Maine Alcohol Abuse Statistics

How Maine compares with the United States, Northeast, 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

2.69
Per-capita consumption (US 2.42)

19.8%
Binge drinking (US 20.9%)

12.1%
Alcohol use disorder (US 9.9%)

12.8
Liver disease death rate (US 12.7)

28%
Alcohol-impaired share of road deaths (US 30%)

8.6%
Teen drinking (US 6.8%)

QUOTABLE STATISTICS

Maine has the second-highest rate of alcohol-impaired-driving deaths in the Northeast, at 3.5 per 100,000 residents in the most recent year.

Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).

Maine has the second-highest death rate from chronic liver disease and cirrhosis in the Northeast, at 12.8 per 100,000 in the most recent 12 months of provisional data.

Source: NCHS Vital Statistics Rapid Release, quarterly provisional estimates (chronic liver disease and cirrhosis).

Maine residents purchased the second-lowest level of alcohol in New England, at 2.69 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.

Maine recorded the third-largest decline in the share of traffic deaths involving an alcohol-impaired driver in New England, down 4 percentage points over the past decade.

Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).

Maine has 26% higher teen drinking than the nation as a whole, at 8.6% vs 6.8%.

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	8.6% (US 6.8%)	4.1% (US 3.7%)	4.1% (US 3.0%)
Ages 18-25	52.4% (US 48.5%)	30.1% (US 27.7%)	16.9% (US 14.7%)
Ages 26+	56.9% (US 51.5%)	20.0% (US 21.8%)	12.2% (US 10.0%)
Underage 12-20	17.4% (US 14.0%)	10.3% (US 8.1%)	7.2% (US 5.4%)

Age group	Drank, past month	Binge, past month	Alcohol use disorder
All ages 12+	52.8% (US 47.1%)	19.8% (US 20.9%)	12.1% (US 9.9%)

DRUNK DRIVING

	A decade earlier	Most recent year
All traffic deaths	156	177
Deaths with an alcohol-impaired driver (BAC .08+)	50	49
Share of traffic deaths	32%	28%

COMPARED WITH BORDERING STATES

State	Alcohol / person (gal)	Binge (12+)	AUD	Liver disease deaths /100k	Drunk-driving share
Maine	**2.69**	**19.8%**	**12.1%**	**12.8**	**28%**
New Hampshire	4.19	21.3%	10.2%	9.6	29%

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/maine/.