

ALCOHOL CONSUMPTION NORMS FOR U.S. ADULTS

DRINKS PER WEEK	Men*	Women*	Total*
0 (Abstainers)	25%	31%	28%
1	50%	65%	58%
2	61%	74%	67%
3	65%	78%	72%
4	69%	81%	75%
5	72%	84%	78%
6	75%	85%	80%
7	77%	87%	82%
8	80%	88%	84%
9	82%	89%	86%
10	83%	90%	87%
11	85%	91%	88%
12	86%	92%	89%
13	87%	92%	89%
14	88%	93%	90%
15	88%	94%	91%
16-17	89%	94%	92%
18-19	91%	95%	93%
20-21	92%	96%	94%
22-23	92%	97%	94%
24-26	92%	97%	95%
27-30	94%	97%	96%
31-36	95%	98%	96%
37-42	96%	98%	97%
43-49	97%	99%	98%
50-59	97%	99%	98%
60-69	98%	99%	99%
70+	99%	100%	99%

* Results rounded to the nearest percentile.

Source: 2020 National Alcohol Survey of 9,668 individuals. Alcohol Research Group, 6001 Shellmound Street, Suite 450, Emeryville, California 94608. www.arg.org

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