

# Utah Alcohol Abuse Statistics

How Utah compares with the United States, West, 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

|                                                              |                                                                          |                                                           |
|--------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------|
| <div>1.14</div> <div>Per-capita consumption (US 2.42)</div>  | <div>13.2%</div> <div>Binge drinking (US 20.9%)</div>                    | <div>7.2%</div> <div>Alcohol use disorder (US 9.9%)</div> |
| <div>9.9</div> <div>Liver disease death rate (US 12.7)</div> | <div>26%</div> <div>Alcohol-impaired share of road deaths (US 30%)</div> | <div>3.4%</div> <div>Teen drinking (US 6.8%)</div>        |

## QUOTABLE STATISTICS

- Utah residents purchased the lowest level of alcohol in the United States, at 1.14 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.
- Utah has the lowest binge-drinking rate in the United States, with 13.2% of residents aged 12 and older binge drinking in the past month.

Source: SAMHSA NSDUH state prevalence estimates, 2023-2024.
- Utah has the lowest rate of past-month drinking in the United States, with only 27.7% of residents aged 12 and older drinking alcohol in the past month.

Source: SAMHSA NSDUH state prevalence estimates, 2023-2024.
- Utah has the lowest share of traffic deaths involving an alcohol-impaired driver in the Mountain West, at 26% in the most recent year.

Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).
- Utah recorded the second-largest drop in per-person alcohol purchases in the United States, down 14.3% 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 | 3.4% (US 6.8%)    | 2.7% (US 3.7%)    | 1.9% (US 3.0%)       |
| Ages 18-25 | 31.3% (US 48.5%)  | 18.2% (US 27.7%)  | 10.2% (US 14.7%)     |
| Ages 26+   | 31.0% (US 51.5%)  | 13.8% (US 21.8%)  | 7.4% (US 10.0%)      |

| Age group      | Drank, past month | Binge, past month | Alcohol use disorder |
|----------------|-------------------|-------------------|----------------------|
| Underage 12-20 | 9.8% (US 14.0%)   | 6.5% (US 8.1%)    | 3.3% (US 5.4%)       |
| All ages 12+   | 27.7% (US 47.1%)  | 13.2% (US 20.9%)  | 7.2% (US 9.9%)       |

DRUNK DRIVING

|                                                   | A decade earlier | Most recent year |
|---------------------------------------------------|------------------|------------------|
| All traffic deaths                                | 278              | 277              |
| Deaths with an alcohol-impaired driver (BAC .08+) | 46               | 73               |
| Share of traffic deaths                           | 16%              | 26%              |

COMPARED WITH BORDERING STATES

| State      | Alcohol / person (gal) | Binge (12+) | AUD   | Liver disease deaths /100k | Drunk-driving share |
|------------|------------------------|-------------|-------|----------------------------|---------------------|
| Utah       | 1.14                   | 13.2%       | 7.2%  | 9.9                        | 26%                 |
| Arizona    | 2.21                   | 19.6%       | 9.8%  | 16.5                       | 34%                 |
| Colorado   | 2.96                   | 22.0%       | 13.2% | 16.4                       | 30%                 |
| Idaho      | 1.71                   | 18.5%       | 9.5%  | 14.0                       | 30%                 |
| New Mexico | 2.2                    | 19.6%       | 9.6%  | 31.5                       | 28%                 |
| Nevada     | 3.4                    | 23.1%       | 12.8% | 16.1                       | 33%                 |
| Wyoming    | 2.72                   | 21.9%       | 10.8% | 18.1                       | 32%                 |

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/utah/](https://alcoholabusestatistics.org/utah/).