

Vermont Alcohol Abuse Statistics

How Vermont 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

2.85 Per-capita consumption (US 2.42)	22.7% Binge drinking (US 20.9%)	11.2% Alcohol use disorder (US 9.9%)
10.7 Liver disease death rate (US 12.7)	41% Alcohol-impaired share of road deaths (US 30%)	9.4% Teen drinking (US 6.8%)

QUOTABLE STATISTICS

Vermont has the highest share of traffic deaths involving an alcohol-impaired driver in the United States, at 41% in the most recent year. Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).
Vermont recorded the largest increase in the share of traffic deaths involving an alcohol-impaired driver in the United States, up 15 percentage points over the past decade. Source: NHTSA State Alcohol-Impaired-Driving Estimates: 2024 Data (DOT HS 813 813).
Vermont residents purchased the second-highest level of alcohol in the Northeast, at 2.85 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.
Vermont has the highest death rate from chronic liver disease and cirrhosis among the states it borders, at 10.7 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).
Vermont recorded the second-largest drop in per-person alcohol purchases in the Northeast, down 8.4% 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	9.4% (US 6.8%)	4.3% (US 3.7%)	3.3% (US 3.0%)
Ages 18-25	60.5% (US 48.5%)	36.7% (US 27.7%)	17.9% (US 14.7%)
Ages 26+	61.6% (US 51.5%)	22.2% (US 21.8%)	10.9% (US 10.0%)

Age group	Drank, past month	Binge, past month	Alcohol use disorder
Underage 12-20	18.6% (US 14.0%)	10.0% (US 8.1%)	6.0% (US 5.4%)
All ages 12+	57.6% (US 47.1%)	22.7% (US 20.9%)	11.2% (US 9.9%)

DRUNK DRIVING

	A decade earlier	Most recent year
All traffic deaths	57	59
Deaths with an alcohol-impaired driver (BAC .08+)	15	24
Share of traffic deaths	26%	41%

COMPARED WITH BORDERING STATES

State	Alcohol / person (gal)	Binge (12+)	AUD	Liver disease deaths /100k	Drunk-driving share
Vermont	2.85	22.7%	11.2%	10.7	41%
Massachusetts	2.75	21.1%	11.3%	9.7	27%
New Hampshire	4.19	21.3%	10.2%	9.6	29%
New York	2.19	19.6%	9.6%	7.0	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/vermont/.