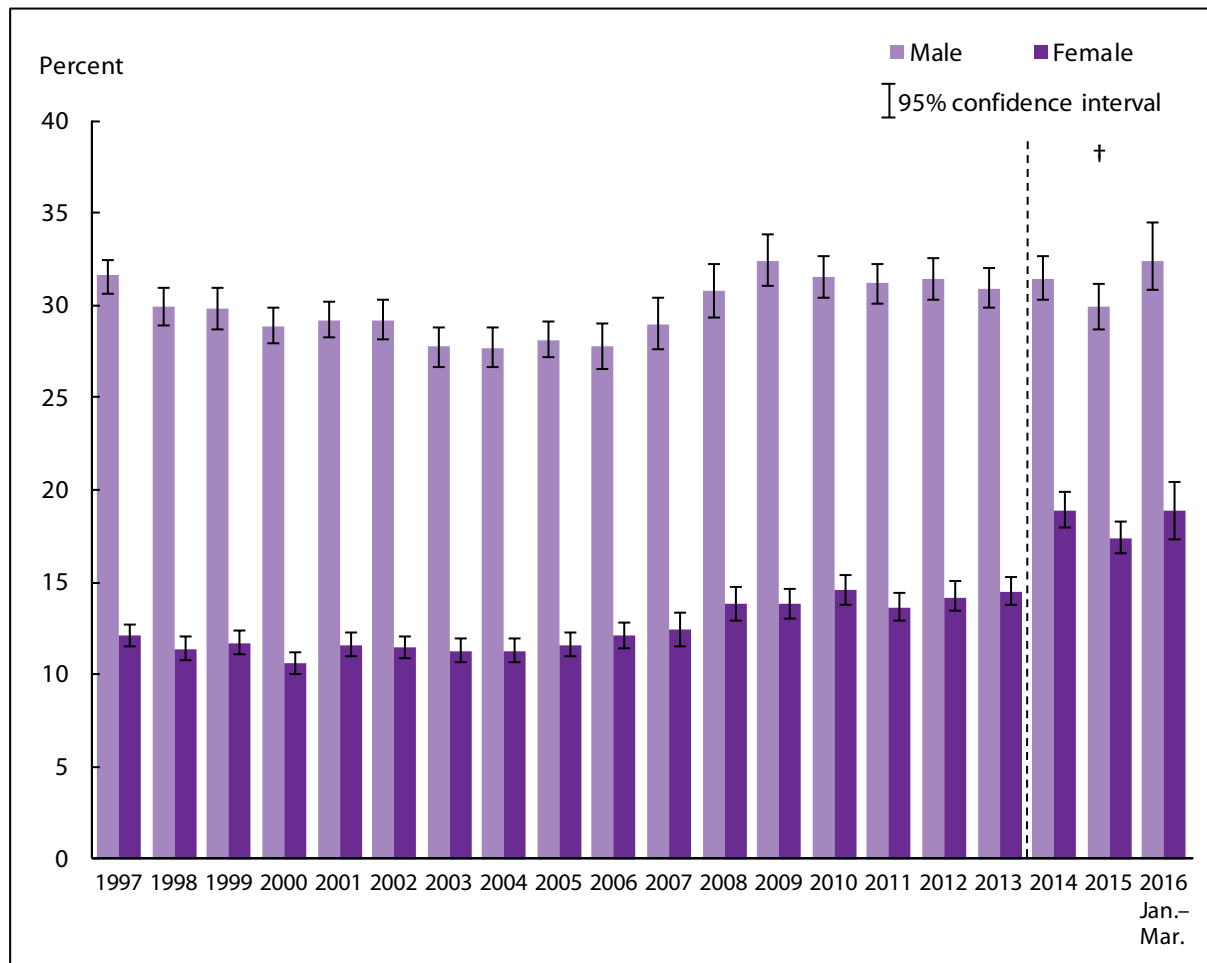


## Alcohol consumption

**Figure 9.1. Percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by sex: United States, 1997–March 2016**



† For 1997–2013, the alcohol consumption estimates presented 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 (dashed line) 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 and later NHIS may be partially or fully attributable to these changes in the survey questions on alcohol consumption.

