

Data Brief 374: Heavy Drinking Among U.S. Adults, 2018

Data table for Figure 1. Percent distribution of current alcohol drinking status among adults: United States, 2018

Characteristic	Percent (95% confidence interval)	Standard error
Heavy weekly drinker	5.1 (4.8–5.4)	0.16
Moderate weekly drinker	15.5 (15.0–16.1)	0.30
Light weekly drinker	45.7 (44.8–46.6)	0.44
Did not drink in past year	33.7 (32.8–34.6)	0.46

NOTES: An adult who engaged in light drinking averaged three or fewer drinks per week in the past year. An adult who engaged in moderate drinking averaged 4 to 14 drinks per week for men and 4 to 7 drinks per week for women in the past year. An adult who engaged in heavy drinking averaged more than 14 drinks per week for men and more than 7 drinks per week for women in the past year. Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Estimates are based on household interview of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2018.

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Data table for Figure 2. Percentage of adults who engaged in heavy drinking in the past year, by select demographic characteristics: United States, 2018

Characteristic	Percent (95% confidence interval)	Standard error
Sex		
Women	5.2 (4.8–5.6)	0.22
Men	5.0 (4.5–5.5)	0.24
Age		
18–29	5.2 (4.4–6.1)	0.41
30–44	5.2 (4.6–5.9)	0.32
45–64	5.6 (5.0–6.1)	0.27
65 and over	4.1 (3.6–4.6)	0.26
Race and Hispanic origin		
Hispanic	2.6 (2.0–3.4)	0.34
Non-Hispanic white	6.4 (6.0–6.8)	0.22
Non-Hispanic black	2.9 (2.2–3.6)	0.35
Non-Hispanic Asian	2.0 (1.2–3.1)	0.44

NOTES: Heavy drinking is the average consumption of more than 7 drinks per week for women and more than 14 drinks per week for men in the past year. Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Estimates are based on household interview of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2018.

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Data table for Figure 3. Percentage of adults who engaged in heavy drinking in the past year, by select mental health indicators: United States, 2018

Characteristic	Percent (95% confidence interval)	Standard error
Regularly felt worried, nervous, or anxious	7.0 (5.8–8.3)	0.64
Did not regularly feel worried, nervous, or anxious	4.9 (4.6–5.3)	0.17
Regularly felt depressed	7.6 (6.0–9.5)	0.87
Did not regularly feel depressed	5.0 (4.6–5.3)	0.17

NOTES: Heavy drinking is the average consumption of more than 7 drinks per week for women and more than 14 drinks per week for men in the past year. Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Estimates are based on household interview of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2018.

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Data table for Figure 4. Percentage of adults who engaged in heavy drinking in the past year, by select measures of health care access and utilization: United States, 2018

Characteristic	Percent (95% confidence interval)	Standard error
Saw a doctor, past 12 months	5.0 (4.6–5.3)	0.17
Did not see a doctor, past 12 months	5.6 (4.7–6.6)	0.46
Insured	5.0 (4.7–5.4)	0.17
Uninsured	5.8 (4.7–7.0)	0.55
Usual place of care	4.8 (4.5–5.2)	0.17
No usual place of care	6.5 (5.6–7.6)	0.51

NOTES: Heavy drinking is the average consumption of more than 7 drinks per week for women and more than 14 drinks per week for men in the past year. Confidence intervals were calculated using the Korn-Graubard method for complex surveys. Estimates are based on household interview of a sample of the civilian noninstitutionalized population.

SOURCE: National Center for Health Statistics, National Health Interview Survey, 2018.