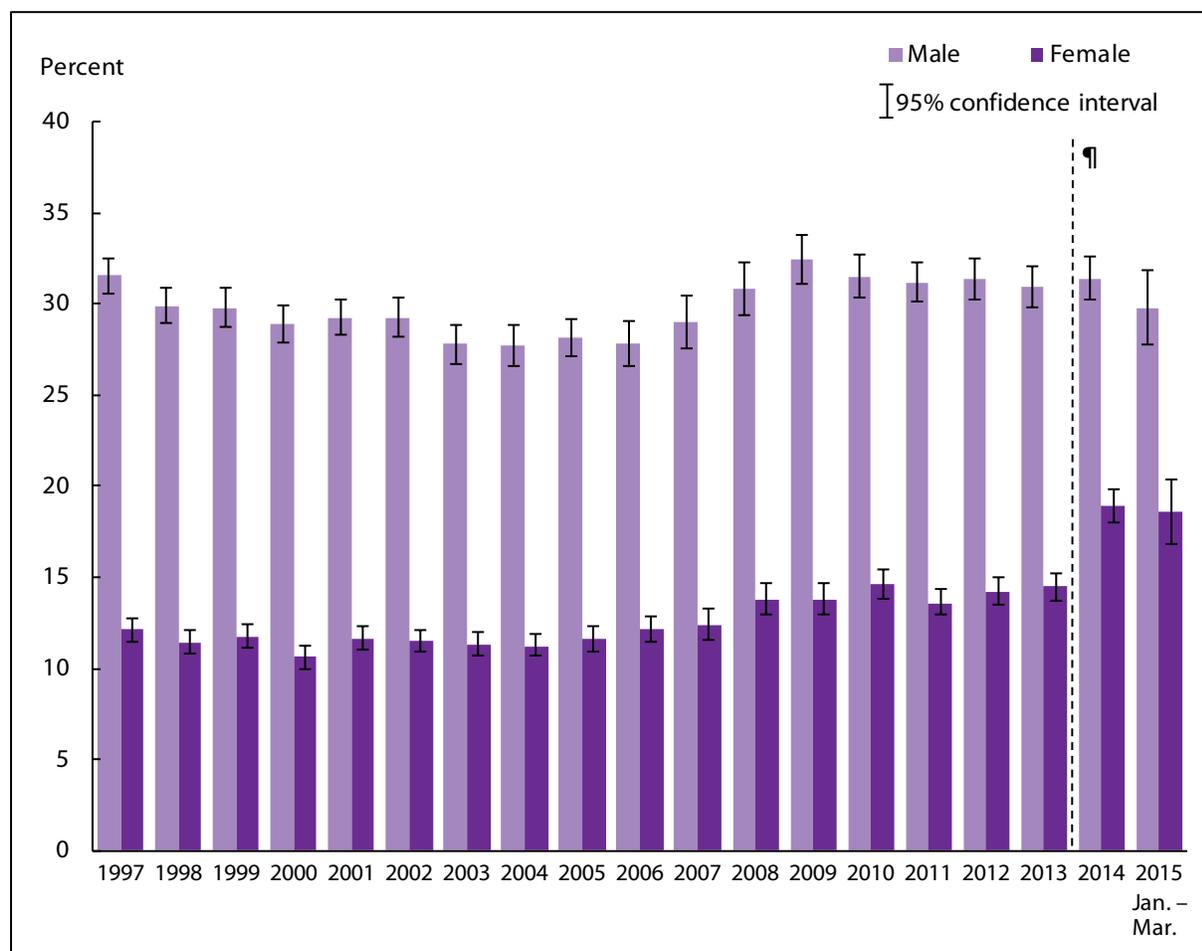


## Alcohol consumption

**Figure 9.1. Percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by sex: United States, 1997–March 2015**



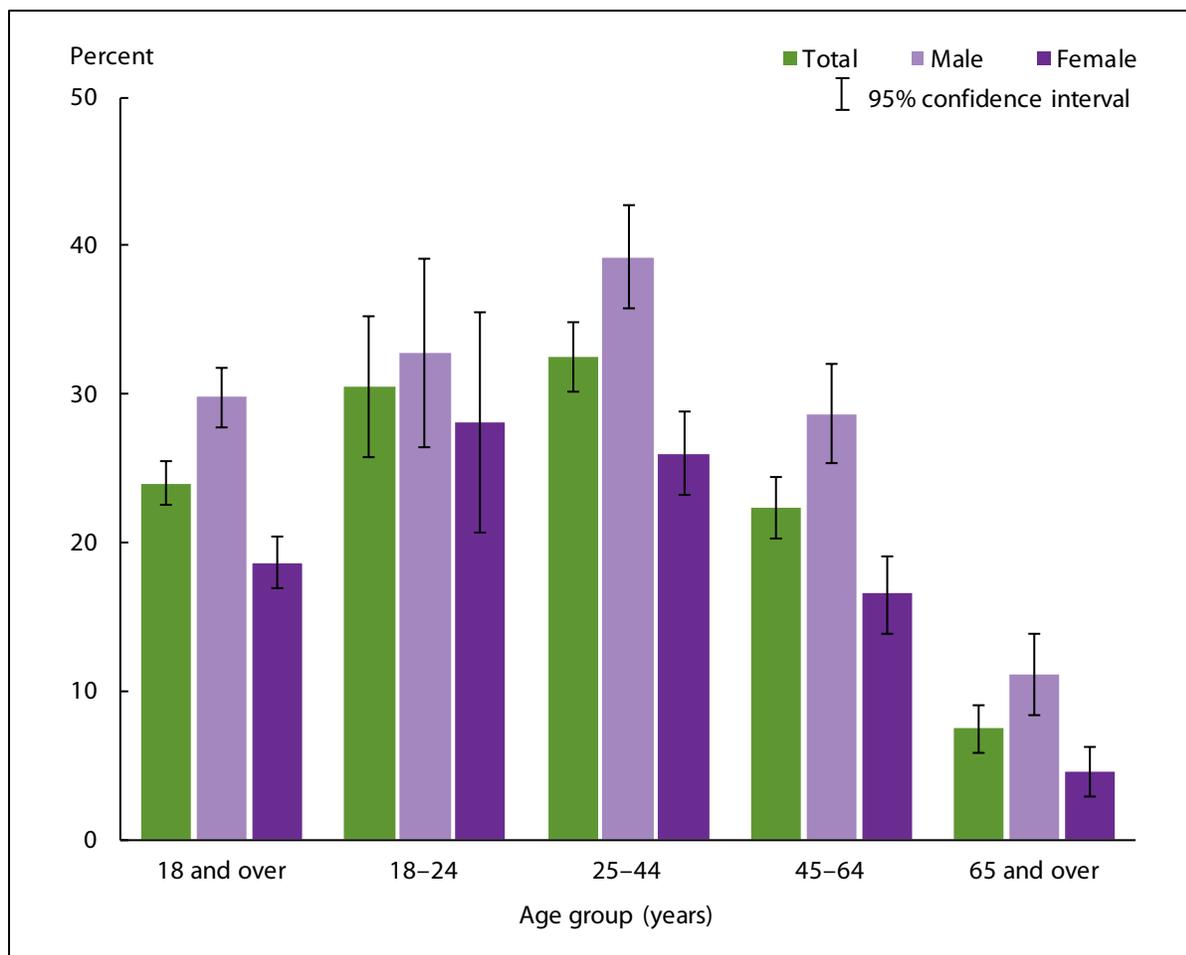
\*For 1997–2013, the alcohol consumption estimates presented here were for the percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, regardless of sex. However, in the January–March 2015 National Health Interview Survey (NHIS), the survey questions were changed; male and female respondents were asked about a different quantity of drinks consumed in a day in the past year. As a result, the estimates presented for 2014 and later were for men aged 18 and over who had five or more drinks in 1 day at least once in the past year and for women aged 18 and over who had four or more drinks in 1 day at least once in the past year. This change is indicated by a dashed line in the figure. Differences observed in estimates for women based on the 2014 and later NHIS may be partially or fully attributable to these changes in the survey questions on alcohol consumption.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. The analyses excluded adults with unknown alcohol consumption (about 1% of respondents each year). See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2015, Sample Adult Core component.

- For January–March 2015, the percentage of men who had at least one heavy drinking day in the past year was 29.8% (95% confidence interval = 27.77%–31.81%). The percentage of women who had at least one heavy drinking day in the past year was 18.6% (95% confidence interval = 16.87%–20.36%).
- The percentage of men who had at least one heavy drinking day in the past year decreased from 31.6% in 1997 to 27.8% in 2006, then increased to 32.4% in 2009. This was higher than, but not significantly different from, the January–March 2015 estimate of 29.8%.
- The percentage of women who had at least one heavy drinking day in the past year increased from 11.2% in 2004 to 14.5% in 2013. The percentage of women who had at least one heavy drinking day in the past year in January–March 2015 (18.6%) was not significantly different from the 2014 estimate of 18.9%.