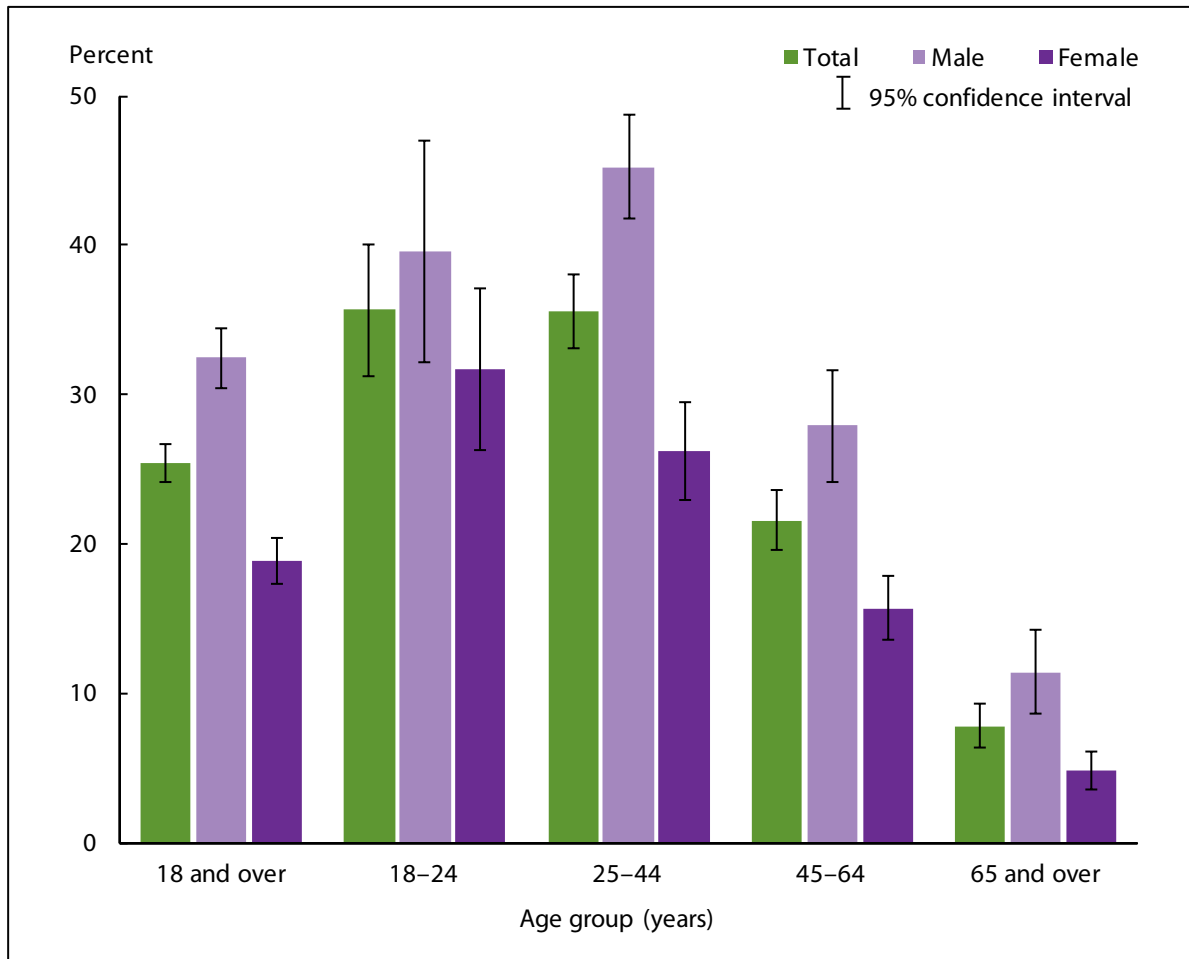
NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. The analyses exclude adults with unknown alcohol consumption (about 1% of respondents each year). See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, 1997–March 2016, Sample Adult Core component.

