

**Table 63 (page 1 of 3). Heavier drinking and drinking five or more drinks in a day among adults aged 18 and over, by selected characteristics: United States, selected years 1997–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#063>.

[Data are based on household interviews of a sample of the civilian noninstitutionalized population]

Characteristic	Heavier drinker <sup>1</sup>				Five or more drinks in a day on at least 1 day in the past year <sup>1</sup>				Five or more drinks in a day on at least 12 days in the past year <sup>1</sup>			
	1997	2000	2010	2012	1997	2000	2010	2012	1997	2000	2010	2012
Percent of adults												
Both sexes												
18 years and over, age-adjusted <sup>2</sup>	4.9	4.3	5.2	5.0	21.1	19.2	23.8	23.7	9.7	8.7	10.1	9.6
18 years and over, crude	5.0	4.3	5.2	5.0	21.5	19.3	23.2	22.9	9.8	8.7	9.9	9.2
Age												
All persons:												
18–44 years	5.2	4.7	5.7	5.0	29.2	26.9	32.5	31.9	13.2	12.2	13.7	12.9
18–24 years	5.3	5.8	6.2	5.0	31.8	30.3	34.0	32.2	15.2	15.5	16.2	13.6
25–44 years	5.2	4.3	5.5	5.0	28.5	25.8	31.9	31.8	12.6	11.1	12.7	12.6
45–64 years	5.5	4.6	5.4	5.7	15.9	14.4	19.0	19.3	7.6	6.4	8.1	7.7
45–54 years	5.5	4.4	5.9	6.0	19.0	16.4	22.9	23.6	8.7	7.0	9.3	9.1
55–64 years	5.4	5.0	4.7	5.3	11.1	11.3	14.1	14.3	5.8	5.4	6.7	6.2
65 years and over	3.1	2.6	3.7	3.6	4.9	3.8	5.5	6.1	2.2	1.8	2.6	2.5
65–74 years	3.9	3.1	4.4	4.7	6.7	5.2	7.9	8.5	3.0	2.5	3.5	3.1
75 years and over	2.1	2.0	2.8	2.0	2.4	2.1	2.7	2.8	1.1	*0.9	*1.4	1.6
Race <sup>2,3</sup>												
White only	5.2	4.5	5.6	5.4	22.9	20.8	26.3	26.1	10.3	9.2	11.1	10.5
Black or African American only	4.0	3.5	4.1	3.2	11.7	11.6	14.0	13.9	6.5	6.5	6.1	6.0
American Indian or Alaska Native only	*	*	*	*3.3	29.2	23.7	15.3	25.4	17.4	*12.1	*9.5	11.4
Asian only	*1.9	*2.3	*1.3	2.1	11.4	8.8	12.1	12.4	*4.8	3.6	4.3	4.7
Native Hawaiian or Other Pacific Islander only	---	*	*	*	---	*	*	*	---	*	*	*
2 or more races	---	*7.5	*5.9	*5.3	---	28.0	25.7	25.0	---	15.9	12.5	8.4
Hispanic origin and race <sup>2,3</sup>												
Hispanic or Latino	3.9	3.2	2.8	2.4	20.4	17.3	19.7	21.0	11.2	9.0	9.2	9.4
Mexican	4.4	3.8	3.1	2.7	21.2	19.9	21.4	22.7	12.6	10.8	10.1	11.0
Not Hispanic or Latino	5.1	4.5	5.6	5.4	21.3	19.7	24.7	24.5	9.5	8.8	10.3	9.7
White only	5.4	4.7	6.2	6.1	23.5	21.5	27.9	27.8	10.3	9.3	11.5	11.0
Black or African American only	3.9	3.4	4.2	3.2	11.6	11.5	13.9	13.7	6.5	6.5	6.1	5.9
Percent of poverty level <sup>2,4</sup>												
Below 100%	4.8	4.3	4.7	4.8	17.3	15.0	17.6	17.4	9.7	8.6	8.5	8.5
100%–199%	4.9	4.2	4.9	3.5	18.4	15.7	20.9	19.1	9.8	8.0	9.8	8.6
200%–399%	4.9	4.2	4.8	4.8	21.0	18.7	23.3	23.8	9.8	8.9	10.1	9.9
400% or more	5.1	4.4	6.0	5.7	24.3	22.1	28.1	28.5	9.7	8.9	10.9	10.2
Disability measure <sup>2,5</sup>												
Any basic actions difficulty or complex activity limitation	5.7	5.2	5.5	5.6	20.2	18.8	21.9	22.2	10.2	9.3	9.5	9.4
Any basic actions difficulty	5.8	5.3	5.5	5.8	20.6	19.1	22.3	22.7	10.5	9.4	9.7	9.7
Any complex activity limitation	4.5	4.3	5.5	4.4	16.4	14.3	16.2	16.7	8.8	7.3	7.8	7.5
No disability	4.9	4.1	5.3	4.9	21.8	19.7	25.0	24.6	9.6	8.7	10.4	9.7
Male												
18 years and over, age-adjusted <sup>2</sup>	6.1	5.1	5.7	5.3	30.7	28.3	32.4	32.5	15.8	14.4	15.6	15.0
18 years and over, crude	6.1	5.2	5.7	5.4	31.7	29.0	32.2	32.0	16.3	14.7	15.6	14.7
Age												
Male:												
18–44 years	6.5	5.6	6.1	5.3	40.6	37.8	42.5	41.6	21.1	19.6	20.6	19.4
18–24 years	6.0	6.3	6.0	4.7	40.6	38.0	39.9	39.2	22.9	22.9	21.5	19.0
25–44 years	6.6	5.3	6.2	5.5	40.6	37.7	43.5	42.5	20.6	18.5	20.2	19.6
45–64 years	6.6	5.5	5.8	6.0	25.3	23.5	27.3	28.5	12.7	11.3	13.2	12.8
45–54 years	6.6	5.7	5.9	6.1	29.4	26.3	32.0	33.8	14.5	12.3	14.5	14.6
55–64 years	6.6	5.4	5.7	5.8	18.9	19.0	21.4	22.4	10.0	9.8	11.6	10.7
65 years and over	3.7	3.1	4.0	4.4	9.3	7.4	9.8	11.0	4.7	3.7	4.7	4.9
65–74 years	4.8	3.9	4.4	5.5	12.2	9.5	13.5	14.3	6.1	4.9	6.3	5.8
75 years and over	*2.1	*2.0	*3.5	*2.8	5.1	4.4	4.6	6.0	*2.5	*2.0	*2.5	3.5