**Figure 9.2. Percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by age group and sex: United States, January–March 2015**

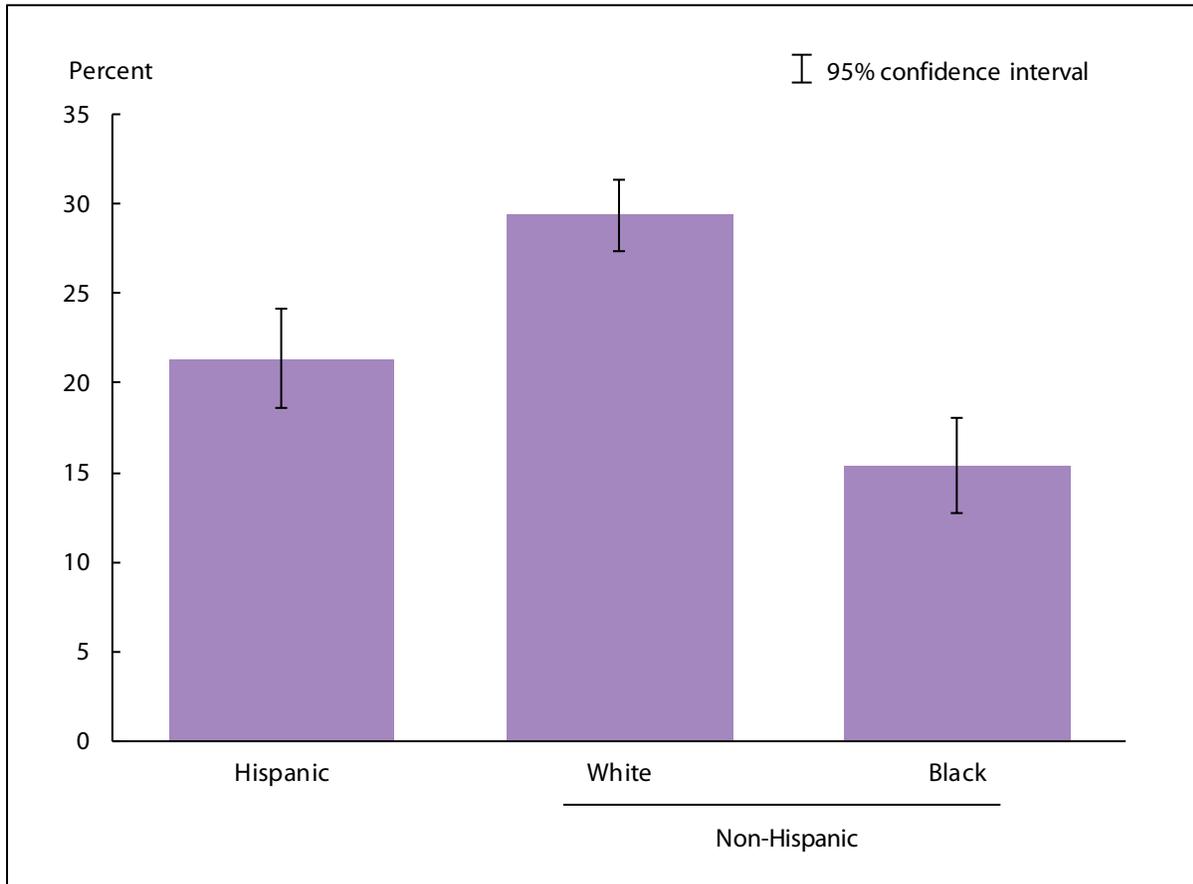


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Heavy drinking days are defined as days in which men consumed five or more drinks and women consumed four or more drinks. The analyses excluded the 1.1% of adults with unknown alcohol consumption. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2015, Sample Adult Core component.

- For January–March 2015, the percentage of adults who had at least one heavy drinking day in the past year was 24.0% (95% confidence interval = 22.51%–25.44%).
- For both sexes combined, the percentage of adults who had at least one heavy drinking day in the past year was highest among adults aged 18–24 (30.5%) and 25–44 (32.4%), and then decreased with increasing age after age 45. This pattern was also seen in women. The percentage of men who had at least one heavy drinking day in the past year was highest among those aged 25–44 (39.2%), then decreased with increasing age after age 45.
- For adults aged 18 and over and for the age groups 25–44, 45–64, and 65 and over, men were more likely than women to have had at least one heavy drinking day in the past year.

