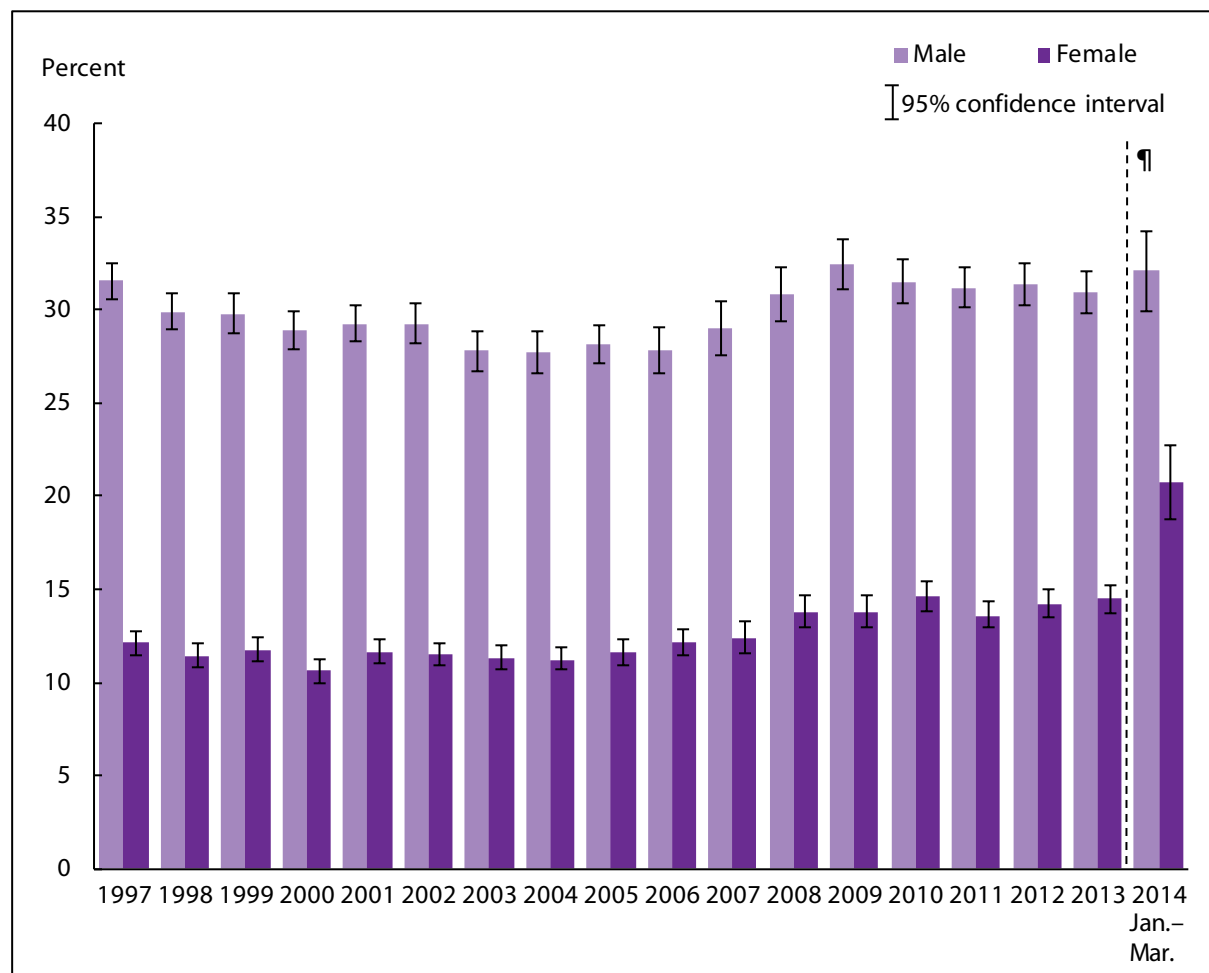


## Alcohol consumption

**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 2014**



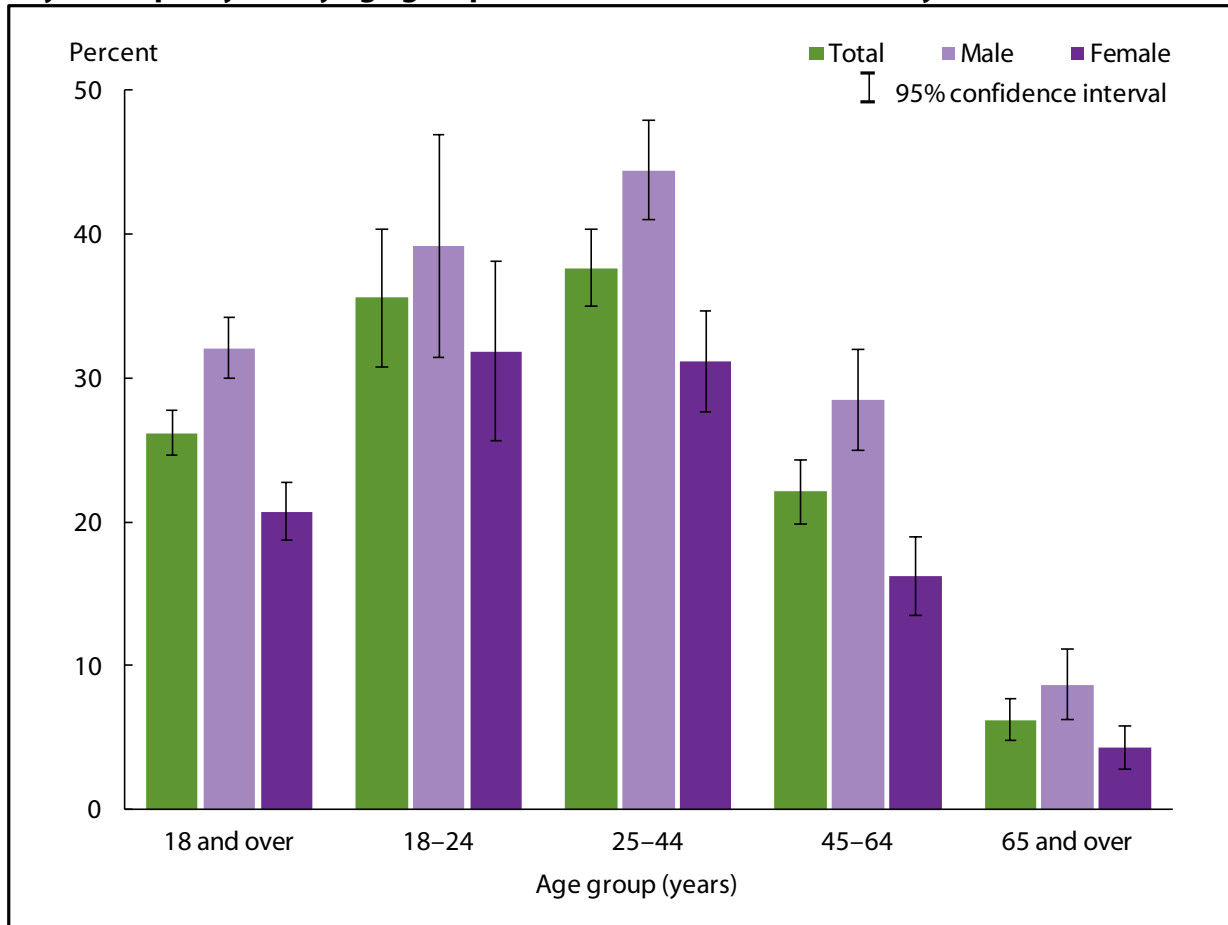
\*From 1997–2013, the alcohol consumption estimates presented here were for the percentage of adults aged 18 and over who had five or more drinks in 1 day at least once in the past year, regardless of sex. However, in the 2014 National Health Interview Survey (NHIS), the survey questions were changed; 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 the year 2014 were for men aged 18 and over who had five or more drinks in 1 day at least once in the past year and 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 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. The analyses excluded adults with unknown alcohol consumption (about 2% of respondents each year). See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, 1997–March 2014, Sample Adult Core component.

- For January–March 2014, the percentage of men who had at least one heavy drinking day in the past year was 32.1% (95% confidence interval = 29.95%–34.25%). The percentage of women who had at least one heavy drinking day in the past year was 20.7% (confidence interval = 18.74%–22.73%).
- 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. Since 2009, there has been no decrease or increase.
- 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 (20.7%) of women who had at least one heavy drinking day in the past year was highest in January–March 2014, although this difference may be partially or fully attributable to the changes in the survey questions on alcohol consumption.