See footnotes at end of table.

**Table 63 (page 2 of 3). Heavier drinking and drinking five or more drinks in a day among adults aged 18 and over, by selected characteristics: United States, selected years 1997–2012**

Updated data when available, Excel, PDF, more data years, and standard errors: <http://www.cdc.gov/nchs/hus/contents2013.htm#063>.

[Data are based on household interviews of a sample of the civilian noninstitutionalized population]

Characteristic	Heavier drinker <sup>1</sup>				Five or more drinks in a day on at least 1 day in the past year <sup>1</sup>				Five or more drinks in a day on at least 12 days in the past year <sup>1</sup>			
	1997	2000	2010	2012	1997	2000	2010	2012	1997	2000	2010	2012
Race <sup>2,3</sup>												
Percent of adults												
White only . . . . .	6.3	5.1	6.1	5.7	32.8	29.9	35.3	35.0	16.7	14.9	17.1	16.2
Black or African American only . . . . .	5.3	5.4	4.6	3.8	18.4	19.8	20.2	21.5	11.0	12.4	9.8	9.9
American Indian or Alaska Native only . . . . .	*	*	*	*	45.7	29.2	*20.5	33.5	30.4	*14.0	*15.7	19.5
Asian only . . . . .	*2.3	*3.5	*1.4	*2.5	17.8	14.1	17.2	19.1	*7.5	*5.9	6.8	7.3
Native Hawaiian or Other Pacific Islander only . . . . .	---	*	*	*	---	*	*	*	---	*	*	*
2 or more races . . . . .	---	*12.1	*8.4	*6.7	---	39.2	37.6	34.0	---	23.7	20.3	15.1
Hispanic origin and race <sup>2,3</sup>												
Hispanic or Latino . . . . .	5.7	5.2	3.9	3.7	30.9	27.9	28.8	32.2	18.8	15.9	14.6	15.7
Mexican . . . . .	6.9	6.6	4.4	4.0	34.2	32.2	32.2	34.3	21.9	19.1	16.3	18.4
Not Hispanic or Latino . . . . .	6.1	5.2	6.0	5.7	30.7	28.6	33.3	32.9	15.5	14.3	15.9	15.0
White only . . . . .	6.4	5.2	6.5	6.2	33.3	30.6	36.9	36.2	16.6	15.0	17.6	16.5
Black or African American only . . . . .	5.3	5.4	4.7	3.9	18.4	19.7	20.3	21.3	11.1	12.3	9.9	10.0
Percent of poverty level <sup>2,4</sup>												
Below 100% . . . . .	6.8	6.4	6.5	6.7	26.9	24.8	26.0	26.3	16.5	15.7	14.1	14.4
100%–199% . . . . .	7.1	5.8	5.8	4.6	27.3	23.6	29.1	28.9	16.4	13.3	14.8	14.6
200%–399% . . . . .	6.6	5.3	5.8	5.4	30.4	27.4	31.8	31.9	16.0	14.7	16.4	15.1
400% or more . . . . .	5.0	4.4	5.4	5.1	33.6	31.3	36.4	36.5	15.4	14.4	15.8	15.1
Disability measure <sup>2,5</sup>												
Any basic actions difficulty or complex activity limitation . . . . .	7.2	6.8	6.6	6.5	29.4	28.9	30.6	30.6	17.0	16.5	14.8	14.7
Any basic actions difficulty . . . . .	7.5	6.8	6.7	7.0	30.4	29.8	31.8	31.2	17.7	16.8	15.5	15.4
Any complex activity limitation . . . . .	5.4	5.8	6.6	6.0	23.1	20.5	21.1	24.3	14.2	11.9	11.3	11.8
No disability . . . . .	5.8	4.8	5.4	5.0	31.5	28.5	33.5	33.2	15.6	14.1	15.9	14.9
Female												
18 years and over, age-adjusted <sup>2</sup> . . . . .	3.9	3.5	4.8	4.7	12.2	10.8	15.6	15.5	3.9	3.4	4.8	4.5
18 years and over, crude . . . . .	3.9	3.5	4.8	4.6	12.1	10.6	14.9	14.5	3.9	3.3	4.6	4.2
Age												
Female:												
18–44 years . . . . .	4.0	3.8	5.2	4.8	18.3	16.5	22.6	22.6	5.5	5.2	6.9	6.6