- For January–March 2016, the percentage of men who had at least 1 heavy drinking day in the past year was 32.4% (95% confidence interval = 30.39%–34.49%). The percentage of women who had at least one heavy drinking day in the past year was 18.9% (95% confidence interval = 17.32%–20.39%).
- The percentage of men who had at least 1 heavy drinking day in the past year decreased, from 31.6% in 1997 to 27.8% in 2006, and then increased to 32.4% in 2009. From 2009 through 2013, the percentage of men who had at least 1 heavy drinking day in the past year remained stable.
- The percentage of men who had at least 1 heavy drinking day in the past year during January–March 2016 (32.4%) was higher than the 2015 estimate of 29.9%.
- The percentage of women who had at least 1 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 1 heavy drinking day in the past year during January–March 2016 (18.9%) was higher than, but not significantly different from, the 2015 estimate of 17.4%.

**Figure 9.2. Percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by age group and sex: United States, January–March 2016**

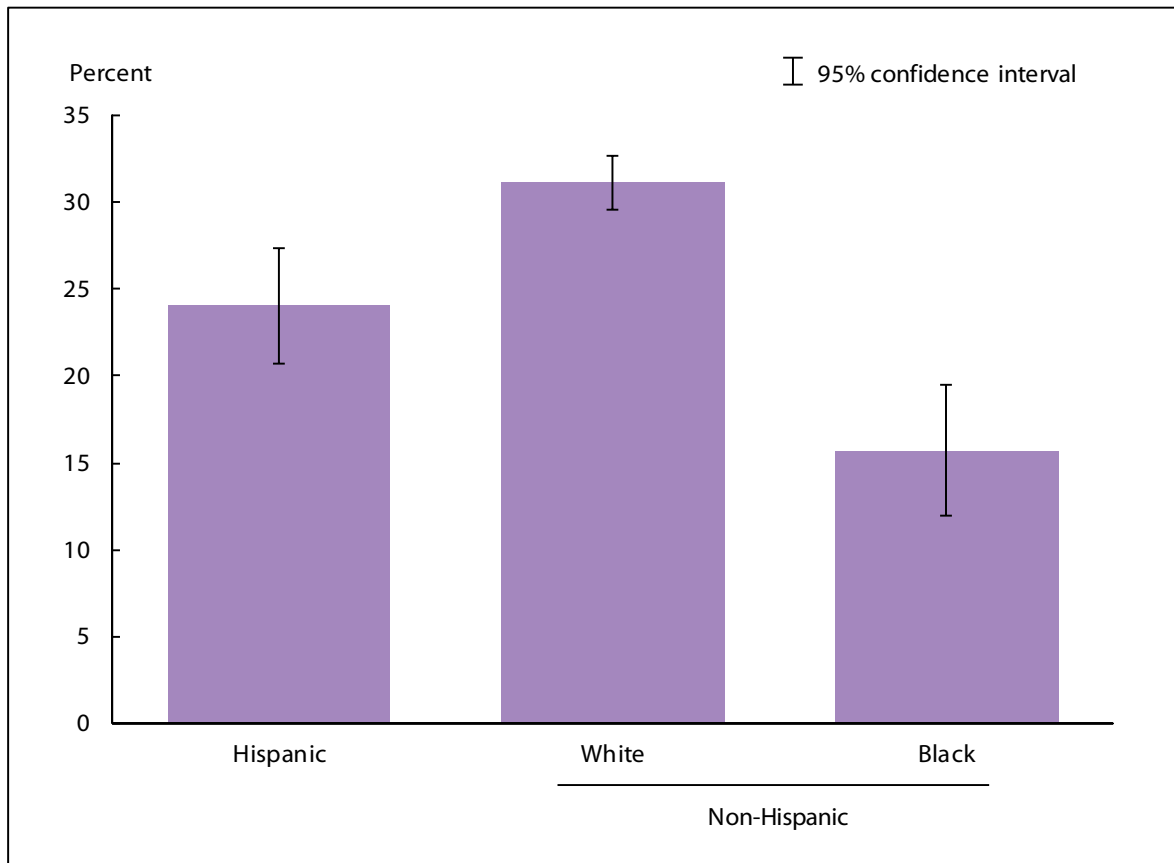


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Heavy drinking days are defined as days in which men consumed five or more drinks and women consumed four or more drinks. The analyses exclude the 1.1% of adults with unknown alcohol consumption.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

DATA SOURCE: NCHS, National Health Interview Survey, January–March 2016, Sample Adult Core component.

