

Alcohol Abuse Statistics 2026: United States

The National Center for Alcohol Statistics aggregates federal, state, and private data from sources including NIH, CDC, NHTSA, and the Bureau of Labor Statistics to track the human and economic toll of alcohol consumption and Alcohol Use Disorder (AUD) in the United States.

KEY STATISTICS

178,307

Americans die from excessive alcohol consumption each year, up 29% in five years

1 in 5

Americans binge drank in the past month (est. 57.9 Million US adults)

1 in 10

US adults has Alcohol Use Disorder; only 7.6% ever receive treatment

Every 44 minutes

a drunk driver kills someone on US roads

\$249 Billion

annual economic cost of alcohol misuse to the United States

2.42 Gallons

of pure alcohol bought per American aged 14+ (about 516 standard drinks per year)

QUOTABLE STATISTICS

An American dies from excessive alcohol use roughly every 3 minutes.

Calculation detail: CDC's most recent annual average of 178,307 deaths spread across the 525,600 minutes in a year is one death every 2.9 minutes.

Fewer than 1 in 13 Americans with alcohol use disorder got any treatment last year.

Calculation detail: The most recent NSDUH counts 2.1 million people treated out of 27.9 million with AUD. That is 7.6%, or about one in thirteen.

Teenage girls are more than twice as likely as teenage boys to have an alcohol use disorder.

Calculation detail: The most recent NSDUH reports AUD in 4.1% of girls aged 12 to 17 and 1.9% of boys, a ratio of 2.2 to 1.

Drunk-driving deaths are still 16% higher than a decade ago, despite three straight years of declines.

Calculation detail: NHTSA's state tables record 10,280 deaths in alcohol-impaired crashes a decade earlier against 11,904 in the most recent year, a rise of 15.8%.

Worldwide, alcohol kills one person every 12 seconds.

Calculation detail: WHO's most recent count of 2.6 million alcohol-attributable deaths spread across the 31.5 million seconds in a year is one death every 12 seconds.

DATA YEARS

Deaths from excessive alcohol use: CDC, 2020–2021 average (published 2024; latest available). Drinking, binge drinking, alcohol use disorder, and treatment: NSDUH 2024 (published 2025). Drunk driving: NHTSA 2024 data (published 2026); the decade comparison

uses 2015. Per-person consumption: NIAAA, 2024. Liver disease deaths: NIAAA, 2023. Overdose, suicide, and emergency-department figures: 2022. Economic cost: NIAAA/CDC estimate based on 2010 data. Global figures: WHO, 2019.

SOURCES

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