18–24 years . . . . .	4.5	5.2	6.4	5.3	23.0	22.8	28.1	25.1	7.6	8.3	10.9	8.1
25–44 years . . . . .	3.9	3.4	4.8	4.6	16.9	14.5	20.6	21.6	4.9	4.2	5.4	6.0
45–64 years . . . . .	4.4	3.8	4.9	5.4	7.2	6.0	11.1	10.6	2.9	1.9	3.4	3.0
45–54 years . . . . .	4.5	3.2	5.9	5.9	9.2	7.1	14.3	14.0	3.3	2.1	4.3	4.0
55–64 years . . . . .	4.4	4.6	3.8	4.8	4.1	4.4	7.3	6.8	2.1	1.5	2.3	2.0
65 years and over . . . . .	2.6	2.2	3.4	2.9	1.6	1.2	2.3	2.2	*0.4	*0.4	*	*0.6
65–74 years . . . . .	3.1	2.5	4.5	4.1	2.3	1.7	*3.1	3.6	*	*	*	*0.8
75 years and over . . . . .	2.0	1.9	2.3	*1.5	*0.7	*	*1.4	*	*	*	*	*
Race <sup>2,3</sup>												
White only . . . . .	4.2	4.0	5.2	5.2	13.5	12.1	17.4	17.5	4.2	3.7	5.2	5.0
Black or African American only . . . . .	2.9	2.0	3.8	2.7	6.5	5.2	9.0	7.7	2.9	1.9	3.1	2.7
American Indian or Alaska Native only . . . . .	*	*	*	*	18.1	*19.0	*11.7	17.9	*	*	*	*4.6
Asian only . . . . .	*	*	*	*1.7	*5.2	*3.7	7.3	6.5	*	*	*	*2.4
Native Hawaiian or Other Pacific Islander only . . . . .	---	*	*	*	---	*	*	*	---	*	*	*
2 or more races . . . . .	---	*	*	*	---	17.0	16.4	17.0	---	*8.2	*6.3	*

See footnotes at end of table.

**Table 63 (page 3 of 3). Heavier drinking and drinking five or more drinks in a day among adults aged 18 and over, by selected characteristics: United States, selected years 1997–2012**

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[Data are based on household interviews of a sample of the civilian noninstitutionalized population]

Characteristic	Heavier drinker <sup>1</sup>				Five or more drinks in a day on at least 1 day in the past year <sup>1</sup>				Five or more drinks in a day on at least 12 days in the past year <sup>1</sup>			
	1997	2000	2010	2012	1997	2000	2010	2012	1997	2000	2010	2012
Hispanic origin and race <sup>2,3</sup>												
Percent of adults												
Hispanic or Latina . . . . .	2.2	1.2	1.7	1.3	9.7	6.8	10.3	10.1	3.5	2.1	3.6	3.2
Mexican . . . . .	*1.9	*1.1	*1.7	1.4	8.2	7.1	10.4	10.8	3.2	*2.2	3.7	3.5
Not Hispanic or Latina . . . . .	4.1	3.8	5.3	5.2	12.6	11.5	16.6	16.7	4.0	3.6	5.0	4.8
White only . . . . .	4.4	4.3	5.9	6.1	14.2	13.0	19.1	19.8	4.3	4.0	5.6	5.6
Black or African American only . . . . .	2.9	2.0	3.8	2.7	6.2	5.2	8.9	7.5	2.9	1.9	3.0	2.5
Percent of poverty level <sup>2,4</sup>												
Below 100% . . . . .	3.6	2.8	3.4	3.5	10.8	8.2	11.3	10.8	5.1	3.6	4.2	4.1
100%–199% . . . . .	3.1	2.9	4.1	2.6	10.5	9.0	13.5	10.7	4.0	3.5	5.1	3.4
200%–399% . . . . .	3.3	3.2	3.9	4.4	12.1	10.7	15.3	15.9	4.0	3.5	4.2	4.7
400% or more . . . . .	5.2	4.5	6.7	6.3	14.2	12.6	19.2	20.0	3.4	3.3	5.6	4.9
Disability measure <sup>2,5</sup>												
Any basic actions difficulty or complex activity limitation . . . . .	4.5	4.1	4.7	4.9	13.1	11.3	15.2	15.9	5.0	4.1	5.4	5.4
Any basic actions difficulty . . . . .	4.5	4.2	4.7	5.0	13.2	11.6	15.4	16.6	5.1	4.1	5.4	5.5
Any complex activity limitation . . . . .	3.7	*3.2	4.6	3.0	10.8	9.1	12.3	10.1	4.2	*3.1	5.0	4.0
No disability . . . . .	3.9	3.5	5.1	4.9	12.0	10.9	16.1	15.7	3.6	3.3	4.7	4.3

