

Alcohol, Adults & Teens

18 million Americans suffer from an alcohol disorder



WHAT IS BINGE DRINKING?

OF DRINKS PER 2 HOURS

Women:
4+ drinks



Men:
5+ drinks

28% of adults drink at heavy or at-risk levels

37% of adults always drink at low-risk levels

35% of adults don't drink at all

TEEN DRINKING STATISTICS

20% rode in a car with someone who drank

8% drove after drinking

33% of teens drank alcohol in the last 30 days

18% of drinking teens binge drink in the last 30 days

UNDERAGE DRINKING #S



Americans aged 12 -20 drink 11% of all alcohol consumed in the U.S.



1 in 6 U.S. adults binge drink about 4 times per month.



STANDARD DRINK SIZES

12 fl oz of regular beer

=

8-9 fl oz of malt liquor

=

5 fl oz of wine

=

1.5 fl oz of 80-proof distilled spirits



5% alcohol



7% alcohol



12% alcohol



40% alcohol

People who drink before age 15 are 4 times more likely to suffer from an alcohol disorder.



* <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

** <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/alcohol-facts-and-statistics>