- For January–March 2016, the percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year was 25.4% (95% confidence interval = 24.13%–26.64%).
- For both sexes combined, the percentage of adults who had at least 1 heavy drinking day in the past year was highest among adults aged 18–24 (35.6%) and 25–44 (35.5%), and decreased with increasing age after age 45. This pattern was observed for both men and women.
- For adults aged 18 and over and those aged 25–44, 45–64, and 65 and over, men were more likely than women to have had at least 1 heavy drinking day in the past year.

**Figure 9.3. Age-sex-adjusted percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by race and ethnicity: United States, January–March 2016**



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 exclude 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 four age groups: 18–24, 25–44, 45–64, and 65 and over. See [Technical Notes](#) for more details.

DATA SOURCE: NCHS, National Health Interview Survey, January–March 2016, Sample Adult Core component.

- The age-sex-adjusted percentage of adults by race and ethnicity who had at least 1 heavy drinking day in the past year was 24.1% for Hispanic adults, 31.2% for non-Hispanic white adults, and 15.7% for non-Hispanic black adults.
- Non-Hispanic white adults were the most likely to have had at least 1 heavy drinking day in the past year, followed by Hispanic adults and non-Hispanic black adults. Hispanic adults were more likely to have had at least 1 heavy drinking day in the past year compared to 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 1 heavy drinking day in the past year, by sex: United States, 1997–March 2016

Year and sex	Crude <sup>1</sup> percent (95% confidence interval)	Age-adjusted <sup>2</sup> percent (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>	29.9 (28.68–31.18)	30.8 (29.61–32.06)
2015, female <sup>3</sup>	17.4 (16.56–18.29)	18.6 (17.70–19.54)
January–March 2016, male <sup>3</sup>	32.4 (30.39–34.49)	33.6 (31.52–35.58)
January–March 2016, female <sup>3</sup>	18.9 (17.32–20.39)	20.1 (18.50–21.79)

<sup>1</sup>Crude estimates are presented.

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

<sup>3</sup>For 1997–2013, the alcohol consumption estimates presented 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 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, NHIS 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: NCHS, National Health Interview Survey, 1997–March 2016, Sample Adult Core component.

**Data table for Figure 9.2. Percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by age group and sex: United States, January–March 2016**

Age (years) and sex	Percent	95% confidence interval
18–24, total	35.6	31.25–40.04
18–24, male	39.6	32.17–46.95
18–24, female	31.7	26.31–37.14
25–44, total	35.5	33.06–38.02
25–44, male	45.2	41.73–48.70
25–44, female	26.2	22.96–29.48
45–64, total	21.6	19.63–23.55
45–64, male	27.9	24.19–31.59
45–64, female	15.7	13.60–17.81
65 and over, total	7.8	6.34–9.27
65 and over, male	11.4	8.68–14.19
65 and over, female	4.9	3.62–6.12
18 and over (crude <sup>1</sup> ), total	25.4	24.13–26.64
18 and over (crude <sup>1</sup> ), male	32.4	30.39–34.49
18 and over (crude <sup>1</sup> ), female	18.9	17.32–20.39
18 and over (age-adjusted <sup>2</sup> ), total	26.7	25.39–27.92
18 and over (age-adjusted <sup>2</sup> ), male	33.6	31.52–35.58
18 and over (age-adjusted <sup>2</sup> ), female	20.1	18.50–21.79

<sup>1</sup>Crude estimates are presented.

<sup>2</sup>Estimates are age-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–March 2016, Sample Adult Core component.

**Data table for Figure 9.3. Age-sex-adjusted percentage of adults aged 18 and over who had at least 1 heavy drinking day in the past year, by race and ethnicity: United States, January–March 2016**

Race and ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	24.1	20.76–27.38
Not Hispanic or Latino, single race, white	31.2	29.58–32.74
Not Hispanic or Latino, single race, black	15.7	11.93–19.52

<sup>1</sup>Estimates are age-sex-adjusted using the projected 2000 U.S. population as the standard population and 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: NCHS, National Health Interview Survey, January–March 2016, Sample Adult Core component.