\* Estimates are considered unreliable. Data preceded by an asterisk have a relative standard error (RSE) of 20%–30%. Data not shown have an RSE greater than 30%.

--- Data not available.

<sup>1</sup>Heavier drinking is based on self-reported responses to questions about average alcohol consumption and is defined as more than 14 drinks per week for men and more than 7 drinks per week for women on average. U.S. Department of Agriculture: Dietary Guidelines for Americans, 2010. Available from: <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>. Respondents were also asked, “In the past year, on how many days did you have five or more drinks of any alcoholic beverage?” See [Appendix II, Alcohol consumption](#).

<sup>2</sup>Estimates are age-adjusted to the year 2000 standard population using four age groups: 18–24 years, 25–44 years, 45–64 years, and 65 years and over. Age-adjusted estimates in this table may differ from other age-adjusted estimates based on the same data and presented elsewhere if different age groups are used in the adjustment procedure. See [Appendix II, Age adjustment](#).

<sup>3</sup>The race groups, white, black, American Indian or Alaska Native, Asian, Native Hawaiian or Other Pacific Islander, and 2 or more races, include persons of Hispanic and non-Hispanic origin. Persons of Hispanic origin may be of any race. Starting with 1999 data, race-specific estimates are tabulated according to the 1997 *Revisions to the Standards for the Classification of Federal Data on Race and Ethnicity* and are not strictly comparable with estimates for earlier years. The five single-race categories plus multiple-race categories shown in the table conform to the 1997 Standards. Starting with 1999 data, race-specific estimates are for persons who reported only one racial group; the category 2 or more races includes persons who reported more than one racial group. Prior to 1999, data were tabulated according to the 1977 Standards with four racial groups, and the Asian only category included Native Hawaiian or Other Pacific Islander. Estimates for single-race categories prior to 1999 included persons who reported one race or, if they reported more than one race, identified one race as best representing their race. Starting with 2003 data, race responses of other race and unspecified multiple race were treated as missing, and then race was imputed if these were the only race responses. Almost all persons with a race response of other race were of Hispanic origin. See [Appendix II, Hispanic origin; Race](#).

<sup>4</sup>Percent of poverty level is based on family income and family size and composition using U.S. Census Bureau poverty thresholds. Missing family income data were imputed for 1997 and beyond. See [Appendix II, Family income; Poverty; Table VI](#).

<sup>5</sup>Any basic actions difficulty or complex activity limitation is defined as having one or more of the following limitations or difficulties: movement difficulty, emotional difficulty, sensory (seeing or hearing) difficulty, cognitive difficulty, self-care (activities of daily living or instrumental activities of daily living) limitation, social limitation, or work limitation. For more information, see [Appendix II, Basic actions difficulty; Complex activity limitation](#). Starting with 2007 data, the hearing question, a component of the basic actions difficulty measure, was revised. Consequently, data prior to 2007 are not comparable with data for 2007 and beyond. For more information on the impact of the revised hearing question, see [Appendix II, Hearing trouble](#).

NOTES: Standard errors are available in the spreadsheet version of this table. Available from: <http://www.cdc.gov/nchs/hus.htm>. For more data on alcohol consumption, see the Early Release reports on the National Health Interview Survey home page: <http://www.cdc.gov/nchs/nhis.htm>. Data for additional years are available. See the Excel spreadsheet on the *Health, United States* website at: <http://www.cdc.gov/nchs/hus.htm>.

SOURCE: CDC/NCHS, National Health Interview Survey, family core and sample adult questionnaires. See [Appendix I, National Health Interview Survey \(NHIS\)](#).