**Figure 9.3. Age-sex-adjusted percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by race/ethnicity: United States, January–March 2015**



NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Heavy drinking days are defined as days in which men consumed five or more drinks and women consumed four or more drinks. The analyses excluded the 1.1% of adults with unknown alcohol consumption. Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18–24, 25–44, 45–64, and 65 and over. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2015, Sample Adult Core component.

- The age-sex-adjusted percentages of adults who had at least one heavy drinking day in the past year were 21.3% for Hispanic adults, 29.4% for non-Hispanic white adults, and 15.3% for non-Hispanic black adults.
- Non-Hispanic white adults were the most likely to have had at least one heavy drinking day in the past year, followed by Hispanic and non-Hispanic black adults.

## Data tables for Figures 9.1–9.3:

**Data table for Figure 9.1. Percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by sex: United States, 1997–March 2015**

| Year and sex              | Crude <sup>1</sup> percent<br>(95% confidence interval) | Age-adjusted <sup>2</sup> percent<br>(95% confidence interval) |
|---------------------------|---|--|
| 1997, male                | 31.6 (30.6-32.5)  | 30.6 (29.7-31.5)   |
| 1997, female              | 12.1 (11.5-12.7)  | 12.2 (11.6-12.7)   |
| 1998, male                | 29.9 (28.9-30.9)  | 29.0 (28.1-29.9)   |
| 1998, female              | 11.4 (10.8-12.1)  | 11.5 (10.9-12.1)   |
| 1999, male                | 29.8 (28.7-30.9)  | 29.0 (28.0-30.0)   |
| 1999, female              | 11.7 (11.1-12.4)  | 11.8 (11.2-12.5)   |
| 2000, male                | 28.9 (27.9-29.9)  | 28.2 (27.2-29.2)   |
| 2000, female              | 10.6 (10.0-11.2)  | 10.8 (10.2-11.4)   |
| 2001, male                | 29.2 (28.3-30.2)  | 28.6 (27.7-29.4)   |
| 2001, female              | 11.6 (11.0-12.3)  | 11.9 (11.3-12.5)   |
| 2002, male                | 29.2 (28.2-30.3)  | 28.7 (27.7-29.7)   |
| 2002, female              | 11.5 (10.9-12.1)  | 11.8 (11.2-12.4)   |
| 2003, male                | 27.8 (26.7-28.8)  | 27.3 (26.3-28.3)   |
| 2003, female              | 11.3 (10.7-12.0)  | 11.6 (10.9-12.3)   |
| 2004, male                | 27.7 (26.6-28.8)  | 27.3 (26.2-28.4)   |
| 2004, female              | 11.2 (10.7-11.9)  | 11.6 (11.0-12.2)   |
| 2005, male                | 28.1 (27.14-29.15)                                      | 27.9 (26.91-28.81)   |
| 2005, female              | 11.6 (10.95-12.28)                                      | 12.0 (11.38-12.72)   |
| 2006, male                | 27.8 (26.54-29.01)                                      | 27.6 (26.38-28.72)   |
| 2006, female              | 12.1 (11.41-12.86)                                      | 12.6 (11.83-13.29)   |
| 2007, male                | 29.0 (27.58-30.44)                                      | 28.9 (27.56-30.27)   |
| 2007, female              | 12.4 (11.53-13.32)                                      | 13.0 (12.05-13.88)   |
| 2008, male                | 30.8 (29.38-32.24)                                      | 30.8 (29.42-32.19)   |
| 2008, female              | 13.8 (12.91-14.72)                                      | 14.5 (13.56-15.47)   |
| 2009, male                | 32.4 (31.05-33.80)                                      | 32.6 (31.20-33.91)   |
| 2009, female              | 13.8 (13.01-14.66)                                      | 14.5 (13.72-15.36)   |
| 2010, male                | 31.5 (30.36-32.66)                                      | 31.8 (30.64-32.89)   |
| 2010, female              | 14.6 (13.81-15.42)                                      | 15.4 (14.56-16.19)   |
| 2011, male                | 31.2 (30.08-32.28)                                      | 31.6 (30.54-32.67)   |
| 2011, female              | 13.6 (12.91-14.38)                                      | 14.4 (13.69-15.20)   |
| 2012, male                | 31.4 (30.28-32.52)                                      | 31.9 (30.80-33.06)   |
| 2012, female              | 14.2 (13.45-15.01)                                      | 15.2 (14.41-16.00)   |
| 2013, male                | 30.9 (29.82-32.01)                                      | 31.7 (30.60-32.71)   |
| 2013, female              | 14.5 (13.75-15.25)                                      | 15.6 (14.73-16.37)   |
| 2014, male <sup>3</sup>   | 31.4 (30.25-32.63)                                      | 32.3 (31.13-33.53)   |
| 2014, female <sup>3</sup> | 18.9 (17.96-19.86)                                      | 20.2 (19.27-21.20)   |
| 2015, male <sup>3</sup>   | 29.8 (27.77-31.81)                                      | 30.4 (28.44-32.46)   |
| 2015, female <sup>3</sup> | 18.6 (16.87-20.36)                                      | 19.8 (17.99-21.56)   |

