

District of Columbia Alcohol Abuse Statistics

How District of Columbia compares with the United States, South, and the states it borders on alcohol consumption, drinking and binge drinking by age, alcohol use disorder, liver-disease deaths, and drunk driving.

KEY STATISTICS

3.54 Per-capita consumption (US 2.42)	29.9% Binge drinking (US 20.9%)	15.8% Alcohol use disorder (US 9.9%)
8.9 Liver disease death rate (US 12.7)	29% Alcohol-impaired share of road deaths (US 30%)	9.8% Teen drinking (US 6.8%)

QUOTABLE STATISTICS

District of Columbia residents purchased the third-highest level of alcohol in the United States, at 3.54 gallons of pure alcohol per person aged 14 and older in the most recent year of federal sales data. Source: NIAAA Surveillance Report #124, apparent per capita alcohol consumption by state, 2024.
District of Columbia has the highest rate of Gen Z young-adult drinking in the South, with 65.4% of residents aged 18 to 25 drinking in the past month. Source: SAMHSA NSDUH state prevalence estimates, 2023-2024.
District of Columbia has the highest rate of alcohol use disorder in the South, with 15.8% of residents aged 12 and older meeting the criteria in the past year. Source: SAMHSA NSDUH state prevalence estimates, 2023-2024.
District of Columbia has the lowest rate of alcohol-impaired-driving deaths in the South, at 2.0 per 100,000 residents in the most recent year. Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).
District of Columbia has the highest rate of past-month drinking in the South, with 60.7% of residents aged 12 and older drinking alcohol in the past month. Source: SAMHSA NSDUH state prevalence estimates, 2023-2024.

DRINKING BY AGE

Age group	Drank, past month	Binge, past month	Alcohol use disorder
Ages 12-17	9.8% (US 6.8%)	5.2% (US 3.7%)	2.8% (US 3.0%)
Ages 18-25	65.4% (US 48.5%)	41.9% (US 27.7%)	19.9% (US 14.7%)
Ages 26+	63.9% (US 51.5%)	29.9% (US 21.8%)	16.1% (US 10.0%)

Age group	Drank, past month	Binge, past month	Alcohol use disorder
Underage 12-20	19.0% (US 14.0%)	9.9% (US 8.1%)	6.6% (US 5.4%)
All ages 12+	60.7% (US 47.1%)	29.9% (US 20.9%)	15.8% (US 9.9%)

DRUNK DRIVING

	A decade earlier	Most recent year
All traffic deaths	23	47
Deaths with an alcohol-impaired driver (BAC .08+)	7	14
Share of traffic deaths	29%	29%

COMPARED WITH BORDERING STATES

State	Alcohol / person (gal)	Binge (12+)	AUD	Liver disease deaths /100k	Drunk-driving share
District of Columbia	3.54	29.9%	15.8%	8.9	29%
Maryland	2.12	20.2%	9.8%	8.7	29%
Virginia	2.07	19.5%	9.5%	11.4	27%

DATA YEARS

CDC BRFSS prevalence data: 2024; Census Bureau population estimates by state: 2024; FBI Crime Data Explorer arrests by state (DUI: 12 months to 09-2026; NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813): 2024; NIAAA Surveillance Report #124: 2024; SAMHSA NSDUH state prevalence estimates: 2023-2024; NCHS Vital Statistics Rapid Release: 2025 Q3.

SOURCES

- CDC BRFSS prevalence data, binge drinking (_RFBING6), 2024 (<https://data.cdc.gov/Behavioral-Risk-Factors/Behavioral-Risk-Factor-Surveillance-System-BRFSS-P/dttw-5yxu>)
- Census Bureau population estimates by state, age, and sex (Vintage 2024) (<https://www.census.gov/data/tables/time-series/demo/popest/2020s-state-detail.html>)
- FBI Crime Data Explorer arrests by state (DUI, drunkenness, liquor laws) (<https://cde.ucr.cjis.gov/LATEST/webapp/#/pages/docApi>)
- NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813) (<https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813813>)
- NIAAA Surveillance Report #124, apparent per capita alcohol consumption by state, 2024 (<https://www.niaaa.nih.gov/publications/surveillance-reports/surveillance124>)
- SAMHSA NSDUH state prevalence estimates, 2023-2024 (<https://www.samhsa.gov/data/data-we-collect/nsduh-national-survey-drug-use-and-health/state-releases/2023-2024>)
- NCHS Vital Statistics Rapid Release, quarterly provisional estimates (chronic liver disease and cirrhosis) (<https://www.cdc.gov/nchs/nvss/vsrr/mortality-dashboard.htm>)

All statistics are drawn from federal government publications and peer-reviewed research and may be quoted with attribution to the National Center for Alcohol Statistics and a link to alcoholabusestatistics.org/district-of-columbia/.