

Maryland Alcohol Abuse Statistics

How Maryland 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

2.12 Per-capita consumption (US 2.42)	20.2% Binge drinking (US 20.9%)	9.8% Alcohol use disorder (US 9.9%)
8.7 Liver disease death rate (US 12.7)	29% Alcohol-impaired share of road deaths (US 30%)	6.7% Teen drinking (US 6.8%)

QUOTABLE STATISTICS

- Maryland has the lowest death rate from chronic liver disease and cirrhosis in the South, at 8.7 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).
- Maryland has the second-lowest rate of alcohol-impaired-driving deaths in the South, at 2.7 per 100,000 residents in the most recent year.

Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).
- Maryland residents purchased the third-lowest level of alcohol among large states, at 2.12 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.
- Maryland has the third-highest DUI arrest rate in the South Atlantic states, at 216 arrests per 100,000 residents in the most recent 12 months (DUI counts include drug impairment).

Source: FBI Crime Data Explorer arrests by state (DUI, drunkenness, liquor laws).
- Maryland recorded the third-largest increase in per-person alcohol purchases in the South Atlantic states, up 4.4% over the past five years.

Source: NIAAA Surveillance Report #124, apparent per capita alcohol consumption by state, 2024.

DRINKING BY AGE

Age group	Drank, past month	Binge, past month	Alcohol use disorder
Ages 12-17	6.7% (US 6.8%)	3.5% (US 3.7%)	3.0% (US 3.0%)
Ages 18-25	48.4% (US 48.5%)	25.2% (US 27.7%)	14.6% (US 14.7%)
Ages 26+	52.4% (US 51.5%)	21.4% (US 21.8%)	9.9% (US 10.0%)

Age group	Drank, past month	Binge, past month	Alcohol use disorder
Underage 12-20	13.3% (US 14.0%)	7.4% (US 8.1%)	5.3% (US 5.4%)
All ages 12+	47.8% (US 47.1%)	20.2% (US 20.9%)	9.8% (US 9.9%)

DRUNK DRIVING

	A decade earlier	Most recent year
All traffic deaths	520	578
Deaths with an alcohol-impaired driver (BAC .08+)	159	167
Share of traffic deaths	30%	29%

COMPARED WITH BORDERING STATES

State	Alcohol / person (gal)	Binge (12+)	AUD	Liver disease deaths /100k	Drunk-driving share
Maryland	2.12	20.2%	9.8%	8.7	29%
District of Columbia	3.54	29.9%	15.8%	8.9	29%
Delaware	3.85	21.8%	10.4%	12.2	26%
Pennsylvania	2.42	22.6%	9.8%	10.4	26%
Virginia	2.07	19.5%	9.5%	11.4	27%
West Virginia	1.64	18.8%	8.3%	19.1	30%

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/maryland/.