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18–24, 25–44, 45–64, and 65 and over.

<sup>3</sup>For 1997–2013, the alcohol consumption estimates presented here were for the percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, regardless of sex. However, in the 2014 National Health Interview Survey (NHIS), the survey questions were changed; male and female respondents were asked about a different quantity of drinks consumed in a day in the past year. As a result, the estimates presented for 2014 and later were for men aged 18 and over who had five or more drinks in 1 day at least once in the past year and for women aged 18 and over who had four or more drinks in 1 day at least once in the past year. Differences observed in estimates for women based on the 2014 NHIS and earlier NHIS may be partially or fully attributable to these changes in the survey questions on alcohol consumption.

NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Beginning with 2012 data, the National Health Interview Survey transitioned to weights derived from the 2010 census. For 2003–2011 data, weights were derived from the 2000 census. In this Early Release, estimates for 2000–2002 were recalculated using weights derived from the 2000 census. For 1997–1999 data, weights were derived from the 1990 census. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2015, Sample Adult Core component.

**Data table for Figure 9.2. Percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by age group and sex: United States, January–March 2015**

| Age (years) and sex                              | Percent | 95% confidence interval |
|--|---------|-------------------------|
| 18–24, total                                     | 30.5    | 25.68-35.30             |
| 18–24, male                                      | 32.8    | 26.45-39.15             |
| 18–24, female                                    | 28.0    | 20.65-35.45             |
| 25–44, total                                     | 32.4    | 30.10-34.77             |
| 25–44, male                                      | 39.2    | 35.77-42.68             |
| 25–44, female                                    | 26.0    | 23.18-28.80             |
| 45–64, total                                     | 22.4    | 20.27-24.45             |
| 45–64, male                                      | 28.7    | 25.29-32.04             |
| 45–64, female                                    | 16.5    | 13.94-19.12             |
| 65 and over, total                               | 7.5     | 5.86-9.05               |
| 65 and over, male                                | 11.1    | 8.30-13.91              |
| 65 and over, female                              | 4.6     | 2.89-6.22               |
| 18 and over (crude <sup>1</sup> ), total         | 24.0    | 22.51-25.44             |
| 18 and over (crude <sup>1</sup> ), male          | 29.8    | 27.77-31.81             |
| 18 and over (crude <sup>1</sup> ), female        | 18.6    | 16.87-20.36             |
| 18 and over (age-adjusted <sup>2</sup> ), total  | 24.9    | 23.45-26.38             |
| 18 and over (age-adjusted <sup>2</sup> ), male   | 30.4    | 28.44-32.46             |
| 18 and over (age-adjusted <sup>2</sup> ), female | 19.8    | 17.99-21.56             |

<sup>1</sup>Crude estimates are presented in the figure.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18–24, 25–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2015, Sample Adult Core component.

**Data table for Figure 9.3. Age-sex-adjusted percentage of adults aged 18 and over who had at least one heavy drinking day in the past year, by race/ethnicity: United States, January–March 2015**

| Race/ethnicity                             | Percent <sup>1</sup> | 95% confidence interval |
|--|----------------------|-------------------------|
| Hispanic or Latino                         | 21.3                 | 18.56-24.11             |
| Not Hispanic or Latino, single race, white | 29.4                 | 27.41-31.40             |
| Not Hispanic or Latino, single race, black | 15.3                 | 12.69-18.01             |

<sup>1</sup>Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and using four age groups: 18–24, 25–44, 45–64, and 65 and over.

NOTE: Data are based on household interviews of a sample of the civilian noninstitutionalized population.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2015, Sample Adult Core component.