.4 percent of full-time college students ages 18–22 drank alcohol in the past month compared with 50.6 percent of other persons of the same age.²⁰
- **Prevalence of Binge Drinking:** In 2013, 39 percent of college students ages 18–22 engaged in binge drinking (5 or more drinks on an occasion) in the past month compared with 33.4 percent of other persons of the same age.²¹
- **Prevalence of Heavy Drinking:** In 2013, 12.7 percent of college students ages 18–22 engaged in heavy drinking (5 or more drinks on an occasion on 5 or more occasions per month) in the past month compared with 9.3 percent of other persons of the same age.²²

» Consequences—Researchers estimate that each year:

- 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor-vehicle crashes.²³
- 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking.²⁴
- 97,000 students between the ages of 18 and 24 report experiencing alcohol-related sexual assault or date rape.²⁴
- Roughly 20 percent of college students meet the criteria for an AUD.²⁵
- About 1 in 4 college students report academic consequences from drinking, including missing class, falling behind in class, doing poorly on exams or papers, and receiving lower grades overall.²⁶

Alcohol and Pregnancy:

- » The prevalence of Fetal Alcohol Syndrome (FAS) in the United States was estimated by the Institute of Medicine in 1996 to be between 0.5 and 3.0 cases per 1,000.²⁷
- » More recent reports from specific U.S. sites report the prevalence of FAS to be 2 to 7 cases per 1,000,²⁷ and the prevalence of Fetal Alcohol Spectrum Disorders (FASD) to be as high as 20 to 50 cases per 1,000.²⁸



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Alcohol and the Human Body:

- » In 2013, of the 71,713 total liver disease deaths among individuals aged 12 and older, 46.4 percent involved alcohol. Among males, 48.9 percent of the 46,240 liver disease deaths involved alcohol. Among females, 42.7 percent of the 25,433 liver disease deaths involved alcohol.²⁹
- » Among all cirrhosis deaths in 2011, 48.0 percent were alcohol related. The proportion of alcohol-related cirrhosis was highest (72.7 percent) among decedents ages 25–34, followed by decedents aged 35–44, at 70.3 percent.³⁰
- » In 2009, alcohol-related liver disease was the primary cause of almost 1 in 3 liver transplants in the United States.³¹
- » Drinking alcohol increases the risk of cancers of the mouth, esophagus, pharynx, larynx, liver, and breast.³²

Health Benefits of Moderate Alcohol Consumption:

- » Moderate alcohol consumption, according to the *Dietary Guidelines for Americans 2010*, is up to 1 drink per day for women and up to 2 drinks per day for men.³³
- » Moderate alcohol consumption may have beneficial effects on health. These include decreased risk for heart disease and mortality due to heart disease, decreased risk of ischemic stroke (in which the arteries to the brain become narrowed or blocked, resulting in reduced blood flow), and decreased risk of diabetes.³⁴
- » In most Western countries where chronic diseases such as coronary heart disease (CHD), cancer, stroke, and diabetes are the primary causes of death, results from large epidemiological studies consistently show that alcohol reduces mortality, especially among middle-aged and older men and women—an association which is likely due to the protective effects of moderate alcohol consumption on CHD, diabetes, and ischemic stroke.³⁵
- » It is estimated that 26,000 deaths were averted in 2005 because of reductions in ischemic heart disease, ischemic stroke, and diabetes from the benefits attributed to moderate alcohol consumption.³⁶
- » Expanding our understanding of the relationship between moderate alcohol consumption and potential health benefits remains a challenge, and although there are positive effects, alcohol may not benefit everyone who drinks moderately.

For more information, please visit: www.niaaa.nih.gov

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³ SAMHSA. 2013 National Survey on Drug Use and Health (NSDUH). Table 5.8A—Substance Dependence or Abuse in the Past Year among Persons Aged 18 or Older, by Demographic Characteristics: Numbers in Thousands, 2012 and 2013. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DefTabsPDFWHTML2013/Web/HTML/NSDUH-DefTabsSect5peTabs1to56-2013.htm#tab5.8a>

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- ⁷ SAMHSA. 2013 National Survey on Drug Use and Health (NSDUH). Table 5.5B—Substance Dependence or Abuse in the Past Year among Persons Aged 18 or Older, by Demographic Characteristics: Percentages, 2012 and 2013. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DeTTabPDFWHTML2013/Web/HTML/NSDUH-DeTTabSect5peTab5to56-2013.htm#tab5.5b>
- ⁸ SAMHSA. 2013 National Survey on Drug Use and Health (NSDUH). Table 5.29A—Received Substance Use Treatment at a Specialty Facility in the Past Year among Persons Aged 12 to 17, by Demographic Characteristics: Numbers in Thousands, 2012 and 2013. Available at: <http://www.samhsa.gov/data/sites/default/files/NSDUH-DeTTabPDFWHTML2013/Web/HTML/NSDUH-DeTTabSect5peTab5to56-2013.htm#tab5.29a>
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