**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 2014**

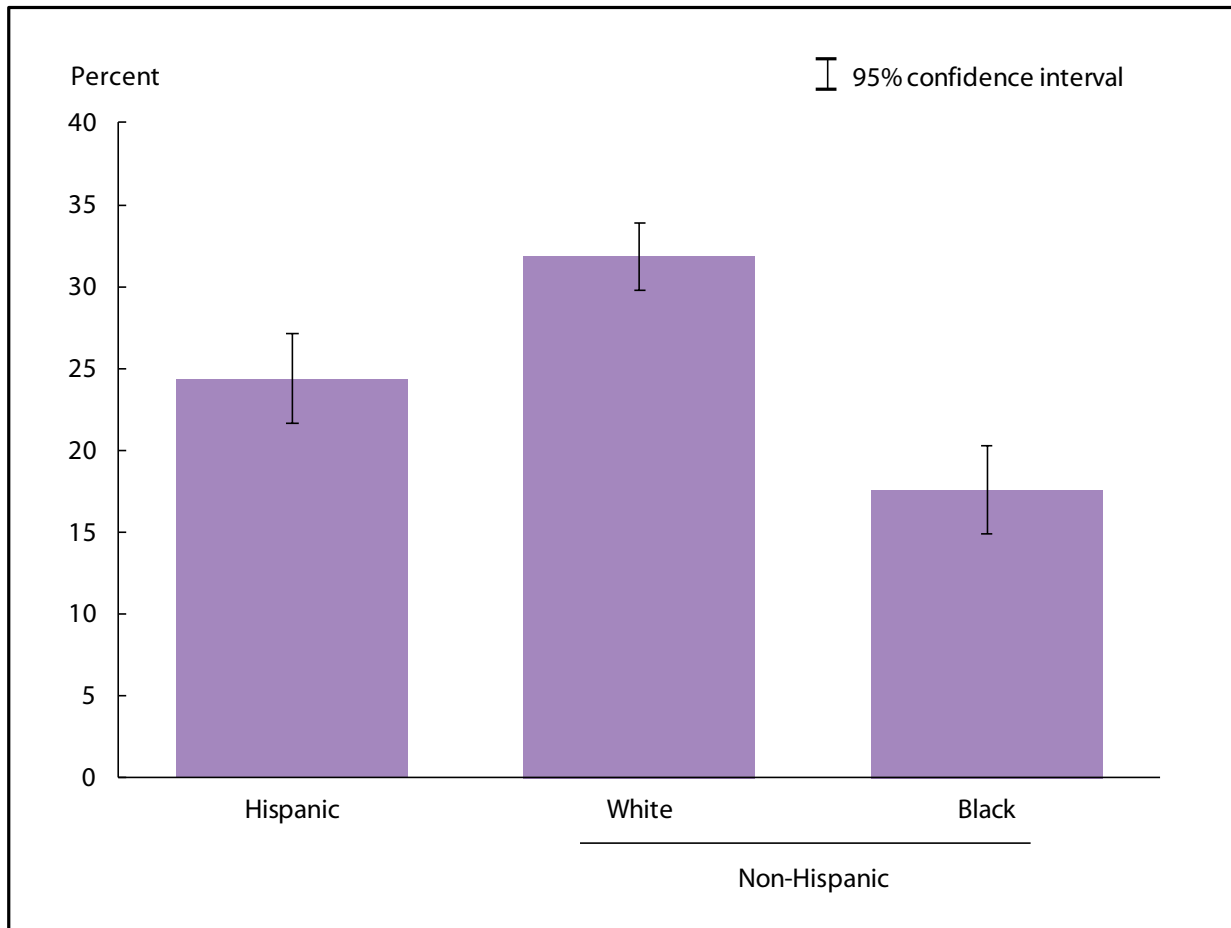


NOTES: Data are based on household interviews of a sample of the civilian noninstitutionalized population. Heavy drinking days are defined as days in which men consumed five or more drinks and women consumed four or more drinks. The analyses excluded the 1.3% of adults with unknown alcohol consumption. See [Technical Notes](#) for more details.

DATA SOURCE: CDC/NCHS, National Health Interview Survey, January–March 2014, Sample Adult Core component.

- For January–March 2014, the percentage of adults who had at least one heavy drinking day in the past year was 26.2% (95% confidence interval = 24.59%–27.80%).
- 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 (35.6%) and 25–44 (37.7%), then decreased with increasing age after age 45. This pattern was seen in both men and women.
- 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 2014**



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 1.3% 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 2014, Sample Adult Core component.

- The age-sex-adjusted percentage of adults who had at least one heavy drinking day in the past year was 24.4% for Hispanic adults, 31.8% for non-Hispanic white adults, and 17.6% 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 adults 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 2014

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 Jan.–Mar., male <sup>3</sup>	32.1 (29.95-34.25)	32.9 (30.79-35.04)
2014 Jan.–Mar., female <sup>3</sup>	20.7 (18.74-22.73)	22.2 (20.23-24.19)

<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>From 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 the year 2014 were for men aged 18 and over who had five or more drinks in 1 day at least once in the past year and 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 the 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 2014, 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 2014**

Age (years) and sex	Percent	95% confidence interval
18–24, total	35.6	30.82-40.35
18–24, male	39.2	31.49-46.95
18–24, female	31.9	25.61-38.11
25–44, total	37.7	34.99-40.35
25–44, male	44.5	40.97-47.96
25–44, female	31.1	27.66-34.62
45–64, total	22.1	19.90-24.35
45–64, male	28.5	24.98-31.98
45–64, female	16.2	13.50-18.99
65 and over, total	6.3	4.86-7.66
65 and over, male	8.7	6.24-11.17
65 and over, female	4.3	2.77-5.86
18 and over (crude <sup>1</sup> ), total	26.2	24.59-27.80
18 and over (crude <sup>1</sup> ), male	32.1	29.95-34.25
18 and over (crude <sup>1</sup> ), female	20.7	18.74-22.73
18 and over (age-adjusted <sup>2</sup> ), total	27.4	25.85-28.95
18 and over (age-adjusted <sup>2</sup> ), male	32.9	30.79-35.04
18 and over (age-adjusted <sup>2</sup> ), female	22.2	20.23-24.19

<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 2014, 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 2014**

Race/ethnicity	Percent <sup>1</sup>	95% confidence interval
Hispanic or Latino	24.4	21.62-27.10
Not Hispanic or Latino, single race, white	31.8	29.77-33.92
Not Hispanic or Latino, single race, black	17.6	14.92-20.28

<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 2014, Sample Adult Core component.